

# NEWSLETTER

## MARCH 2024



Down Syndrome  
Queensland



## Message from the CEO

Welcome to the Down Syndrome Queensland, March newsletter. The month kicked off with a successful Educator workshop hosted by the Down Syndrome Queensland Education Team. The Inclusive Unit Planning Workshop for Educators was designed for educators who are teaching or supporting learners with Down syndrome and/or another intellectual disability.

As a member of both Queensland Disability Network (QDN) and also Queensland Disability Advisory Council (QDAC), I have had the opportunity recently to meet the Hon Charis Mullen, Minister for Child Safety, Minister for Seniors and Disability Services and Minister for Multicultural Affairs. The QDAC meeting with the Minister allowed DSQ to contribute to highlighting key areas of focus following the Disability Royal Commission report and also the NDIS Review findings. There will be ongoing opportunities for further input through both QDN and QDAC.

Like any not for profit we rely on community and volunteer support – without this we could not deliver the range of services and activities in QLD. Thank you to our network of volunteers and supporters throughout the state. A special acknowledgement goes to our Townsville volunteers who a year ago dared to imagine hosting a gala dinner – a sold out event is an amazing achievement in raising community awareness and vital funds for DSQ's work!

March 21st is World Down Syndrome Day (WDSO). A special day to celebrate the lives and achievements of people with Down syndrome. Within your community this WDSO take the opportunity to raise awareness about the rights and inclusion of people with Down syndrome around the world.

## Upcoming opportunities

## FUNDRAISING & EVENTS

With March upon us it is time for one last shout out for participants in our first Inspired Adventures Trek through Queensland's beautiful Scenic Rim, from 11–13 May 2024. Challenge yourself or complete the trek with a friend or family member. This is a unique opportunity to enjoy the great outdoors, meet new people and support the Down Syndrome Queensland community.

Registrations close 31st March. For more information or to register for this exciting event, [click here](#).

If trekking is not your thing, we have another great opportunity for you to get involved on 13 April 2024 at our Bunnings Virginia Sausage Sizzle. We are currently looking for volunteers to help us raise much needed funds and awareness of Down syndrome within the community. Shifts are approximately 3 hours, this is a great chance to connect with new people, have fun and support Down Syndrome Queensland all at the same time.

To register your interest, [click here](#).

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

## SUPPORT SERVICES

### **World Down Syndrome Day Ipswich Event – Save the date!**

On 16th March, wear your most colourful socks and enjoy a Story Time to celebrate the lives and achievements of people with Down syndrome. This is a free event from 10–11:30am at the Ipswich Children's Library – booking is essential!

- Enjoy a story read by disability rights advocate and entertainment all-star, Olivia Hargroder
- Design your very own pair of socks with artist, Ruby Herrenberg
- Chat to representatives from Down Syndrome Queensland
- Take home a free First 5 Forever book pack (1 per family with children under 5)

### **Are you ready to vote in the upcoming election?**

Down Syndrome Australia have a helpful resource about voting that can support you in the upcoming election. Visit the website to see it!

### **Are you a mother of children with a disability?**

Researchers from Children's Health Queensland and the University of Queensland are interested in understanding the experiences of mothers of children in accessing support services for their mental health.

You can participate through an interview conducted online or face-to-face, with a member of the research team, or take part in co-designed meetings to discuss potential solutions to plan a mental health service for mothers of children with disability. Your information will remain confidential.

*Written by Laura Mugaba, Support Services Manager*

## The education team's regional trip

## EDUCATION

The DSQ Education Team is excited to be heading to Townsville, during the last 2 weeks of the school term, for the first of its 2024 regional trips. The team is scheduled to provide ID:8 and QEST consultations to numerous State, Catholic and Independent schools in the Townsville region. In addition, we will be presenting a free workshop for educators and a free workshop for parents.

The parent workshop aims to help parents/carers to understand the school experience, with a focus on topics such as understanding genuine inclusive education, understanding your child's rights, and advocating for reasonable adjustments. This event is designed for parents/carers of children with Down syndrome or another intellectual disability, however, is also relevant to parents of children with any disability. Anyone is welcome to attend!

- Location: Aitkenvale Library - 4 Petunia St, Townsville Queensland 4814
- Date: 11:00am – 1:00pm Sunday, 17th March 2024
- Register here: [www.downsyndrome.org.au/blog/event/education-inclusion-event-for-parents-townsville/](http://www.downsyndrome.org.au/blog/event/education-inclusion-event-for-parents-townsville/)

The educator workshop will focus on understanding & supporting students with Down syndrome and/or intellectual disability. It will cover topics such as developmental profiles of individuals with Down syndrome, common barriers to inclusion, reasonable adjustments, and effective use of teacher aides/support officers. This workshop is suitable for P-12 Classroom Teachers, HOSES and Learning Support/ Inclusion Teachers, HODs/HOCs, Teacher Aides, AVTs, Allied Health Professionals working in schools, and Education Officers/Advisors.

- Location: Weir State School, 592 Ross River Road, Townsville Queensland 4817
- Date: 4:00pm – 6:00pm Monday, 18th March 2024
- Register: [www.downsyndrome.org.au/blog/event/supporting-students-with-intellectual-disabilities-townsville/](http://www.downsyndrome.org.au/blog/event/supporting-students-with-intellectual-disabilities-townsville/)

*Written by Carly Lassig, Lead Education Consultant*

Can't make it to our in-person events? No worries! DSQ has plenty of online activities to keep you entertained like Virtual Dance Parties, Karaoke and Talent Shows, and Trivia Nights.

If you want to join us for some online fun (and we hope you do) contact (07) 3356 6655 or email [office@downsyndromeqld.org.au](mailto:office@downsyndromeqld.org.au)

## Get in quick for the Pig & Whistle Dinner, Dancing and Overnight Stay!

Date: 13-14th April 2024

Location: Pig and Whistle Riverside, followed by The Pullman Hotel Brisbane

Get ready for an unforgettable night with DSQ! Join us for an evening filled with delicious food, drinks, and dancing at Pig and Whistle Riverside. There in-house DJ will keep the dancefloor alive, ensuring a night to remember.

- Kick off the night with a scrumptious dinner and refreshing drinks.
- Let loose and groove to the beats of the in-house DJ – Music requests encouraged!
- Extend the fun by staying overnight at The Pullman Hotel Brisbane. Wake up to a complimentary breakfast before heading out.

More details about the hotel and overnight accommodations will be provided closer to the event date.

Don't miss out on this fantastic opportunity to mingle, dance, and make memories with DSQ. Register now and get ready for a night of fun and festivities!

*Written by Georgie Greaves, Office Manager*

[SEE OUR UPCOMING EVENTS](#)

BECOME A MEMBER

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



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