

## My Body poster



The My Body poster is for girls and women to learn more about the private parts of their body.



It has information about

- Private parts on the outside of your body
- **Reproductive organs** inside your body.



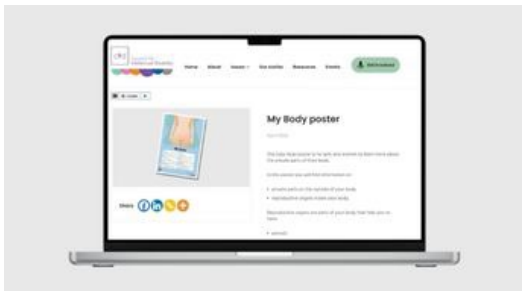
Reproductive organs are parts of the body that make a baby.



This poster has drawings of a body without clothes on.



Some people might feel uncomfortable looking at them.



You can get the poster at the link.

Link: <https://cid.org.au/resource/my-body-poster/>

# What CID thinks about restrictive practices



**Position statements** are papers that say what CID thinks about different issues.



Each position statement has an Easy Read version.



This position statement is about **restrictive practices**.



Restrictive practices are when things are done to stop someone moving around freely.



They may be used when someone might

- hurt themselves



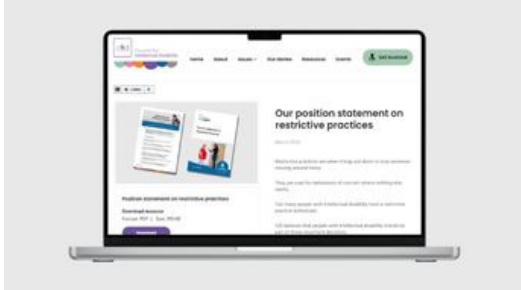
- hurt someone else.



Too many people with intellectual disability have restrictive practices done to them.



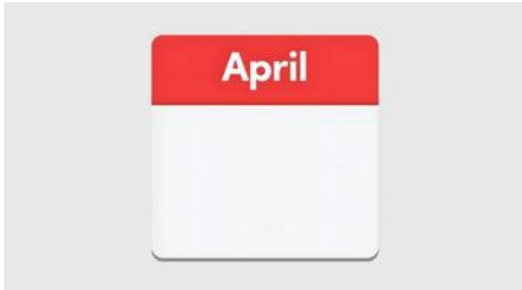
CID thinks people with intellectual disability need to be part of the decision to use restrictive practices.



You can read the position statement here.

Link: <https://cid.org.au/resource/position-statement-restrictive-practices/>

# CID Out and About



Here are some things CID did in April.



CID had workshops for young people with intellectual disability called Young Leaders.



They talked about **self determination**.



**Self determination** is when you can be the boss of your own life.



CID did the Inclusion Works training for City of Ryde.



They told council workers how to work inclusively with people with intellectual disability.



CID did a workshop with parents of people with intellectual disability who speak Chinese.



They talked about supported decision making.



CID had a workshop at CDAH in Newcastle about the My Health Matters folder.



They also talked about supported decision making.



CID staff members met with Minister Kate Washington.



They talked about

- Easy Read



- Supported decision making



- The NDIS.

Keep up with CID by following us on social media.



- Facebook:

<https://www.facebook.com/NSWCID/>

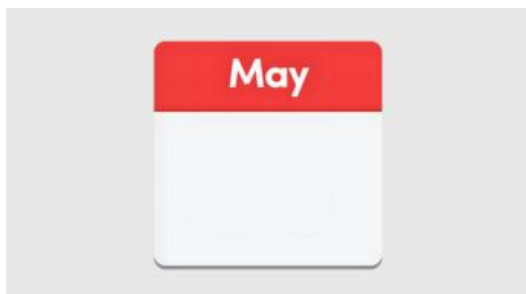
- Instagram:

[https://www.instagram.com/council\\_intellectualdisability/](https://www.instagram.com/council_intellectualdisability/)

LinkedIn:

<https://www.linkedin.com/company/nsw-council-for-intellectual-disability/>

## Events



These events are coming up in May.



### **Advocacy Group**

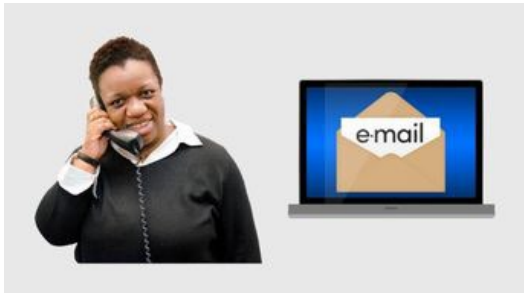
The Advocacy Group will meet on Thursday 14 May.



It is for CID members.



You can come to the meeting online or in person.



If you want to join the Advocacy Group

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

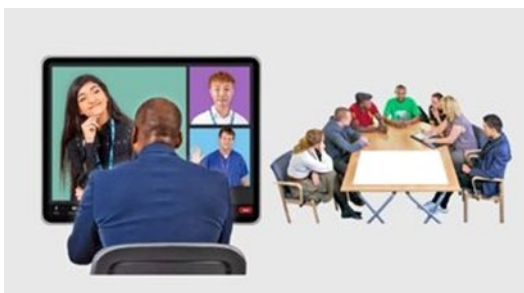


## Learn 2 Lead

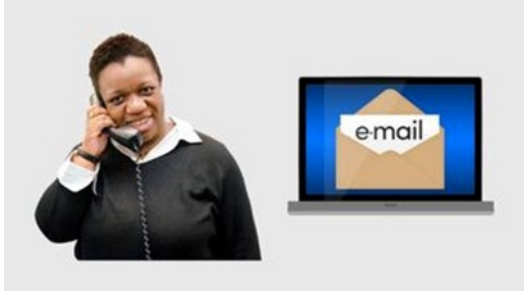
Learn 2 Lead will meet on Thursday 28 May.



It is for CID members.



You can come to the meeting online or in person.



If you want to join Learn 2 Lead

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

# Employment and Independence program at Hotel Etico



Hotel Etico has a program to teach people with intellectual disability about working at hotels and restaurants.



They have information sessions about the program soon.



You can learn more at their website.

Link: <https://hoteletico.com.au/our-program/independence-program/>

## Research about dementia



The National Centre of Excellence in Intellectual Disability Health is doing research about **dementia**.



**Dementia** makes it hard to think and understand things.



They want to talk to people with intellectual disability who

- Have dementia
- Are 18 or older.



This link has Easy Read information about the research.

Link:

<https://nceidh.org.au/sites/default/files/2025-03/Dementia-project-Easy-read.pdf>

There is also an Easy Read participation information sheet and consent form.

Link:

[https://nceidh.org.au/sites/default/files/2026-03/PISCF\\_People%20with%20intellectual%20disability%20Easy%20Read\\_v1\\_08.01.26\\_0.pdf](https://nceidh.org.au/sites/default/files/2026-03/PISCF_People%20with%20intellectual%20disability%20Easy%20Read_v1_08.01.26_0.pdf)

