

# AUGUST 2023

## NEWSLETTER



### **A Busy Month!**

*By Chris McMillan, CEO Down Syndrome Queensland*

Welcome to the August edition of the newsletter! Over the past month a lot has been happening behind the scenes at DSQ:

- at the end of July, we ceased the lease on the Fortitude Valley office and now work across the Ascot and Stafford offices in Brisbane. This has reduced costs and provided a better environment for employees working more closely together;
- following a successful Queensland government grant application, we will be introducing a new program next term. The Skilling Queenslanders for Work program aims to deliver local training and employment projects;
- we participated in the Source Kids Expo which provided a great opportunity to share with our community information about the range of DSQ Support Services and MyTime peer support;
- following last month's Latch-On Program graduations we have new intakes which have commenced.

In the May newsletter, I spoke about engaging with our members and stakeholders and I am pleased to share that we are in planning mode to undertake a focused survey next month seeking your input which will guide a review of our services and support activities.

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### **Announcement: Down Syndrome Australia**

Down Syndrome Australia is delighted to announce the appointment of Dr Rebecca Kelly and Mr David Fuller as the new Chair and Deputy Chair respectively of the Board of Down Syndrome Australia.

The Board of Down Syndrome Australia thanks the outgoing Chair, Angus Graham OAM, and the outgoing Deputy Chair, Grant Lindsay, for their outstanding contributions and dedication. Angus and Grant are the inaugural Chair and Deputy Chair of Down Syndrome Australia since its formation in 2011 and their tireless efforts have been instrumental in shaping our direction and success over the past 12 years. Rebecca and David will commence in their roles on 11 September 2023.

## FUNDRAISING AND EVENTS

### Get Inspired!

*By Michael Harrison, Community Engagement and Fundraising Manager*

This year is just flying by! Since our last newsletter we have seen our Gold Coast community take to the field with the Gold Coast Titans in their NRL clash against the Roosters. While the result of the game did not go the Titans way, the joy and feel-good moment when our young children with Down syndrome took to the field with players from both teams ensured everyone who witnessed it was a winner.

This month we have revealed our new and exciting opportunity to support DSQ through our upcoming Inspired Adventure Scenic Rim Trek planned for May 2024.



**SCENIC RIM  
TREK** 20  
24  
for Down Syndrome QLD

INSPIRED  
ADVENTURES

This exhilarating trekking adventure not only promises an unforgettable experience, but the funds raised will help to support, empower and advocate for people with Down syndrome and intellectual disabilities.

Fundraising through a trekking challenge combines personal challenges, community building, adventure, and has a tangible impact. Whilst raising vital funds and awareness, the team shares a sense of purpose, creating bonds that will last a lifetime.

If this sounds like the adventure for you, please register your interest below and Inspired Adventures will be in touch.

**COMING SOON!**  
May 2024, join us in the Scenic Rim.  
More details to follow!



## SUPPORT SERVICES

### Our Support Service team is there for you

*By Laura Mugaba, Support Services Manager*

### **Power of Play Playgroup**

Discover a family-friendly Wednesday activity: our new inclusive playgroup at Ascot office (77 Kitchener Rd). Join us 9.30-11.30am during school term. Enjoy structured play until 10.30am, followed by a Sing and Grow session with a music therapist. Just \$5 per family.

To register or for more information email: [peersupport@downsyndromeqld.org.au](mailto:peersupport@downsyndromeqld.org.au)

### **Let's Chat**

Our monthly discussion groups for adults have been off to a great start. They provide a space for adults with intellectual disability to talk openly and honestly about their feelings, experiences, and challenges. These groups are held each month; one session is online and the other is held in person at our Stafford office. The next sessions will be held on:

*In-person (at DSQ Stafford)*

11th September

2:30 pm - 3:30 pm

*Online*

28th August, 25th September

3:00 pm - 4:00 pm

To register for either group, please email [peersupport@downsyndromeqld.org.au](mailto:peersupport@downsyndromeqld.org.au)

### **Parent's Peer Support Morning Tea**

Mondays during the school term, DSQ hosts a morning tea for parents. It's a great opportunity for connecting with the community. Generally, families that attend Music therapy come along, but it is open to all. Love to see you there. Mondays, 10 - 10:30 am at Stafford.

RSVP by emailing [peersupport@downsyndromeqld.org.au](mailto:peersupport@downsyndromeqld.org.au)

### **Doing Relationships With Intellectual Disability: A Workshop For Parents and Carers**

Join our in-person workshop aiding parents and carers supporting individuals with intellectual disabilities in understanding romantic relationships. The session comprises a presentation covering the essence and benefits of romantic relationships, their connection to human rights, decision-making support, and educational importance. The latter part fosters open dialogue on strategies and concerns, featuring case scenarios and participant-shared worries with an emphasis on the human rights perspective.

The workshop will be held at DSQ Stafford office on September 19th, 1pm-4pm.

For more information and to register, click the link below. We're also bringing this workshop to the Gold Coast in November, so keep an eye out for more information on this event!

### **Understanding Down Syndrome Workshop (Online)**

This webinar is for people who want to find out more about Down syndrome. We will discuss topics like: What causes Down syndrome Exploring the lived experience of people with Down syndrome Dignity of language Co-occurring conditions Supporting someone with Down syndrome.

We will also be discussing intellectual disability more broadly, so this webinar will be useful if you support someone with an intellectual disability also.

This webinar is designed for support workers, disability providers, allied health professionals and anyone in the community who would like to know more about Down syndrome or

intellectual disability. This webinar will be recorded and a recording will be made available in the week following the webinar.

When: 10:30 am Tuesday 26th September

## EDUCATION

### Education podcasts

*By Carly Lassig, Lead Education Consultant*

Are you an educator or parent wanting to learn more about education for students with Down syndrome and other intellectual disabilities? DSQ's Now and the Future podcast features education podcasts on various topics. Our latest episode is by our Kindy consultant, Kath Bunney, who discusses making adjustments to include a child with a Down syndrome in Kindergarten. While targeted at Kindy educators, many of the strategies could be adapted for school classrooms too.

Previous episodes you might also like to explore include:

- Inclusive Educational Adjustments to Support Students with Down Syndrome
- Common Barriers to Inclusion
- In Conversation with Education Consultants - Experiences from the Classroom
- Things to Know when Teaching a Student with Down syndrome.

## PROGRAMS

### Possibility Pathways Programs - Expression of Interest

*By Teagan Cossor, Programs Manager*

DSQ has been successful in obtaining a grant for the Skilling Queenslanders for Work (SQW) Initiative and are excited to announce that we are looking for participants to join our 8 week program called Possibility Pathways Program.

We aim to support young people with an intellectual disability to prepare for sustainable mainstream employment and beyond. Through engagement in our SQW program we believe that young people with intellectual disability will develop the fundamental skills to pursue their career aspirations and increase their likelihood of transitioning to further training and employment or improved job roles.

Some further information on the program can be found below:

**Days:** Monday and Tuesday's

**Times:** 9am - 3pm

**Location:** DSQ Ascot Office, 77 Kitchener Rd, Ascot

**Cost:** There is no cost to partake in this program

If you are interested in this program, please complete the expression of interest form.



# Down Syndrome Queensland

**BECOME A MEMBER**

[www.downsyndrome.org.au/qld](http://www.downsyndrome.org.au/qld)