

# OCTOBER 2023

## NEWSLETTER



### Welcome to the October DSQ newsletter!

*By Chris McMillan, CEO Down Syndrome Queensland*

Welcome to the October DSQ newsletter! I hope you have noticed some of our social posts highlighting Down syndrome Awareness Month - it is our time to shed light on our amazing, diverse community!

This month has much happening with the Disability Royal Commission recommendations having been handed down and the NDIS Review Report due for release. A core focus for DSQ and our counterparts across the nation is to call on the Government to adopt strong support for the recommendations aimed at ending segregated settings in employment and education. We shall continue to advocate at our state government level and support Down Syndrome Australia lobbying at the federal government level.

Progress continues for the 2024 World Down Syndrome Congress (9-12 July 2024). Several keynote speakers have been locked in. With the Congress theme "Together we can: celebrating diversity and inclusion", we have created five streams:

- Health and therapeutic advances;
- Education and employment;
- Advocacy and social inclusion;
- Family life; and
- Personal Development.

Visit the Congress website to register your interest to attend and keep updated on progress as the program develops.

Thank you to all who gave us feedback through the recently distributed Community Survey. Your feedback as the community we support is vital to ensure we stay true to our mission and deliver appropriate services.

Enjoy reading the DSQ Newsletter!

## FUNDRAISING AND EVENTS

### **Our busiest October ever!**

*By Michael Harrison, Community Engagement and Fundraising Manager*

As 2023 continues to fly by, we find ourselves in the middle of Down Syndrome Awareness month, without doubt our busiest month ever! Starting off the month with Scrap Heap Adventure ride, a wonderful success in the small NSW town of Woodenbong where over 140 motorbike enthusiasts showed their support for Down syndrome. DSQ played a leading role in supporting this event on behalf of Down Syndrome Australia.

This coming weekend will see our next round of events commence, with our annual Townsville Step Up! carnival in Strand Park and the team at Casali's in Far North Queensland setting off on their annual Down Syndrome Awareness drive, which promises to be bigger and better than ever before.

If you are in Brisbane next week, be sure to stop in at the Rydges South Bank Hotel café on the ground floor and grab yourself a coffee. As part of Down Syndrome Awareness month this café will be serving DSQ Brew all next week, with \$1 from each coffee sold donated to DSQ.

While there is a lot going on this month, don't forget that in May 2024 we are heading to the Scenic Rim Queensland for a 3-day challenge, and you're invited to join us! This unique experience with Inspired Adventures will prove an unforgettable adventure while supporting DSQ at the same time. To find out more, click the button below:

<https://inspiredadventures.com.au/event/dsqld-scenicrim-2024/>

## SUPPORT SERVICES

### **DSQ is getting our and about!**

*By Laura Mugaba, Support Services Manager*

Come and chat with a Support Services team member about Down syndrome and intellectual disability. 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
<b>Students with Down syndrome are always happy.</b>	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.
<b>Students with Down syndrome need to attend a special education setting.</b>	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.
<b>Students with Down syndrome can never learn to read and write.</b>	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.
<b>Students with Down syndrome cannot follow instructions in the classroom.</b>	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](mailto:tcossor@downyndromeqld.org.au)



# Down Syndrome Queensland

**BECOME A MEMBER**

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