

Newsletter 15 May 2020



With recent easing of restrictions by the WA Government including schools being back, we are optimistically looking forward to life slowly returning to some degree of normality throughout our state. Whilst there may have been some adaptations to celebrating Mother's Day this year, we hope all the Mum's in our Down syndrome community enjoyed a spectacular day on Sunday and were able to enjoy the sunny and mild weather on offer.

We are also pleased to share a letter from Margaret Lawlor our Executive Officer at DSWA commenting on how the Association is tracking, including successful grants, the NDIS space plus the new DSA website and database, amongst other news.

[Please click the link to read](#)

Our Association is updating the current database, so over the coming weeks our Admin staff will be in touch by phone, ensuring we have the most up to date contact information.



In this E-news edition

We share the FY 2018-2019 annual report for our Association and a letter from Hon Stephen Dawson, Minister of Disability Services, to the wider disability community. We also take a look at a pathway to open employment with DSWA; and include new segments: *Creative Corner* aimed at our members with Down syndrome, plus a *Regional Hub* section for stories, events and photos to share. There are the regular items about what our community is up to, NDIS, plus as always we love to share the good news stories.

We really value **your contributions for our E-news**, so if you have any video footage, photos or stories on what you are doing on the home front or in the Community please send them in to ji@downsyndromewa.org.au so we can share with the wider Down syndrome community.

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What is happening at the Association?

DSWA Annual report



Please follow the link to access the most recent Annual report (FY 2018-2019) with a photo of one of our Ambassador's and Karate expert, Jack Mckevitt on the cover.

[View report](#)

Letter from the Minister for Disability Services

The Association has received great support from the Hon Stephen Dawson MLC, Minister for Disability Services and Deputy Leader of the Legislative Council. We invite you to read a recent letter sent to our Association demonstrating his support for the disability sector.

[Letter PDF](#)

[Pathway to open employment: a good news story](#)



At Down Syndrome WA, Executive Officer Margaret Lawlor and Emily McCain, Employment and Training Officer at DSWA, have been working to create a pathway to open employment for people in Western Australia living with Down syndrome. This has involved working together with the Department of Training and Workforce Development to have the Certificate II in Customer Engagement registered as a traineeship and ensuring all key stakeholders are involved to ensure the success of this pilot project. If you would like to learn more about this pathway or for expressions of interest please contact Emily: emily@downsyndromewa.org.au.

[Read more about Joe's story by clicking this link.](#)

Congratulations Margaret! As a result of this pilot program, Margaret Lawlor, Executive Officer at Down Syndrome WA has been nominated for the National Disability Services Awards category: Excellence in Improving Employment Opportunities.

DSWA Facebook groups and pages



We are pleased to announce a new Facebook group for our Association called Health Matters which is in response to grants received, focusing on health issues. It will also be a good forum for DSWA Ambassadors to post about health related topics important to them.



Other Facebook groups:

- [Down Syndrome WA Support Network group](#): A private group for people with Down syndrome and their families. We will post information specifically aimed at this group and encourage people to use it as an online support group. Membership by request.
- [Aim High Club](#): A private group for Aim High Club members and their families to share information and photos of club activities with each other and their families and volunteers.
- [NDIS and Me](#): A private National group for Australians with Down syndrome and their families.
- [DSWA Midwest Support group](#): A private group to connect families in Geraldton and surrounds who have a family member with Down syndrome
- [Down Syndrome WA Public Facebook page](#): is for people interested in DSWA, Down Syndrome and supporting the work that we do.



Social Connection

Social groups 0-17yrs

Hi from Nikki:

I held our first **New Parent Connections zoom** last week and was joined by 11 new parents and bubs, aged 0-2 years, from all across the state. It was a really lovely morning getting to meet each other and hear all about each other's journeys. These will be continuing, even after COVID-19, so if you would like to join us please contact me on nikki@downsyndromewa.org.au

Both of our **playgroups** have continued to catch up via zoom sessions. The South Metro group on a Monday morning at 10am and the Perth Metro group on a Friday at 9.30am.

KiDS Club (5-11years) and FrienDS for Life (11-17years) are having sessions through Zoom as well so if your child is not involved in the groups yet, please send me an email and I will let the coordinators of the groups know.

Aim High Club

ENTRIES HAVE NOW CLOSED

Thank you to all those who entered our "Creative in Isolation" Photo Competition. Our two winners will be decided by Friday 22nd of May, so stay tuned!

ZOOM update

This weekend, Aim High Club will be joined by Kelly Buckle from Kelete Theatre and Performing Arts Company.

My name is Kelly and I'm really looking forward to meeting you all. We will have lots of fun, dancing, singing and maybe even a bit of acting.

Notes:

- Wear something comfortable
- Grab a musical instrument if you have one, if you don't it doesn't matter you can use your hands or your voice
- Have a clear safe space to zoom and a drink bottle nearby

We will meet at 1:30pm for a catch-up before Kelly's class beginning at 2:00pm. If you would like to join us this **Saturday 16th of May 1:30pm - 3:00pm**, please email me before the weekend at aimhigh@downsyndromewa.org.au and transfer the class fee of \$10 to:

Down Syndrome WA

BSB - 016-267

ACC - 3407 88 746

Make sure that you provide the participant's full name in the narration. Once I've received your email, you will be sent the details to join the meeting. Hope you can make it!



Emotional Health support

Hello Everyone 😊

Nicola the Emotional Coach here!

4 Powerful Tips To Stay Positive In Challenging Situations

1. Express what it is you're grateful for each day
2. Exercise your body and mind
3. Let Go of what's outside of your control
4. Listen to uplifting music, meditations, and motivational speakers

I have included a link which has so many good vibe quotes to help you stay positive, as well as sayings to share with the people you love. There is an amazing collection of movie quotes, cheer up quotes and keep your head up quotes for inspiration. <https://bayart.org/good-vibes-quotes/>



NDIS support

Last week was the final workshop in the current series on the NDIS. Thanks to those who joined me.

Topic: NDIS plan implementation and beyond

This included discussions around: how to get the most out of your plan, the funding categories, what you can spend your funds on. service agreements, myplace portal and reviews: both scheduled and unscheduled. I have included the link below for the power point for this presentation.

[View PDF presentation](#)

I am really happy to be contacted if you have any queries around your NDIS plans. I work Tuesday to Thursday and will get back to you as soon as possible.

- **email:** NDISsupport@downsyndromewa.org.au or
- **mobile:** 0480 263 107

Tip: The NDIS website is a great resource www.ndis.gov.au. Use the search bar at the top of the page to find what you are looking for.

Regional/Outer Metro hub: **New**

We are wishing to set up **key contacts** within our Down syndrome community in regional areas, so if a DSWA family is moving to another region within our state we can provide them with a welcoming contact and connection in that region for any advice on services etc..... If you are happy to be a key contact, we would love to hear from you at DSWA with your details. **Please email** elise@downsyndromewa.org.au

Also, we invite our regional families to share stories, events and photos with all our our E-news subscribers, as we are interested to know what is happening in our Community state wide.

Good News story



Tom's awesome drumming tribute to the playgroup Mums and kids

Thomas has always had a love of music. Some time ago, when he was younger he did a brief stint of drum lessons. This discontinued, but Thomas kept his drum sticks and continued "drumming" at home on any surface he could find, using You tube music Video clips as his guide.

Recently, Tom recommenced drumming lessons and it is hard to believe this brilliant Youtube clip is only his fourth drum lesson with Specdum Health and Music. In this clip Tom dedicates his music to the DSWA Playgroup Mums and Bubs. Listen to Tom's great introduction, where he explains that having a disability shouldn't stop anyone from giving things a go, that anything is possible.

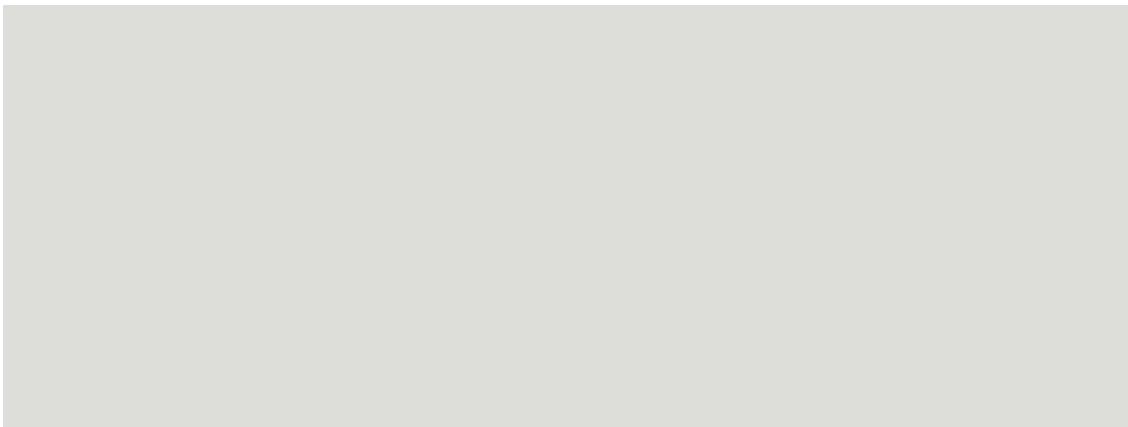
He hopes you enjoy it.

Creative Corner

Each week we would love to share and highlight a creative pursuit accessible to individuals with Down syndrome. If you have contributions in the space of cooking, arts and crafts, sensory play accompanied by images we would love to share these. For all ages.

To kick start the segment Anna Gray has shared her recipe for *Bella's raw balls* which are vegan/vegetarian/dairy free and gluten free and best of all NO COOKING.

Anna's note: *"I like making these raw balls because they are yummy and healthy. My friend Bella gave me the recipe and said I should give it a crack and make them. It is fun making them and it is icky and sticky when I am mixing it all together and my hands get all chocolaty. They taste really good. Once I have all the ingredients measured it takes 5 minutes to make them"*



Recipe

I bought all these ingredients from the supermarket.

- 14 Medjool dates, pitted and chopped.
- 200gm slithered almonds (one packet)
- 4 Tablespoons of natural peanut butter
- 1 tablespoon cacao powder (I use Cocoa powder: Check if contains gluten)
- 1-2 Tablespoons water if needed

Afterwards: Crushed peanuts OR desiccated coconut to roll the balls in.



How?

1. Wash your hands and have all the ingredients ready and measured.
2. Mix together all the ingredients.
3. Roll into balls (like the photo) and roll them around in a plate of coconut.
4. Put them in the fridge.

Enjoy! 😊



*Stay well everyone and please contact us if you have any questions.
We are here to support, inform and connect our Down syndrome Community.*

If you know anyone who can benefit from this newsletter, forward this email and ask them to subscribe. Thank you!

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