

# NEWSLETTER

## JANUARY 2024



Down Syndrome  
Queensland



## Message from the CEO

Happy New Year! I hope that everyone has enjoyed a wonderful festive season and some quality time with family and friends.

Down Syndrome Queensland (DSQ) has many things on the drawing board for 2024 to extend our support activities and education services. Our attention will also be turned to supporting the World Down Syndrome Congress, which will be coming "down under" to Brisbane from 9th – 12th July.

The Congress theme is very fitting given the recent handing down of the Disability Royal Commission Report, Together we can, Celebrating Diversity and Inclusion. With five streams to select from, I am sure you will find plenty of content to suit you:

1. Health and therapeutic advances
2. Education and employment
3. Advocacy and social inclusion
4. Family life
5. Personal development

We have secured some amazing speakers and look to add more in the coming months (see here: [WDSC 2024 | Speakers](#)). You can register to attend on the Congress website.

Enjoy your read of our first DSQ Newsletter of the year!

*Written by Chris McMillan, Chief Executive Officer*

As we move into 2024, we are very optimistic about the year ahead. This year promises to be another exciting one with some fantastic new opportunities to get involved and raise funds and awareness of intellectual disabilities!

A couple of new events to look out for in 2024 are:

### **Townsville Gala 2024**

The Townsville Down Syndrome Queensland Gala dinner on 16 March at Rydges Townsville. Our wonderful volunteers in Townsville have been working tirelessly over recent months in preparation for what promises to be a very special night to coincide World Down Syndrome Day celebrations.

### **Join us for a Scenic Rim Trek!**

Are you looking for a reason to get fit while supporting Down Syndrome Queensland? In May 2024 we will be holding our first Inspired Adventure Trek through Queensland's spectacular Scenic Rim. This weekend adventure promises to be a memorable adventure and one of the highlights for 2024.

These are just two of the many exciting opportunities to support Down Syndrome Queensland throughout 2024. If you would like to get involved and make a real difference in the lives of people with Down syndrome and intellectual disabilities, simply email [engagement@downsyndromeqld.org.au](mailto:engagement@downsyndromeqld.org.au).

*Written by Michael Harrison, Community Engagement & Fundraising Manager*

## Looking ahead

## SUPPORT SERVICES

As we look to the year ahead, our team is busy preparing to provide a range of services and opportunities for our community. These include information provision, support groups, workshops, family picnics, community outreach, speed dating, a regional trip and various other events and activities for people with intellectual disability, their families and supporters.

Through these events, we aim to foster connection and sharing of knowledge and experiences, emphasising inclusivity and positive impact. Watch this space for further details on specific activities and events throughout 2024!

*Written by Laura Mugaba, Support Services Manager*

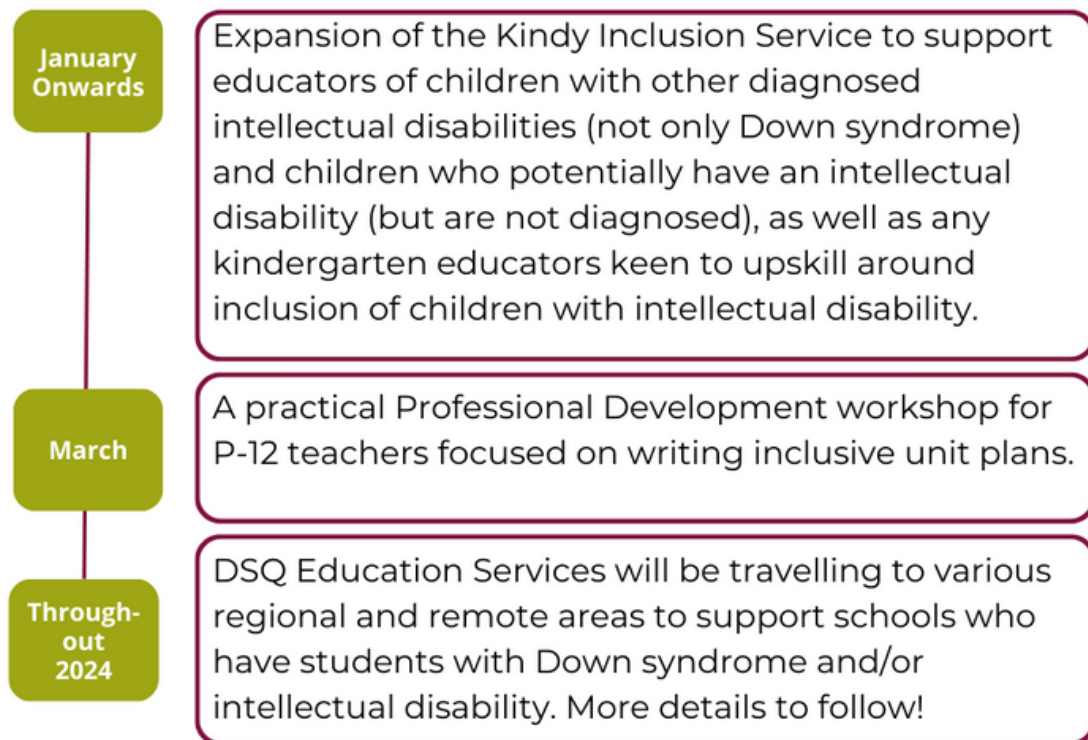
## The year ahead

## EDUCATION

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## The year ahead: Education Services in 2024

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*Written by Carly Lassig, Lead Education Consultant*

## It's sure to be a great year!

## PROGRAMS

Social Programs are kicking off to a busy start already in 2024, with many exciting programs organised until June – it's sure to be a great 6 months.

You may notice that we have condensed our programs for Teens and Adults to attend under the banner of DSQ Club. This will provide all participants an opportunity to get to know people of different ages and make for some great fun. Keep an eye out for all of our exciting upcoming events on our [Events page](#)!

We still have places available in Term 1 for our post-school education programs:

- [Continued Education Program \(CEP\)](#) - ongoing holistic education program including components of real-world experiences;
- [Skills for Independence](#) - learning all about budget and money management to support build financial independence; and
- [Possibility Pathways](#) - helping people to learn important employment skills they can use when applying for roles

If you would like more information or to register for any Social or Educational Programs, contact us on 07 3356 6655 or [tcossor@downsyndromeqld.org.au](mailto:tcossor@downsyndromeqld.org.au)

*Written by Teagan Cossor, Programs Manager*

BECOME A MEMBER

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



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