

## Our Health Still Counts



The health of people with intellectual disability



People with intellectual disability have the right to good health care.



We want the Australian Government to make promises about this at the **federal election**.



A **federal election** is when Australians vote to choose our Australian Government.



There is a plan to make health care better for people with intellectual disability.



The plan is called the **National Roadmap**.



The Australian Government made this plan.



CID will tell the Australian Government to make the plan happen.

## Congratulations Jim Simpson AO



Our staff member Jim Simpson got an important award.



It is called the **Officer of the Order of Australia**.

We say **AO** for short.



Jim got this **AO** for doing great work for people with disability.

Jim joins CID Board members who have awards for their work



- Fiona McKenzie AM
- Robert Strike AM
- Michael Sullivan AM
- Jeanette Moss AM.



He got his award for his work to make things better for people with intellectual disability in

- Criminal justice



- Health care



- Access to the NDIS.

# Mardi Gras with People with Disability Australia



The Mardi Gras Parade is happening on Saturday 1 March.



The Mardi Gras Parade celebrates **LGBTIQA+** people.

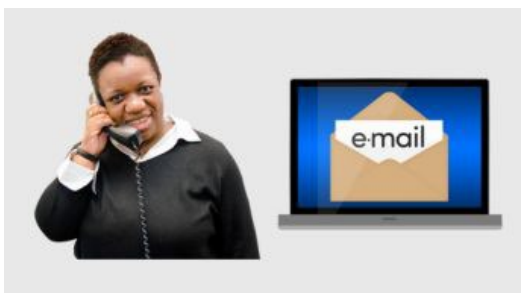
Learn what **LGBTIQA+** means:

<https://cid.org.au/resource/lgbtiqa-fact-sheet/>



CID will be marching with People with Disability Australia again this year.

We call them PWDA for short.



If you would like to come along you can

- Call 1800 424 065
- Email [rohan@cid.org.au](mailto:rohan@cid.org.au).



You need to tell us if you want to come by  
Thursday 6 February.

# Focus group for women with intellectual disability



CID has a new project called My Relationships Matter.

Link: <https://cid.org.au/issues/health/my-relationships-matter/>



The project is about **sexual and reproductive health** for women.



**Sexual and reproductive health** means

- Knowing how to keep your body safe and healthy
- Keeping parts of your body healthy for if you have a baby







We would like to talk with women with intellectual disability about

- What you want to know more about on sexual and reproductive health



- How you would like this information to be shared.



You can be part of the **focus group** if you are

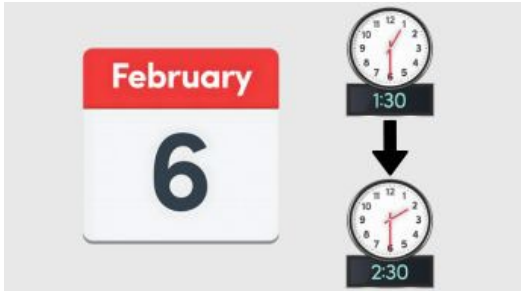
- a woman with an intellectual disability
- 16 years or older.



A **focus group** is a group of people who talk about their ideas and issues.



The focus group will be online.

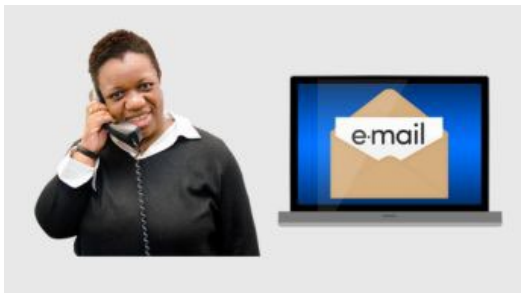


The focus group is on

- Thursday 6 February
- 1.30 to 2.30 pm.



You will be paid for the focus group.



If you would like to do a focus group you can

- Call [1800 424 065](tel:1800424065)
- Email [health@cid.org.au](mailto:health@cid.org.au).

## Leonie's story



In this podcast we talk to Leonie.



Leonie talks about

- Growing up



- Living independently



- Her relationships



- Getting a job she loves.



You can listen to the podcast on our website.

Link: <https://cid.org.au/our-stories/leonies-story/>

## Making organisations more inclusive



CID has services to help organisations be more **inclusive**.

**Inclusive** means we can all be part of things.



We have workshops to teach people to write in Easy Read.



We can make information into Easy Read for organisations.



We can help organisations make plans to be inclusive.



We can ask people with intellectual disability what they think about the plans.



You can tell organisations you know about these services.



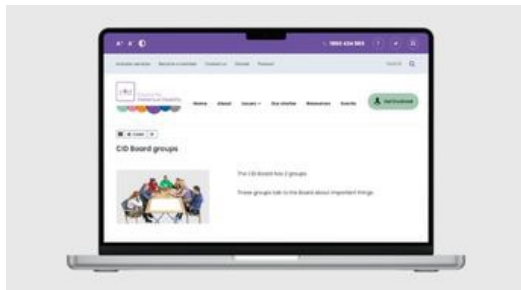
You can show them this website.

<https://cid.org.au/inclusion-services/>

# Board Groups



These CID Board groups will meet in February.



You can learn more about the CID Board groups at the link.

Link: <https://cid.org.au/board-groups/>



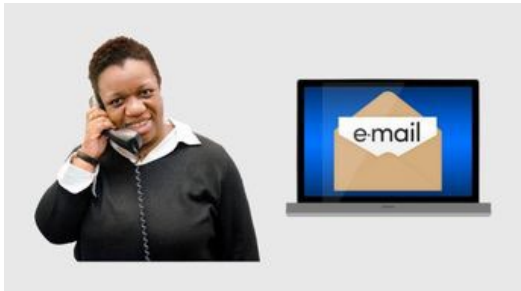
The Advocacy Group will meet on Thursday 13 February.



It is for CID members.



Members can come online or in person.



If you want to join the Advocacy Group

- Call [1800 424 065](tel:1800424065)
- Email [advocacy@cid.org.au](mailto:advocacy@cid.org.au).



Learn 2 Lead will meet on Thursday 20 February.

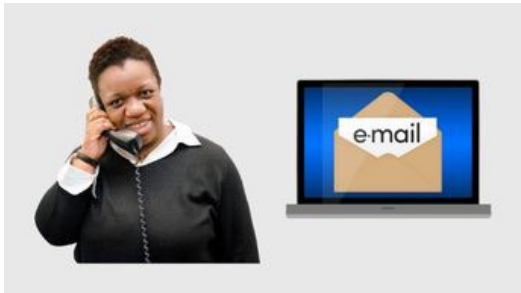


It is for CID members.





Members can come online or in person.



If you want to join Learn 2 Lead

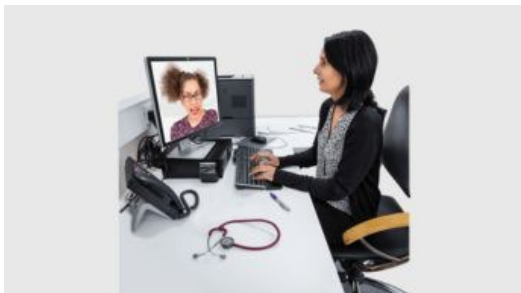
- Email [business@cid.org.au](mailto:business@cid.org.au)
- Call [1800 424 065](tel:1800424065).

# Help make virtual care better for people with intellectual disability



Health researchers want people to be part of a **co-design** workshop.

**Co-design** means people work together to come up with ideas.



The workshop will be about **virtual care**.

**Virtual care** means online health appointments



You can learn more about the workshops at this link.

Link:

<https://www.canva.com/design/DAGTCJAB5pw/jAP1whyMzrKwNtf6ewjgw/view>

## Mardi Gras and Valentine's Day Disco



Participate Australia and Prideability are having a disco.

It is for Mardi Gras and Valentine's Day.



The disco will be at Canterbury Leagues Club.



It will be on Friday 14 February.

It will be from 7pm to 10pm.



It is open to everyone.



It is to celebrate the

- LGBTIQ+ community



- Disability community.



Tickets are \$30.

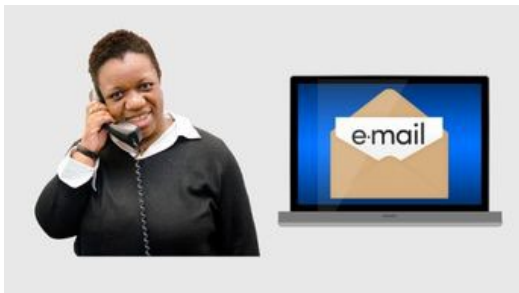


There will be light snacks at the party.



You can download a flyer at the link.

Link: <https://participateaustralia.com.au/wp-content/uploads/2025/01/Mardi-Gras-Disco-Flyer-2.pdf>



To register you can

- Call [0421 385 711](tel:0421385711)
- Email [gantelmi@participateaustralia.com.au](mailto:gantelmi@participateaustralia.com.au).