

Online workshop for the My Health Matters folder



We made a workshop video about how to use the My Health Matters folder.



The folder helps you keep your health information in one place.



The folder can help you share your health information with health services.



Watch the video at the link.

Link: <https://cid.org.au/resource/my-health-matters-folder-workshop/>

Dr Helen Beange turns 100



Dr Helen Beange is a doctor.



She spoke up for people with intellectual disability.



She talked about how people with intellectual disability do not get good health care.



This month Dr Helen Beange turned 100.



Read more about her in our blog.

Link: <https://cid.org.au/our-stories/trailblazer-turns-100/>

CID Out and About



Here are some things CID did in September.



The Health team went to the Burwood Womens Health and Wellbeing Expo.



They talked to women about

- Health



- Relationships.



The Advocacy team presented to 2 members of parliament.

They presented to

- Jo Haylen MP



- Dr Michael Holland MP.

Keep up with CID by following us on social media.



- Facebook:
<https://www.facebook.com/NSWCID/>
- Instagram:
https://www.instagram.com/council_intellectualdisability/
- LinkedIn:
<https://www.linkedin.com/company/nsw-council-for-intellectual-disability/>

Events in October

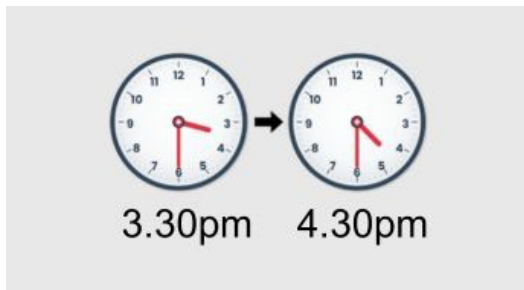


These events are happening in October.



Youth Advocacy Peer Group

The Youth Advocacy Peer Group meets on Tuesday 6 October.



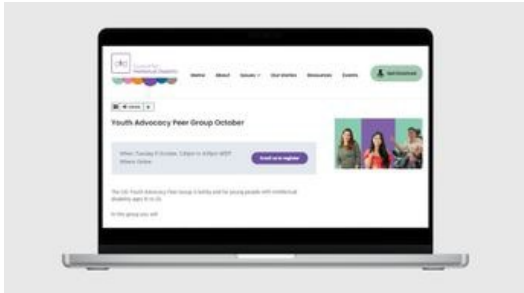
It meets from 3.30pm to 4.30pm.



It is for young people with intellectual disability aged 15 to 25.



The group meets online.



You can learn more and join the group at the link.

Link: <https://cid.org.au/event/youth-advocacy-peer-group-oct26/>



Advocacy Group

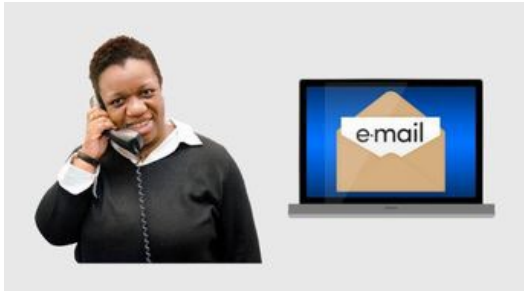
The Advocacy Group meets on Thursday 8 October.



It is for CID members with intellectual disability.



You can come to the meeting online or in person.



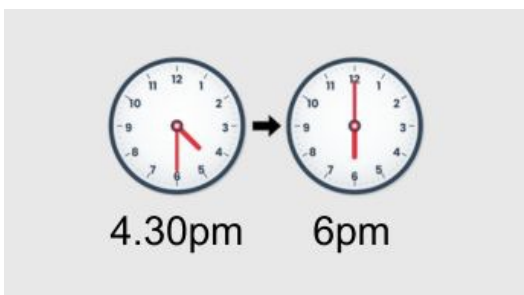
If you want to join the Advocacy Group

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



Young Leaders Peer Group

The Young Leaders Peer Group meets on Tuesday 20 October.



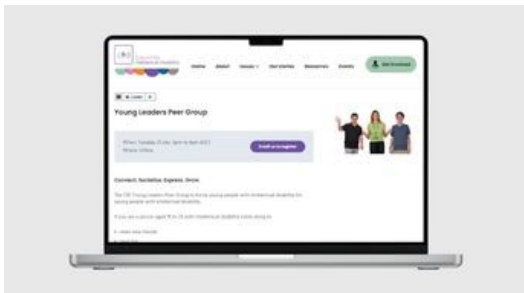
It meets from 4.30pm to 6pm.



It is for young people with intellectual disability aged 15 to 25.



The group meets online.



You can learn more and join the group at the link.

Link: <https://cid.org.au/event/young-leaders-peer-group-july/>

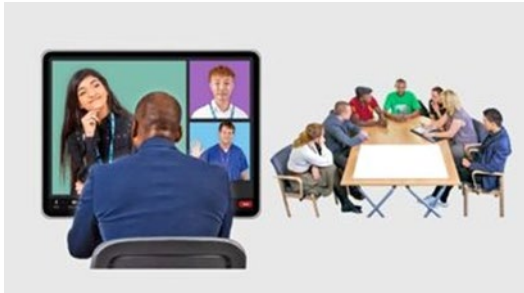


Learn 2 Lead

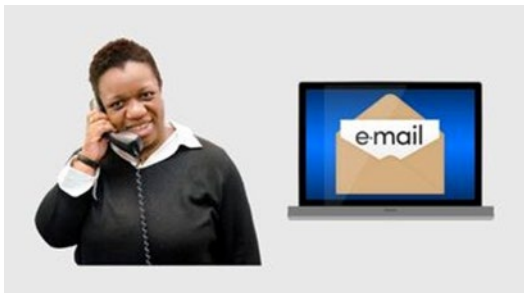
Learn 2 Lead meets on Thursday 22 October.



It is for CID members with intellectual disability.



You can come to the meeting online or in person.



If you want to join Learn 2 Lead

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

ConnectUp



ConnectUp is a free website and app for people with disability.



ConnectUp can help you

- Meet other people with disability

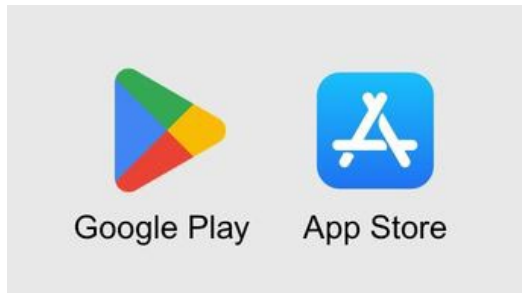


- Find physical activities to do near you.



Learn more at the ConnectUp website.

Link: <https://www.connectup.org.au/>



You can also search for the app on

- Google Play
- The Apple App Store.

Listenability research



Researchers at the Australian National University want to talk to

- Young people with disability
- Young carers.



They want to know more about what good listening means to you.



They want to talk to people aged 15 to 29.



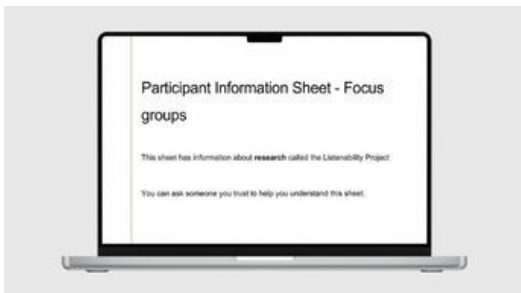
You can go to a focus group in person.



You can do a one on one interview online.



You will get a \$50 gift card as a thank you.



Learn more in the Easy Read information.

Link: <https://cid.org.au/wp-content/uploads/2026/09/Young-People-Focus-Groups-Information-and-Consent-Form-Easy-Read.pdf>

New Easy Read NDIS information



Inclusion Australia has new information about the changes to the NDIS.



This information explains

- When the changes will happen



- What you need to do.



It also talks about your rights when changes happen to the NDIS.



You can read more on the Inclusion Australia website.

Link:

<https://www.inclusionaustralia.org.au/about-the-ndis-changes-and-when-they-will-happen/>

Images in this information are from Photosymbols.

