

NOVEMBER 2023

NEWSLETTER



The year is almost over!

By Chris McMillan, CEO Down Syndrome Queensland

Welcome to the November DSQ newsletter! Over the past month, the DSQ team have been busy with several new initiatives as well as activities associated with Down Syndrome Awareness Month. Key activities included:

- Launch of the Possibility Pathways Program. The Programs' aim is to support young people with an intellectual disability to prepare for sustainable mainstream employment and beyond.
- Several Webinars i.e., Info session with Insight Disability Law; Info session with Planet Puberty.
- Review of the Starting School Resources pack.
- Creation of Fact sheets i.e., Puberty & Relationships factsheet.
- Facilitation of a Parent Relationships Workshop, and an associated Relationships Course which culminates in a Speed Dating Event in December.
- The Education team has been busy supporting schools with targeted consultations to assist with smooth transitions from the 2023 to 2024 school year. This includes transitions from Kindy to Prep, transitions from primary school to secondary school, as well as transitions between year levels.
- Several community engagement events were held across Down Syndrome Awareness Month: Family Picnic Day; Step Up Townsville; Parents & Bubs expo.

A new NDIS Pricing Schedule will commence in 2024. The new pricing schedule is a significant change from the current schedule. It has caused DSQ and all our counterparts across the Federation to review how we deliver viable services to support our community. The changes have culminated in DSQ reviewing Program delivery costs. As such all Programs will have a price

increase in line with covering DSQ hosting/delivery costs. For those who utilise our Programs services you will be advised of any changes in the coming weeks.

Announcement: New member appointed to DSQ Board

The DSQ board is pleased to announce the appointment of Mr Michael Hogan as a Director.

A proud parent to 46-year-old son with Down syndrome, Michael comes to the DSQ board with a wealth of experience. Previous board positions include:

- 10 years on the Special Olympics Australia Board, six as Deputy Chair and leading roles on the Finance & Governance and Nominations Committees;
- Down Syndrome NSW Board; and
- Sydney Community Foundation.

Michael has been an active philanthropist supporting many organisations. Recently returned to Brisbane after a 40-year absence Michael also brings a portfolio of experiences from his corporate and consulting careers in universities, state and federal government, state and federal political advisory roles, telecommunications, cricket, media, reputation and crisis communications.

Michael is progressive, experienced in governance and the disability and not for profit sectors. He has a powerful commitment to improving the lives of the Down syndrome community, and the allied NDIS communities, and we are delighted to welcome Michael as part of the DSQ Board.

Scholarships available for the World Down Syndrome Congress 2024

Down Syndrome Australia (DSA) has two rounds of scholarships opportunities available for the Congress, thank to the Sherry Hogan Foundation. This first round is the Together We Can Scholarship package which is available for people with Down syndrome whom would like to undertake mentoring and leadership training, and participate in a leadership role at the 2024 Congress. Applications are now open and will close November 30th.

Apply now: [Together We Can Scholarship Application](#)

The second round of sponsorship opportunities will open in December, so keep any eye out for this.

FUNDRAISING AND EVENTS

The Tri21 Series

By Michael Harrison, Community Engagement and Fundraising Manager

With November here, it's time to look forward to our last major fundraiser of the year, the Tri 21 Series. In its 12th year, this annual event involving indoor cricket, volleyball and netball will be played at Action Indoor Sports Caboolture (Netball) on 26 November and Action Indoor Sports Wynnum (Indoor Cricket and Volleyball) on 2 December. What started out with 2 teams and 16 participants in 2012 has grown into an event featuring over 60 teams, 500 participants across 3 sports and some fantastic community support.

Not only is the Tri 21 Series a wonderful demonstration of community spirit through participation, we must also take a moment to acknowledge some of the event's wonderful partners who whole heartedly believe in DSO's mission of providing support, advocacy and empowerment for people with Down syndrome and other intellectual disabilities.

THANK YOU TO OUR 2023 TRI 21 SPONSORS



It is not too late to be part of the Tri 21 Series 2023. If you would like more information, or to register a team or as an individual, simply click here:

<https://www.downsyndrome.org.au/qld/get-involved/the-tri21-series/>

SUPPORT SERVICES

We're coming to you!

By Laura Mugaba, Support Services Manager

On 22nd November and 6th December, our Support Services team will be coming to Ipswich and Sherwood Neighbourhood Centre! Come and chat with a Support Services team member about Down syndrome and intellectual disability. During the December session, we also be supporting businesses to access information and resources to support inclusivity of people with intellectual disability in the community for Disability Action Week.

You can find us at Sherwood Neighbourhood Centre (38 Thallon St, Sherwood) on:

- Wednesday 25th October 12-2pm
- Wednesday 8th November 12-2pm
- Wednesday 22nd November 12-2pm
- Wednesday 6th December 12-2pm

We'll also be at the following Ipswich locations:

- Ipswich Library - Wednesday 25th October 1-3pm
- Springfield Central Library - Wednesday 8th November 1-3pm
- Rosewood Library - Wednesday 22nd November 1-3pm
- Springfield Central Library - Wednesday 6th December 1-3pm

Information Session with Disability Lawyers from Insight Disability Law

DSQ will be joined by Annelie Hovler, a Lawyer from Insight Disability Law, to give a short presentation about what strategies are available to provide for the person you care for when you are no longer able to care for them yourself. Annelie will talk about Wills, Enduring Powers of Attorney, capacity of the person with disability to give instructions themselves, statutory guardianship and QCAT. The presentation will be a brief overview of these often daunting issues.

Date: Tuesday 17th October 2023

Time: 10:00 - 11:00 AM

Location: Online

Relationships: a 6-week course (for people with Intellectual Disabilities)

On Tuesday 7th November, we will be commencing a 6-week course on Relationships.

This workshop series is for people with intellectual disability and will be facilitated by DSQ staff and co-facilitated by a person with lived experience. Over 6 weeks, participants will learn about stages of relationships, appropriate behaviour, compatibility, healthy and unhealthy relationships, and sex and staying safe. At week 6, participants are welcome to attend the Speed Dating event, hosted by DSQ. Here they can apply new skills and make new connections.

Speed Dating: for people with an Intellectual Disability

Join us for this wonderful opportunity to meet new people, make new friends, and perhaps find that someone special. This inclusive event is for people over 18. It will be run by DSQ Staff, and include fun activities, light refreshments and free time to mingle and connect.

Session details:

Tuesday 12th December 2023

5.00pm - 8.00pm (QLD)

77 Kitchener road, Ascot

\$250 per ticket

EDUCATION

World Down Syndrome Awareness Month: Myth Busting!

By Carly Lassig, Lead Education Consultant

(see next page)

With October being World Down Syndrome Awareness Month, it's a perfect time to do some MYTH BUSTING of common misconceptions relating to students with Down syndrome!

MYTH	FACT
Students with Down syndrome are always happy.	People with Down syndrome experience the full range of emotions, just like anyone else. Like all of us, they respond to positive expressions of friendship and are hurt and upset by inconsiderate behaviour.
Students with Down syndrome need to attend a special education setting.	The current recommendation in education is for full inclusion in mainstream schools. The research evidence shows that this leads to better academic, social, and emotional outcomes. Individuals with Down syndrome can graduate from high school, and many participate in post-secondary programs.
Students with Down syndrome can never learn to read and write.	Students with Down syndrome can learn to read and write. Including students with Down syndrome in the school's systematic synthetic phonics program, will help them learn to read, write, and spell.
Students with Down syndrome cannot follow instructions in the classroom.	Students with Down syndrome have a relative strength with visual tasks over verbal tasks. So many students with Down syndrome (and many without!) will find it easier to follow instructions when visuals (e.g., Key Word Sign, visual schedules, visual task sheets) are used in combination with verbal instructions.

PROGRAMS

CEP - Continued Education Program

By Teagan Cossor, Programs Manager

As we come to the end pointy end of the year, are you looking for post-school programs, or want to try a new program in the year? Then why not give CEP a go!

The Continued Education Program (CEP) goes beyond the traditional confines of education; it's a holistic program that immerses students in a world of real-world experiences, providing an invaluable bridge between formal schooling and the challenges and opportunities of

adulthood. The program is tailored for those who have crossed the threshold of 18 years and are looking to continue their educational journey in a supportive and nurturing environment.

CEP is not just about attending classes; it's a transformative experience that unfolds over four engaging terms. Each term brings new opportunities for growth and exploration, seamlessly blending key educational components with real-life applications.

The program runs one day per week across 4 terms and has key elements developed to support a wide range of student goals, including Public Speaking and Presentation Skills, General Knowledge and Current Affairs, Reading, Writing, Spelling, Health and Arts.

Participants are welcome to join anytime!

Dates:

Term 4:

- Tuesday 3 October - Friday 22 December (12 weeks)

2024:

- Term 1 - Monday 15 January - Thursday 28 March (11 weeks)
- Term 2 - Monday 8 April - Friday 21 June (11 weeks)
- Term 3 - Monday 1 July - Friday 20 September (12 weeks)
- Term 4 - Monday 30 September - Friday 20 December (12 weeks)

Days: Thursday or Friday

Times: 9am - 3pm

Location: DSQ Stafford Office, 282 Stafford Rd, Stafford

Cost: \$177 per day, invoiced at the end of the month. Price is subject to change in line with NDIS Price Guide.

If you are interested in joining the program, express your interest below or contact us at: tcossor@downyndromeqld.org.au



Down Syndrome Queensland

BECOME A MEMBER

www.downsyndrome.org.au/qld