

Looking back at My Rights Matter



My Rights Matter was a project CID did about supported decision making.



Supported decision making is when someone supports you to make your own decisions.

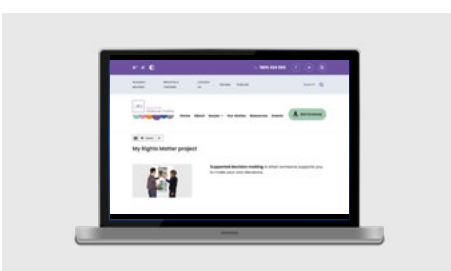


The project finished in June 2024.



You can still get the information about supported decision making on the CID website.

www.cid.org.au/issues/supported-decision-making



You can read about some of the things My Rights Matter did during the project.

www.cid.org.au/our-stories/looking-back-my-rights-matter

Plain English Acknowledgement of Country Guide

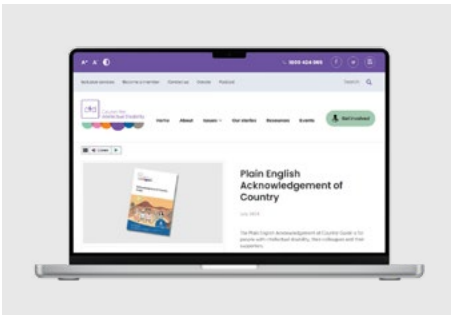


An **Acknowledgement of Country** is a way to show respect for First Nations people.



CID made a Plain English guide talking about

- What an acknowledgement of country is
- Why it is important
- How to do an acknowledgement of country.



You can download the guide here.

**[www.cid.org.au/resource/
acknowledgement-country](http://www.cid.org.au/resource/acknowledgement-country)**



You might want to read it with support.

Podcast – Sparkles, Strength and Speaking Up



Leigh Creighton is a CID member.

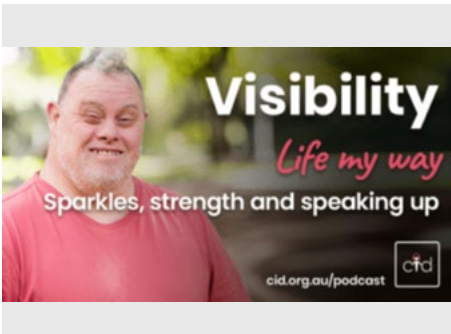
He does a lot of things like

- Speaking up about the environment
- Speaking up about disability
- Giving speeches to large groups
- Lifting weights
- Doing drag as a straight drag queen.





Leigh spoke at the World Down Syndrome Congress this month.



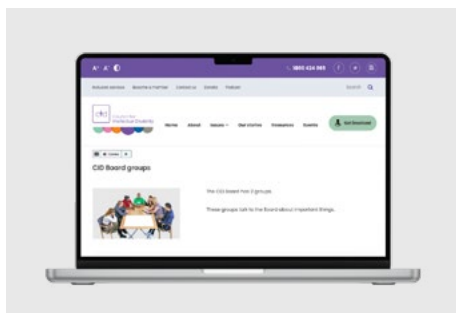
We interviewed Leigh for the Visibility podcast in May 2023.

www.cid.org.au/our-stories/sparkles-strength-speaking-up

Board groups

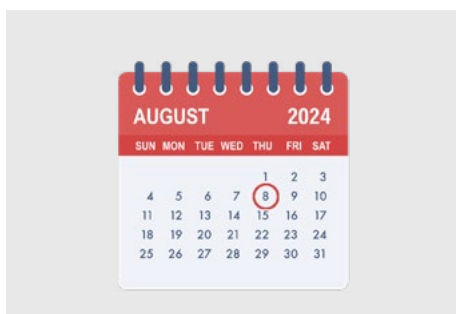


These CID Board groups are coming up in August.



You can learn more about the CID Board groups here.

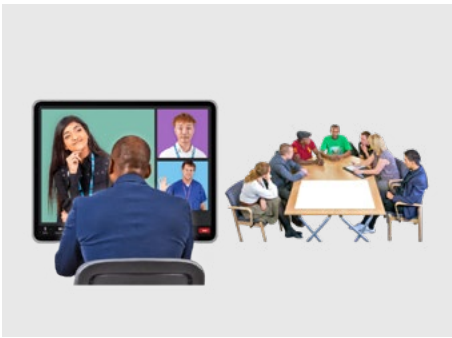
www.cid.org.au/board-groups



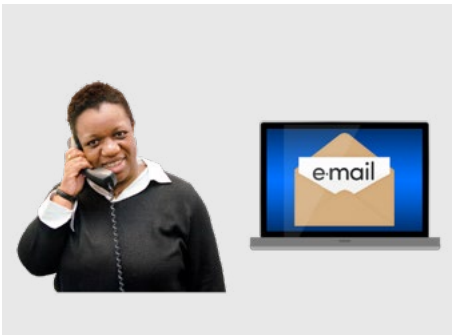
The Advocacy Group is meeting on Thursday 8 August.



It is for CID members.



Members can come online or in person.



If you want to join the Advocacy Group

- Call **1800 424 065**
- Email **advocacy@cid.org.au**

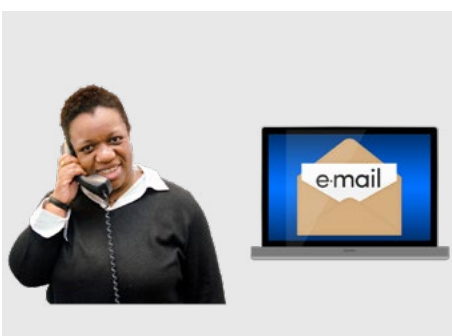


Learn 2 Lead is meeting on Thursday 15 August.



It is for members of CID.

Members can come online or in person.



If you want to join Learn 2 Lead

- email **business@cid.org.au**
- call **1800 424 065.**

Australian Digital Health Agency survey



People with Disability Australia are looking for people to do a survey about

- My Health Record
- My Health App
- Electronic prescriptions.



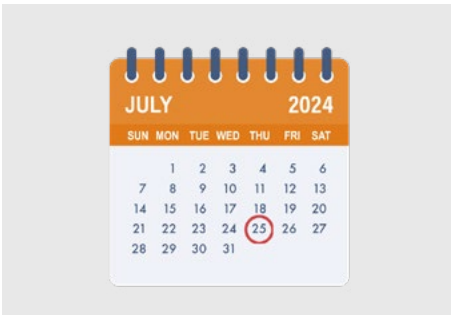
You can do the survey here.

www.surveymonkey.com/r/6VSWK2D

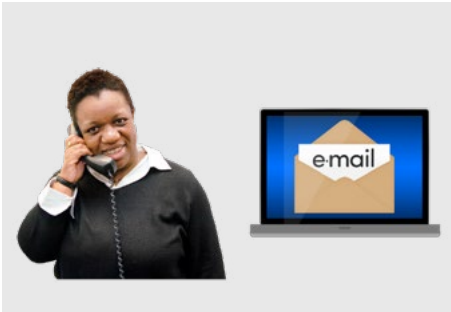


The survey is not in Easy Read.

You may need support to fill it in.



This survey will close on Thursday 25 July 2024.



If you have a question

- Email training@pwd.org.au
- Call **1800 422 015**.

Learn and Lead Group



Down Syndrome Australia is part of the **National Centre of Excellence in Intellectual Disability Health**.

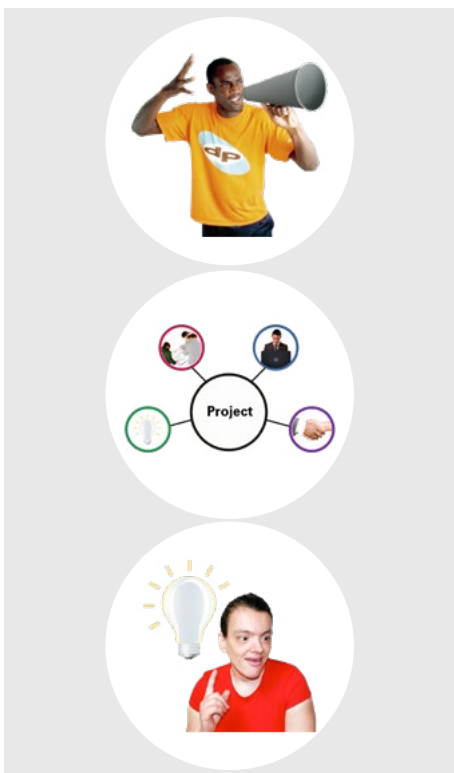
We will say the Centre for short.



They are looking for 10 people with intellectual disability to join a group called **Learn and Lead**.



This group will help the Centre do their work.



You can join Learn and Lead to

- Be a leader
- Help guide projects
- Share your ideas to make health services better.



- Learn new skills



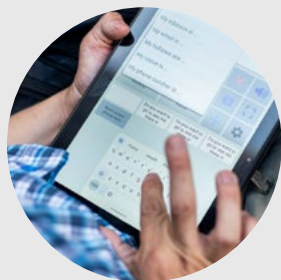
- Work with a team



- Make new friends



- Get paid for your time.



The Centre wants this group to have a lot of different people in it such as

- First Nations people
- People from different cultures
- People who live in rural areas

• LGBTIQ+ people

What does LGBTIQ+ mean?

www.cid.org.au/resource/lgbtiqa-fact-sheet

- People who need help with communicating.



You can learn more and apply for Learn and Lead here.

www.downsyndrome.org.au/national/learn-and-lead



You have to apply by Friday 26 July at 5pm.

National Centre of Excellence in Intellectual Disability Health conference



National Centre of
Excellence in
Intellectual
Disability Health

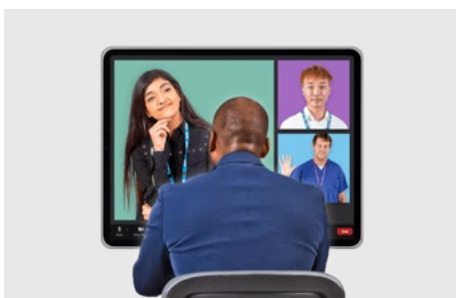
The **National Centre of Excellence in Intellectual Disability Health** works to make health care better for people with intellectual disability.

We call it the Centre for short.



The Centre is having its first **conference**.

A **conference** is a meeting of people who want to learn about the same thing.



The conference will be online.



The conference will be on Wednesday 21 August and Thursday 22 August.



People at the conference will talk about

- How the Centre works
- What is important to the Centre
- What the Centre is doing
- Things the Centre has learned so far
- Important information about health



The conference is for

- People with intellectual disability

This includes First Nations people with intellectual disability

- People who support people with intellectual disability with their health care.

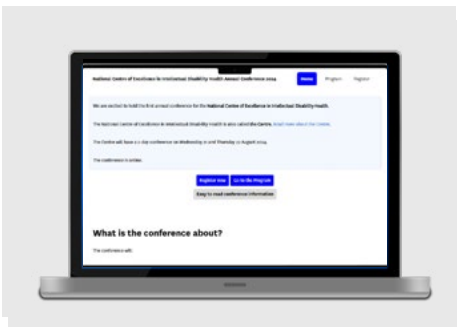
This might be family or friends or support workers.



- People who work with people with intellectual disability

- People who work in health care like people who work at hospitals or health clinics.

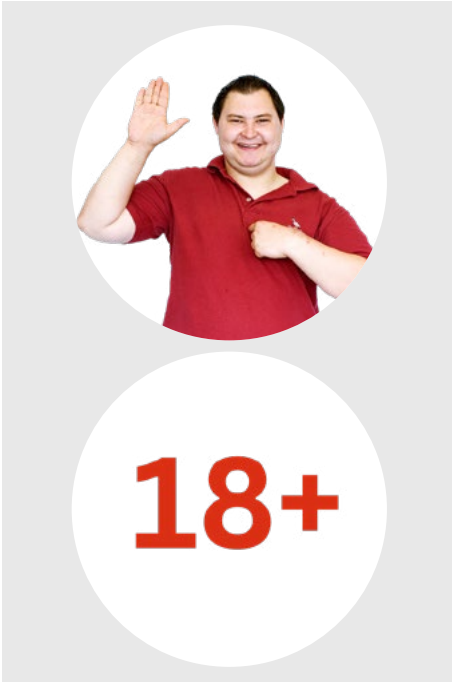
- People who do research about people with intellectual disability.



You can register for the conference here.

https://events.peanutproductions.com.au/ncoeidh_annual_conference_2024

Study about sexuality



Researchers at University of Sydney want to talk to

- people with intellectual disability
- who are aged 18 or older.



They want to know what you think about

- sex



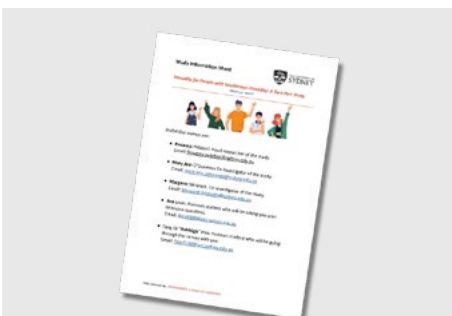
- relationships



They have a survey you can fill out.



They also want to interview people.



You can find out more in this fact sheet.

www.cid.org.au/wp-content/uploads/2024/06/sexuality-study.pdf



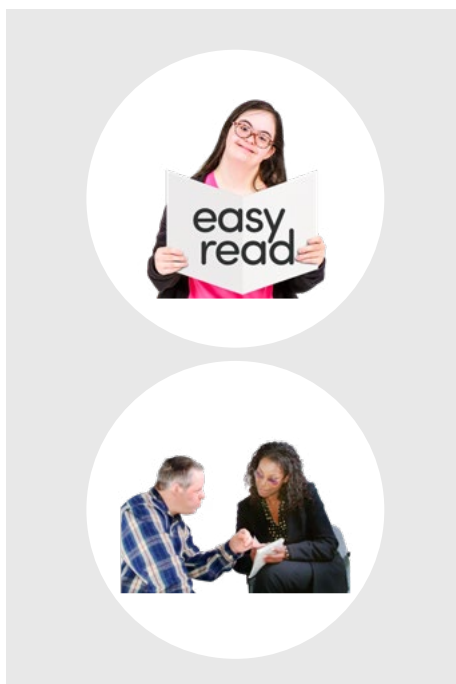
You can fill out this page to let them know if you are interested.

www.redcap.sydney.edu.au/surveys/?s=KJKFLXETE4TDKY4L

Down Syndrome Australia survey

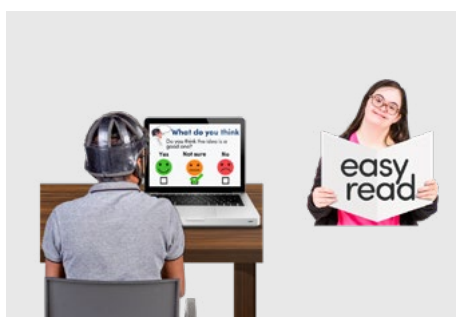


Down Syndrome Australia wants to hear from people with Down syndrome.

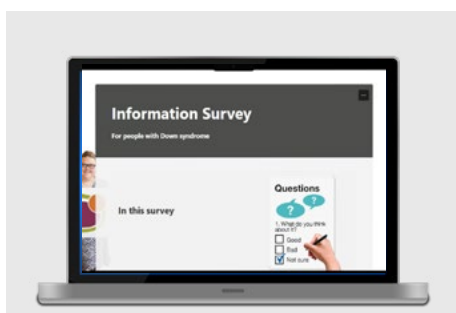


They want to know about how people with Down syndrome like to get

- information
- support.

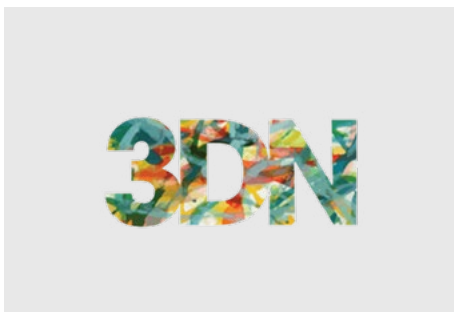


The survey is in Easy Read.



You can do the survey here.
<https://tinyurl.com/mrxc4wvv>

Palliative care toolkits



3DN at UNSW has some new resources about **palliative care**.



Palliative care is help for people who have a serious health problem they will die from.



Palliative care helps people to live well.



This Toolkit was made to support people with intellectual disability to get good palliative care.

www.3dn.unsw.edu.au/resources/improving-palliative-care-toolkit-people-intellectual-disability-and-supporters



The Easy Read story tells a story about someone getting good palliative care.

www.3dn.unsw.edu.au/resources/improving-palliative-care-easy-read-story



You can see all the palliative care resources here.

www.3dn.unsw.edu.au/news/new-toolkits-and-model-care-launched-improve-palliative-care

Having a Say Conference expressions of interest



Having a Say is a conference for people with intellectual disability.

<https://valid.org.au/valid-events/having-a-say-conference>



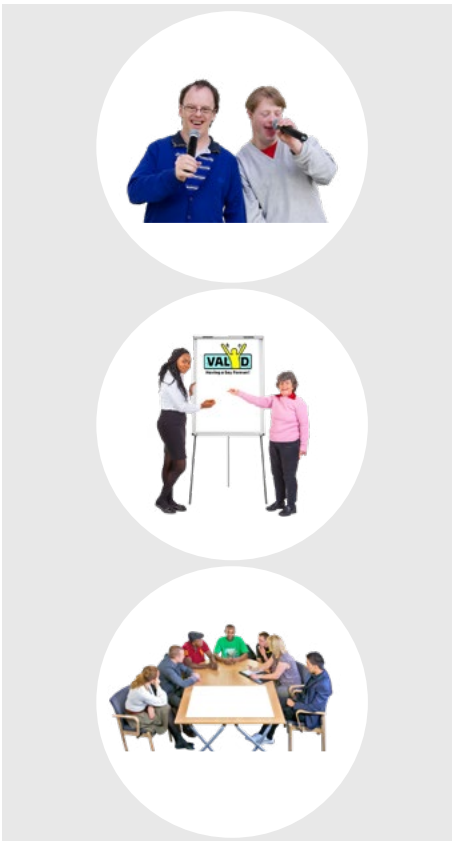
The conference happens every year in Geelong.



In 2025 the conference will be from 28 January to 30 January.



The theme is Our Lives, Our Voices.



The conference is looking for people to do

- performances
- presentations
- workshops.



Fill out the form at the link and send it in to apply.

<https://cid.org.au/wp-content/uploads/2024/07/having-a-say-2025.pdf>



You need to get your application in by Friday 30 August.



You can ask for more time if you need to.

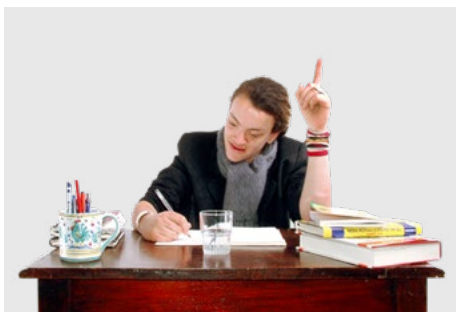
Dulcie Stone Writers Competition



The Dulcie Stone Writers Competition is for writers with intellectual disability.



The theme this year is dreaming.



You can write a story about dreaming and send it in.

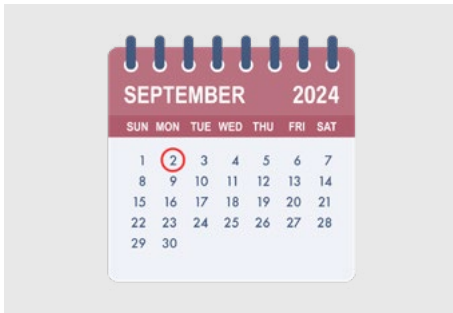


You could win prize money.



You can learn more here.

<https://valid.org.au/dulcie-stone-writers-competition-2024>



You have to send in your story by Monday 2 September.



Contact CID



1800 424 065



info@cid.org.au



www.cid.org.au



facebook.com/NSWCID



twitter.com/CIDvoice



instagram.com/council_intellectualdisability

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at **business@cid.org.au**.