

## CID is closed over the holidays

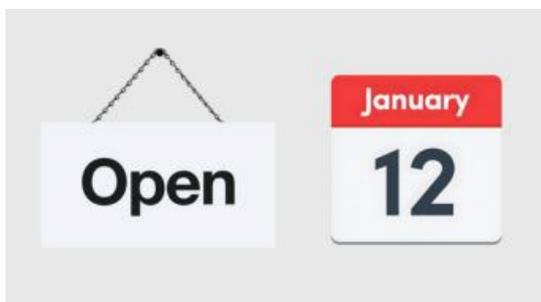


CID will be closed from Wednesday 25 December to Wednesday 1 January.



From Tuesday 2 January you can contact us

- On the phone at 1800 424 065
- By email at [info@cid.org.au](mailto:info@cid.org.au).



The CID office will open on Monday 12 January.

## Message from our Chairperson



This message is from our Chairperson Fiona McKenzie AM.



It is the end of a very busy year.



Now it is time to rest.



I want everyone to be happy and look after themselves.



I also want everyone to hug someone else.



It is a good time to reach out to someone you have not talked to in a while.



Set yourself one positive goal for the new year.



Be kind to yourself and remember to laugh.



Happy holidays from Fiona and CID.

## Goodbye to Len



We have some sad news.

CID Project Worker Len Robinson has died.



Len was a kind man who liked to help people.



He had a great sense of humour.



He loved his partner Leonie and his dog Fleabag.



He was well known in Junee where he lived.



He spoke up for other people with disability in his community.



Len has worked at CID since 2021.



He worked on things like

- Easy Read



- Supported decision making



- Inclusive employment.



Len said that if you make decisions for yourself you are free.



Earlier this year we made a short film about Len.



You can watch the short film here.

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

## The Anchor exercise



The Anchor is an exercise to help you feel calm.



It has been made with people with intellectual disability.



It is great for everyone to use.



You can download the Anchor exercise on your phone so you always have it.

Link: <https://cid.org.au/anchor/>

# Summer safety guide



The sun can be very hot.



It is important to protect your skin.



Australia has many beautiful beaches.



It is important to be careful when you swim.



In this Easy Read guide we share Summer safety tips.

Link: <https://cid.org.au/resource/summer-safety-easy-read-guide/>

## Bushfire information guide



Bushfires happen during hot and dry weather.

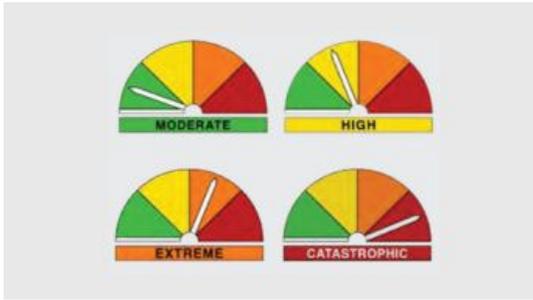


Our Bushfire Information Guide has information on

- What is a bushfire



- Where bushfires happen



- Fire ratings



- Emergency fire alerts.



Read the Bushfire Information Guide at the link.

Link: <https://cid.org.au/resource/bushfire-info-guide-nsw/>

## How to be safe in a heatwave



A heatwave is when the weather gets very hot.



Heatwaves can affect your health.



This guide has 3 tips to help you in a heatwave.

Link: <https://cid.org.au/resource/how-to-cope-in-a-heatwave/>

## Check out our podcast



Check out our podcast over the holidays.

Our podcast is called **Visibility**.

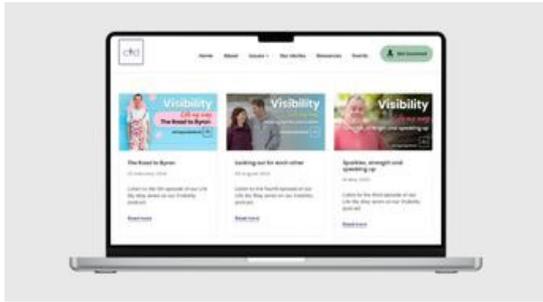


Visibility is a podcast for people with intellectual disability to share their stories.



Our current series is Life My Way.

This series is about making decisions.



Listen on our website at the link.

Link: <https://cid.org.au/story-category/podcast/>

## Have a happy and safe break



The holidays can be a wonderful time.



But it can be hard too.



Here are some phone numbers you can call if you need to talk to someone.



If you feel sad and need to talk call **Lifeline** on 13 11 14.



Call **Kids Helpline** on 1800 55 1800 if you are a young person aged 5 to 25.



if you are a parent or carer of a young person aged under 18 you can talk to **Parent Line** on 1300 130 052.



Call the **Griefline** on 1300 920 552 if you feel **grief**.



**Grief** is when you feel sad because of a loss.

**1800RESPECT**

Call **1800 RESPECT** on 1800 737 732 if a partner or family member is treating you badly.



Call **QLife** on 1800 184 527 if you or someone you care about is **LGBTIQA+**.

It is open from 3pm to 9pm.



You can learn what the letters in **LGBTIQA+** mean at the link.

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



Call **Witness to War** on 1800 845 198 if you are from a place where war is happening.

It is open from 10am to 7pm Sydney time.



Thank you for your support of CID in 2025.



We hope that everyone has a happy end of the year.



We are excited to be back in 2026.