

SEPTEMBER 2023

NEWSLETTER



Let us know what you think!

By Chris McMillan, CEO Down Syndrome Queensland

Welcome to the September edition of the newsletter!

Work has continued with the NDIS Review process. DSQ has contributed to NDIS Review submissions through our role with Queensland Disability Network and Queensland Disability Advisory Council. DSQ's membership of Down Syndrome Australia also allowed us to collaborate with other members of the Federation to provide feedback.

DSQ has upgraded several aspects of our website. We have updated content and worked to simplify layout and location of key topics and resources. The Strategic Plan Key Performance Indicators have been reviewed and can be found on the website at <https://www.downsyndrome.org.au/qld/about-us/down-syndrome-queensland-staging/>

It is exciting to think that we are now less than a year away from the 2024 World Down Syndrome Congress (9 - 12 July 2024). Registrations of interest for the Preliminary Program and Call for Presentations is open - the website will keep you updated on progress at <https://wdsc2024.org.au/>.

Currently DSQ is seeking your feedback! The DSQ Community is invited to assist us through actively undertaking the survey which touches on our current areas of service as well emerging issues. Your feedback will assist in shaping our future work and activities.

Enjoy reading the DSQ Newsletter!

FUNDRAISING AND EVENTS

The Premiership Quarter!

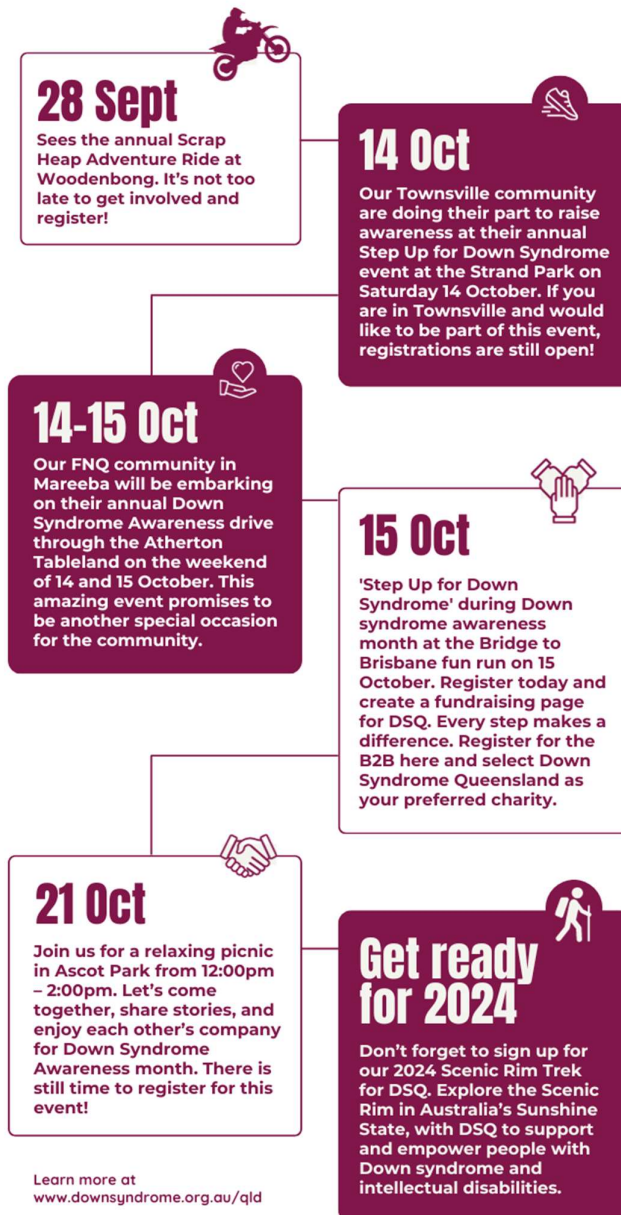
By Michael Harrison, Community Engagement and Fundraising Manager

With footy finals here, it is only right that we use a footy analogy to describe where we are at in 2023 - in the Premiership Quarter!

September is an action-packed month for the DSQ crew with lots of events in the pipeline and exciting opportunities to get involved. So far in September, we have been active at Bunnings Virginia with three fundraising barbeques, at an awareness of Down syndrome table in the front entrance warehouse and at a coffee station at the Bunnings Father's Day Markets.

In addition, we also had the opportunity to make a DSQ Brew or two at the Stafford Primary School Book Week parade, and last Thursday we were at the school Bush Dance. These have been great opportunities to raise awareness for our cause.

However, these are just the tip of the iceberg for the months ahead:



SUPPORT SERVICES

Our Support Service team is here for you

By Laura Mugaba, Support Services Manager

Doing Relationships with Intellectual Disability: A Workshop for Parents and Carers

This is an in-person workshop for parents and carers who are supporting their loved one with an intellectual disability to explore romantic relationships. The first half of this workshop will be a presentation where we will discuss:

- What is a romantic relationship and what does it contribute to our lives?
- Human rights and love, how do they interact and why are they important?
- Supporting decision making and a framework to guide this practice.
- Why is education and support crucial for people with intellectual disability as they explore romantic relationships?

The second half of this workshop will be an open forum where we will discuss concerns and strategies around supporting your loved one to navigate relationships. We will present some case scenarios to discuss but open and honest discussion about your own worries and concerns is greatly welcomed.

Please note that this workshop will take a human rights approach to discussing relationships for people with an intellectual disability.

This workshop will be held at the DSQ Stafford office on September 19th at 1pm-4pm. Registrations are still open!

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.

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

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)

9th October & 13th November

2:30 pm - 3:30 pm

Online

25th September & 23rd October

3:00 pm - 4:00 pm

To register for either group, please email 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

Calling out anyone interested in playing All Abilities Touch Football!

Did you know touch football is an easy game for people of all abilities, and a great way to get fit and make new friends?

There are teams and events for people of all ages and abilities, and competitions on most nights of the weeks and weekend afternoons across Brisbane. If you'd like to know more or want to come and have a go, please reach out to Simon Cox on 0411 868 497, or email simonjecox@gmail.com.

We also have an All Abilities Program running in Term 4 2023 with UQTFA for six weeks, commencing on Wednesday 4th October. UQTFA will be fully subsidising the costs of this program in Term 4. We'd love to see you all involved and bringing a friend along to get involved:

Length: Six (6) weeks

Commencing: Wednesday 4 October 2023

Time: 6:30pm - 7:20pm

Location: UQ Playing Field 8

Cost: FREE!



EDUCATION

Discounted Education Services!

By Carly Lassig, Lead Education Consultant

QEST is our Education Team service that can provide a range of individualised and comprehensive supports for schools.

For the rest of the 2023 school year, **all QEST services are 10% off!** So book a QEST service for Term 4 to assist you with planning for next year and assist with the transition process.



OBSERVATION & CONSULTATION

Includes a comprehensive student profile, developed prior to a one hour classroom/playground observation and a one hour consultation with key school staff. The school will then receive a comprehensive report with recommendations and resources to support implementation.

TRAVEL FEES WAIVED

1 visit	\$540
2 visits	\$990
3 visits	\$1,350



STAFF PROFESSIONAL DEVELOPMENT

Professional development workshops tailored for your school staff on a range of topics relating to Down syndrome, intellectual disability, and inclusion.

TRAVEL FEES WAIVED

Hourly	\$315
Half day	\$810
Full day	\$1,350



PLANNING SUPPORT

Planning support to co-create inclusive units/lessons using UDL, differentiation, and individual adjustments. We can also work with inclusion/curriculum leaders to custom design a whole school process for planning inclusively.

TRAVEL FEES WAIVED

Hourly	\$315
Half day	\$810
Full day	\$1,350

Book in now for a QEST service in Term 4 to assist you with planning for next year and assist with the transition process! Contact the team at education@downsyndromeqld.org.au today.

PROGRAMS

Challenge Weekends

By Teagan Cossor, Programs Manager

Have you ever been to one of DSQ's Challenge Weekends? If you haven't, you're in for a treat! And if you have been before, then you know what fun times lay ahead.

If you are looking for an adventurous weekend filled with making new friends, trying new activities that push us out of our comfort zones and have lots of fun - then don't be sure to miss DSQ's camps.

The aim is to encourage participants to work together and create new friendships. There will be lots of time to relax and enjoy the beautiful surrounds, exciting games and free time also. Participants are allocated into small groups captained by a volunteer team leader who provides peer support for the duration of the weekend. For our Teens camp, family members are welcome to attend with participants also!

Be prepared to be energized, motivated and inspired to accomplish your own goals in life. "Learn more, do more, become more."

Registrations are now open for both our Adults and Teens camps in November and will be closing on the 29th September - spaces are limited so be sure to get in quick to avoid disappointment.

If you have any questions, feel free to reach out to us on 07 3356 6655 or lhunter@downsyndromeqld.org.au



Down Syndrome
Queensland

BECOME A MEMBER