

# Newsletter 26 February 2021



## We hope this newsletter finds everyone settling into a good rhythm for 2021.

Our children's educational journeys have commenced, and we can breathe a sigh of relief. DSWA has an annual Teacher Professional Development for teaching staff who may want valuable information about facilitating learning needs for students with Down syndrome, so please read on for details. World Down Syndrome day on 21 March is almost upon us, so please get involved in advocating for our community by wearing and sharing our stunning socks. Check them out in this newsletter.

**In this edition** we have huge news that **DSWA is on the move**. We offer congratulations to Naomi our new National Health Ambassador and Julia for winning Individual Distinction in the Hesta Awards! The celebration continues as we share news that the annual Rottneest Channel swim was conquered last Saturday by members of our Down syndrome community. Check out all our beautiful photos from our play groups and social connections and if you are working toward independent living, there are PDF resources you can download to guide you. Finally, read about a DSWA competition, and be inspired by a great basketball video in our good news segment that will make you smile. 😊

### *In this newsletter:*

- [Congratulations](#)
- [What is happening at the Association?](#)
- [All things NDIS](#)
- [Employment News](#)
- [Social Connection](#)
- [Community News](#)
- [Resources](#)
- [Competition – We want your Story!](#)
- [Useful links and information](#)
- [Creative Corner](#)

## Congratulations

Congratulations to Naomi Lake on her appointment as a National Health Ambassador for Down Syndrome Australia. Naomi and her mum Wendy will be attending Canberra for this year's organised events to celebrate World Down Syndrome Day. 🙌🙌



Congratulations to actress Julia Hales from WA, who has won the 'Individual Distinction' award in the [HESTA Awards](#) for her work advocating for the inclusion of people with Down Syndrome

*Keep up the great work Julia!*



## What is happening at the Association?

# Down Syndrome WA office is moving!



**From 15<sup>th</sup> March 2021 our office will be located at 32 Burton St Cannington 6107.**

What started with a search to bring our overheads down, has resulted in a great new space, with training rooms and room to cater for our growing Association. We will share office space with Nulsen Group, so if you are looking for us in the early days, look for a Nulsen Group sign, but DSWA will have signage up in the near future.

Please note our phone number will change from 15<sup>th</sup> March, but we will email all members with the new number, plus post this information on our website.

## **Open water swimming is alive and well at Down Syndrome WA.**



A recent flourish of information has come through about the Rottnest Channel swim. We are pleased to share with you that since our last correspondence we have learnt that Patrick Ricciardo has made the crossing TWICE! He achieved this in 2010 and again in 2011 so a great achievement.

Ten years on and Peter Rossen and Anna Gray completed the channel swim on Saturday, in a team of four named Rumble Apple Crumble. This required great courage and determination as the conditions were not great, with a swell up to 2 meters toward the latter part of the 19.7km swim. As the conditions deteriorated, teams who were not at the 17km mark of the swim by 3:45pm, were being pulled out of the water as it became too unsafe. We want to extend our congratulations to Peter and Anna along with fellow swimmers Kate and Emily for persevering to



achieve a goal that had been longstanding dream for both Peter and Anna. They finished with fists pumped and whilst exhausted were excited about their achievement. They were awarded their medals at the finish line, to the applause of an appreciative crowd.

The day had started for them at 0530 as they boarded their boat and motored to their waiting point off the coast of Cottesloe beach. Amongst a flotilla of boats, they waited for their first swimmer to reach them. It was then a relay format, as they jumped into the ocean and swam

their hearts out alongside the team paddler who kept them in line with direction and ensured they were safe from other nearby boats. Fearless is a good word to describe the team as they swam through the rugged conditions ensuring they were warm in between swims, maintaining good nutrition and plenty of water along the way. There was also a liberal dose of fun as they unfalteringly made their way toward the finish line.

The team were fundraising for DSWA and we acknowledge their extraordinary result, raising over \$12,000 for the Association. THANK YOU to all the team and to all those who donated and supported the "Crumblies" (as they became affectionately known).

We have it upon good authority that another DSWA connection – Aim High Coordinator Suzanna Olsen, swimming in a duo team also completed the swim. A massive effort to make this crossing with only one other in the team particularly in light of the tough conditions. Congratulations Suzanna!



[Read more and visit fundraising page](#)

[See more photos](#)



**All things NDIS**



REGISTERED  
NDIS  
PROVIDER

NDIS programs at DSWA are continuing to grow, with the addition of our first Getaway coming up in March and DSWA social group Friends for Life transitioning to an NDIS service in March. DSWA has also commenced NDIS employment services offering a *Skills to employment program* which can be individually tailored. This is through NDIS support category *Finding and Keeping a job*. You can learn more on our website <https://www.downsyndrome.org.au/wa/our-ndis-services/employment-support/> or email [elise@downsyndromewa.org.au](mailto:elise@downsyndromewa.org.au).

### **Letter of support – what is it?**

This is an individualised letter that can be taken to your next planning meeting with information on how our NDIS service supports your plan goals and how involvement can increase relevant skills. The letter will outline the funding category for our NDIS service, including details of the hours involved, plus line items which can be useful for your LAC when allocating funding to the plan. Useful for Aim High Club, Friends for Life, Getaways and employment skill building.

Please don't hesitate to contact me either via email: [elise@downsyndromewa.org.au](mailto:elise@downsyndromewa.org.au) or 0480 263 107 so we can have a discussion on how our service can meet your goals.

### **Did you know? 12-month automatic plan extensions are still in place**

This was a Covid initiative and the NDIS has recently announced that automatic plan extensions will continue. If your plan reaches its end date and your new plan hasn't been finalised as yet, your current plan will be automatically extended for up to 12 months.

This means that your current funding will automatically continue for up to 12 months, or until your new plan can be finalised, so you don't have any gaps in your funding or supports.

### **NDIS has released the Quarterly Report for Q2 2020-2021**

On the NDIS website there is a link to the quarterly report and summary information about progress made across the scheme including how the NDIA are making the scheme better. This includes progress against the Participant Service Guarantee and Service Improvement Plan.

[Read report](#)

## **Teacher Professional Development day**



**8 March 2021**



**Did you know that DSWA runs one Teacher Professional Development day per year?**  
We choose to run it half way through term one, so the new teachers and EA's can get to know your child for a few weeks. The PD day is an opportunity to answer any questions they may have.

We will have guest speakers who are specialists in IEP's, classroom adaptations, pre-reading and numeracy, boundary setting and protective behaviours, understanding behaviour and classroom management.

For more information please email Nikki on [nikki@downsyndromewa.org.au](mailto:nikki@downsyndromewa.org.au)  
**Registration has been extended to 1 March 2021.**

*"Comprehensive, excellent range of topics. Thank you for an informative engaging day".*

**Download registration form**

## Lots of Socks!



### **The 21st of March is World Down Syndrome Day.**

Celebrate your loved one with Down syndrome and support Down Syndrome WA, by purchasing socks through our Lots of Socks campaign. Australian artists Kendall Perkins and Peter Rowe collaborated to create a design to celebrate Australia's Great National Wonder, the Great Barrier Reef.

### **Find out more!**

<https://www.downsyndrome.org.au/.../lots-of-socks-2021/>

Rock your socks, take a sock selfie and use our hashtags so we can ensure to spread the word about World Down Syndrome Day!

**#WDSD2021 #WDSD #downsyndromeawareness #rockyoursocks #lotsofsocks**





## World Down Syndrome Day Picnic

Sunday 21 March, 10.30am-1.30pm

Perry Lakes Reserve Playground, Perry Lakes Drive, Floreat

DSWA's World Down Syndrome Day Family Picnic is a great chance for our community to come together and celebrate everything our loved ones with Down syndrome bring to our lives.

[Find out more and register](#)



## Employment news

Another Trainee completes his Cert 2 in Customer Engagement and sign his offered permanent part-time contract with Perth City Council. Great work Joe Salt! 🙌🙌🙌



# Social Connection

## DSWA Playgroups

Our playgroups are up and running again so if you have a child with Down syndrome 0-5 we would love for you to join us.



**South Metro-** Warnbro Community and Family Centre, 1 Moreton Crescent, Warnbro. Mondays during school term, 9.30-11.30am. We hope to see you there. Janette and Claudia.

**Perth Metro-** Loftus Community Centre (corner of Loftus and Vincent street), Fridays during school term, 9.30-11.30am. We hope to see you there. Nikki and Tracy.



## KiDS Club

KiDS Club have some exciting activities and adventures planned for 2021 starting with a fun filled afternoon at Perth's only wave pool and waterslide leisure centre at Bayswater Wave. A trip to Perth Zoo, and celebrating with our wider DS community at the annual World Down syndrome Day, Sunday 21st March, family picnic.

We are looking forward to welcoming some new members graduating from our DSWA Playgroups and catching up with old friends to hear all about their Summer holiday fun!

If you have a child aged 5 to 11 with Down syndrome and would love to connect with other families to encourage peer relationships, social skills and networking for parents, please contact Janette Cook at [janette@downsyndrome.org.au](mailto:janette@downsyndrome.org.au) for registration details.

## FrienDS for Life

If you are between 11-17yo and would like to be part of our group!



## Aim High Club

I hope the New Year has so far brought you and your loved ones some positivity and quality time together. Our members are continuing to meet twice monthly but with the introduction of our two groups at the beginning of this year, there are now a total of four events happening every month!

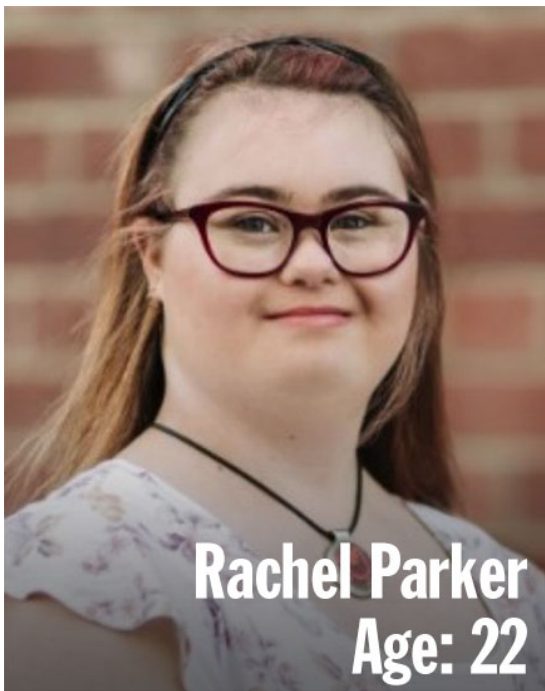
Since our previous e-newsletter, there have been a lot of photos to share. Enjoy! ❤️❤️❤️



[See more photos](#)

### In other news...

- We recently came first in the Local Matters program at Grill'd Applecross
- Our March calendar of events has been released and registrations are NOW OPEN (but not for long)!
- Our first two-night getaway is happening next month in Mundaring
- We are introducing a *Member Profile* section to every e-newsletter edition starting this month and also to our Facebook group – time for our wonderful members to step up and make themselves known to our wider community.



**Rachel Parker**  
Age: 22



**Greg Carstens**  
Age: 31

[Read more](#)

We welcome new members year-round so please send me an email if you or someone you know might be interested to join. We offer two groups; one for 18- to 30-year olds and another for those above 30.

**Suzanna** (Coordinator)

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## Community News



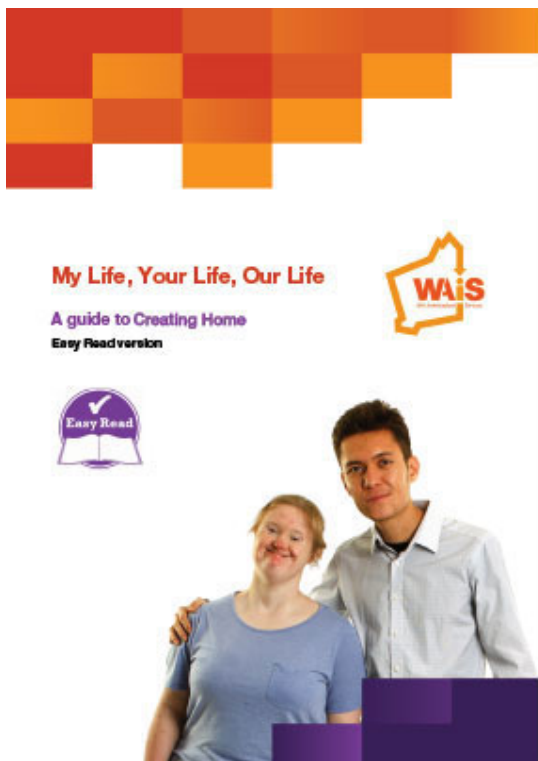
*Discover Little Athletics*

[Read letter and find out more about Little Athletics](#)

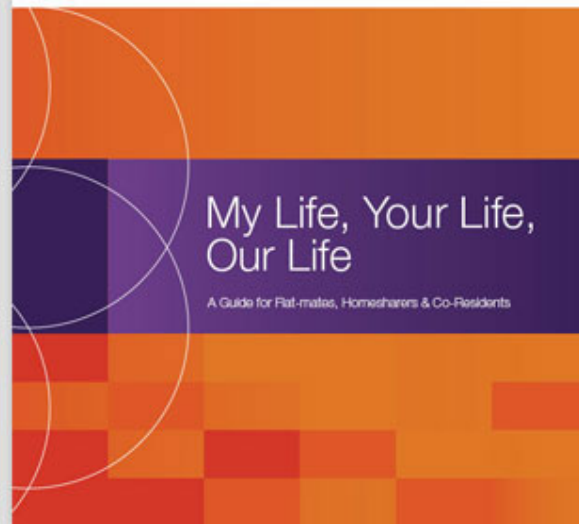
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## Planning on Independent Living? Check out these resources from WAIIS





'I want to share my life with people who matter to me, people I know care about me, like a family or very close friends. After all, what's life if you have no one to share it with?'



### **My Life, Your Life, Our Life**

A Guide for Flat-mates, Homesharers & Co-Residents

[Download PDF file](#)

### **My Life, Your Life, Our Life**

A guide to Creating Home

**Easy Read version**

[Download PDF file](#)



## **Attention all story tellers!**

**We are holding a competition for individuals with Down syndrome. Tell us a story about how life has changed for the better because of DSWA. This can be a small or big change that is important to you.**

Please share your story in whatever way you would like. It can be through video, pictures or words or a mixture of each. (It is OK to have some help too!)

Prize money is \$100. We really look forward to hearing your story!

Please send us your story either by email [margaret@downsyndromewa.org.au](mailto:margaret@downsyndromewa.org.au)

or mail to our PO box 833, SOUTH PERTH WA 6951.

## **Useful links and information**



**Australian Government**



**Disability Gateway**

Connecting you to information and services

Disability Gateway has information and services to help people with disability, their family, friends and carers to find the support they need in Australia.

[Visit website and find out more](#)



## WA State Election: Accessible voting fact sheets

[Visit website and find out more](#)

[Download PDF about Telephone Assisted Voting](#)

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## Creative Corner



Thanks to the contribution from Jo who has shared her daughter Juliette's artistic talent. Canvas, brush and paint and you have a masterpiece!

**"My daughter Juliette decided to paint during the school holidays. She spent hours planning, sketching and painting this colourful piece of art."**



Just beautiful! 😊❤️

## Good News Story



**Here is a fantastic news from Nikki. You can feel the happy tears as you read this story! Thank you Nikki and well done Wil!**

🏀 Wil had his first proper game of basketball today. 🏀  
His friend Manix needed a fill in for his team and they asked Wil.  
I'll be honest and say that initially I thought.....  
-oh no way. He is not ready for a proper game with other kids the same age  
-what if the other kids get annoyed that he doesn't know the rules  
-what if the other parents get annoyed that he loses the team the ball or even the game  
I asked Wil if he wanted to give it a go and of course in true Wil fashion he said 'yeah of course'  
👍

So this morning with nerves in both of our tummies, and his cheer squad of Dad, @zac\_schwagermann98 , @taj\_has\_swag and @laurenwood14 , we went down to stadium. Wil was welcomed by the team and given his Jersey (which I must say he was loving himself sick in)

He started on the court and ran up and down that court like I had never seen him run before. With the biggest smile on his face the whole time. Although he wasn't touching the ball much, and was keeping himself out of the pack, everyone could see he was having the time of his life.

💡 This amazing moment happened in the second half. 💡  
The celebration of the kids and adults from both teams when he got his first goal made me tear up. The fears that I had, melted away.

I swear he walked out of that stadium 10 feet taller. I walked out reminding myself to never underestimate Wil and his drive and determination.

Thank you so much Casie @royleclassfitness Manix and all of the Slammers team for inviting Wil to play.

And thank you to @warwicksenatorsbasketball for continuing to be so inclusive with Wil and your basketball programs.

*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!

**Subscribe now**

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