

Newsletter 26 June 2020



In this newsletter we unapologetically focus on a theme of progress and positivity, both within our state as we move toward phase 4 of restrictions and within our Association, with exciting successes. There is a buzz in the air as playgroups are back and we look at re-commencing DSWA face to face services for our teenagers and adults. We recognise it is the time families are choosing the pathway for their 3 year olds with first steps into the school system for 2021 and selecting a high school for their grade 6 students. To our adults with Down syndrome who are returning to work we wish you the best as things return to normal. If you have returned to work, we would love to hear what you are doing, how it is going and a photo or two.

Please send to: jj@downsyndromewa.org.au

In this edition we share news of a win for DSWA at the WA Disability Supports Awards, highlight educational resources available for our Down syndrome community and let you know what is happening with the My Voice My Health grant. We have news from our social programs and share fabulous photos from our Aim High group demonstrating their creativity over the last few months. There is NDIS news and in our Creative Corner, we talk lemons!

In this newsletter:

- [Disability Support Awards](#)
- [Resources](#)
- [What is happening at the Association?](#)
 - [DSWA Grants](#)
 - [Social Connection](#)
 - [DSWA Playgroup / KiDS Club and FriendS for Life groups / Aim High](#)
 - [Regional/Outer Metro Hub](#)
- [All things NDIS](#)
- [Community Research](#)
- [Good News Story](#)
- [Creative Corner](#)

Disability Support Awards

CONGRATULATIONS MARGARET LAWLOR – WINNER OF WA Disability Support Award.

NDS WA, in partnership with the Disability Services Commission, held the WA Disability Support Awards, virtually this week. The Disability Support Awards recognise and reward people who provide the highest standard of support to increase the quality of life and inclusion of people with disability. On Tuesday 23rd June Hon Stephen Dawson, Minister for Disability Services announced Margaret Lawlor EO of DSWA as the winner of a WA Disability Support Award in the category of Excellence in Improving Employment Opportunities.

A huge congratulations Margaret on this award from the staff, Board and community members of DSWA. So well deserved!



An outline of Margaret's work: A well-known and respected figure in the disability community, Margaret is recognised for her work supporting people with Down syndrome find economic and social independence through meaningful employment. As Executive Officer of Down Syndrome WA, Margaret developed a traineeship program in partnership with Government and local government agencies which aims to create more job opportunities for people with Down syndrome. Through her knowledge and understanding of both employee and employer requirements, Margaret directly supported people like Joe to find a job he loves. Joe is now employed by the City of Perth in the customer service unit while completing his 18 month customer service traineeship.

"I have a job, I really like my workmates and I get paid, so I can buy the things I want," Joe says.

The judges noted that Margaret's work had mutually benefited people with disability and also employers by removing barriers and building their capacity to create more accessible and inclusive workplaces.

Margaret would like to thank the following business's and people who without their support, the placements of our members would not have been possible.

Department of Training and Workforce Development– Alison Sweet, Peter Henson and Alan Jones.

Apprenticeships Support Australia – Michael Lange

Fremantle Education Centre – Di Watts and Mirella Roche-Parker

Status – Jacky Armstrong

DSWA's three members placed in traineeships so far are:

Andrew Domahidy – HBF – Thanks to the support of the CEO, John Van Der Wielen

Anna Gray – Town of Cottesloe – Thanks to the support of HR manager, Samantha Hornby

Joe Salt – Perth City Council – Thanks to the support of Manager of Customer service, Alyce Higgins

We invite you to watch the video of the Hon. Stephen Dawson announcing Margaret as the winner.

<https://www.facebook.com/DownSyndromeWA/videos/740284020064073/UzpfSTE0NTczODg4NTEyMjYzODk2Vks6Mzk2Mjg0NzAxMzc1NzU5Nw/>

For more information on the traineeship program Margaret has set up please contact us at DSWA: emily@downsyndromewa.org.au or call 9368 4002

Resources

Whether a life transition stage for your family member with Down syndrome or wishing to learn more about particular areas related to Down syndrome - information is key! Below are a range of resources DSWA and DSA can offer.



Website

See the Down Syndrome Australia website which has an excellent resource hub. This site includes a selection of booklets on a range of topics including education, employment health and life stages.

[Visit Resource Hub](#)

Books

Did you know that our DSWA office located in South Perth, has a vast library of general and educational resources pertinent to Down syndrome which have been recently updated? These resources can be borrowed by any of our members, teachers or employers interested in learning more.

Woodbine House has long been a publisher of books in the disability space and have many excellent books on topics particular to Down syndrome www.woodbinehouse.com/about-us. The DSWA library has many of these Woodbine resources available to borrow.

[Click here to download the PDF link to see a selection of those relevant to 0-6 years and beyond which also may be useful for those beginning school or in the early years of schooling.](#)

Specific transition to school resources

With many families looking at first steps into either primary or high schools in 2021, DSWA has some resources which may be helpful:

- ***The Really Useful Starting School Book***: A practical guide on how to choose a primary school and how to prepare your child for school
- ***The Really Useful Moving to High School Book***

Please let us know if you would like a copy of either booklets, by contacting us at DSWA on 9368 4002.



Our Family Support Officer Nikki Schwagermann has shared a one page profile she developed for her son Wil. This great resource is likely to be very helpful for new teachers at the beginning of each school year as they get to know your child. [Click here for pdf.](#)

Apps
Ask about Down Syndrome App – A DSA resource and opportunity to share your story

The Ask About Down Syndrome App is available now! The app features people with Down syndrome answering important questions and sharing stories about what supports inclusion, what the barriers are and how these can be addressed. We would love to hear from you, so download the app now and share your story with us.

[Download on the App Store here.](#)
[Download it on the Google Play Store here.](#)

Please contact Kylie Preston at kylie.preston@downsyndrome.org.au with any questions.



What is happening at the Association?

DSWA Grants

My Voice My Health Grant

Now we are back to face to face, our Health Ambassadors will be meeting in July to commence coaching on presentation skills, as they will be talking to student doctors and nurses and other health students about Down syndrome and how they would like to be treated in a health setting. We will also be having some family consultations later in the year to co-design health resource booklets for health professionals, plus an Easy Read booklet put together by our Health Ambassadors.

Another aspect of this grant is the design of a web app, which will have information for

health professionals, a health directory, plus health information relevant to Down syndrome at various life stages. We expect it will be a valuable resource for individuals with Down syndrome and their families, teachers and the health profession. If you would like to offer input into this web app, please contact elise@downsyndromewa.org.au

Social Connection

DSWA Playgroups are Back!

With the WA government lifting restrictions and moving to Phase 4 our Playgroups have started back. Everyone was so excited to see each other with lots of the kids showing off their new milestones like sitting and walking. We have been singing, dancing, making our own shakers for music time and learning lots of new signs. Oh and of course the parents have been chatting, having coffee and catching up on the last few months.

If you have a child with Down syndrome 0-5 we would love for you to join us.



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.

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.



KiDS Club and Friends for Life groups will be back face to face in term 3

We will be sending timetables out to everyone who has registered for the groups. If you would still like to register please email Nikki on nikki@downsyndromewa.org.wa with which group you would like your child to join. Either KiDS Club (5-11years) or Friends for Life (11-17 years).

Aim High Planning Meeting

Our final Zoom session is happening this Sunday 28th of June, and we will be chatting about what events YOU would like to see happen in the remaining months of 2020. What our members say matters, so please join me if you are available! Here are the meeting details:

Sunday 28th June

3:00pm – 4:00pm

[https://us02web.zoom.us/j/81436501911?
pwd=aXA0Ulk1SVBvcXRhaitNZjIWOThRdz09](https://us02web.zoom.us/j/81436501911?pwd=aXA0Ulk1SVBvcXRhaitNZjIWOThRdz09)

Meeting ID: 814 3650 1911

Password: aimhigh123

Fun Capoeira Class

One of our activities on Zoom earlier this month was capoeira, hosted by Lee Coumbe (Instructor Ouriço) from *Capoeira CDO Perth!* Thank you to all those who participated. Please check out the following short video taken from this exhilarating class.

[Watch video](#)

Photo Competition Runner-Ups

As mentioned in our previous e-news edition, we received some fantastic entries for our “Creative in Isolation” Photo Competition and would like to share the photos received from our runner-up entrants. Well done to all!



Regional/Outer Metro hub

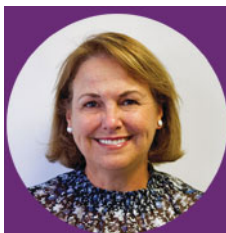
Naomi's story



Thanks to Naomi who is one of DSWA's Health Ambassadors and lives in Albany, for sharing her story.

[Read story](#)

We invite our regional families to share stories, events and photos for all our our eNews subscribers, as we are interested to know what is happening in our Community state wide.



All things NDIS



REGISTERED
NDIS
PROVIDER

DSWA commencing NDIS Services

With the re-establishment of face to face services and understanding that most of our participants of Aim High Club now have an NDIS plan, we are looking to offer Aim High Club as an NDIS service. All Aim High Club members and their family will receive an email in the coming weeks outlining DSWA's service delivery model and an invitation to complete a service agreement. For those who have not as yet transferred over to the NDIS, we will continue with the same cost model as we have in the past, until your NDIS plan has commenced. If you would like to discuss anything in the interim, please contact Elise.

What is new with the NDIS?

A new price guide has been released for 2020-21 effective as of July 1 2020.

This reflects price changes and descriptions of services on offer.

See www.ndis.gov.au/providers/price-guides-and-pricing

Have a look at a new service offering from the NDIS: Independent Living Options (ILO's): from July 1 2020. www.ndis.gov.au/providers/housing-and-living-supports-and-services/housing/individual-living-options

Covid - measures

Some temporary Covid pandemic measures **will conclude** from July 1 2020. The following will apply:

- removal of temporary 10 per cent price loading on certain core and capacity building supports;
- definition of cancellation period is reduced from 10 days to levels under the previous policy;

The following measures **will remain in place** until further reviews are completed:

- Participant focused coronavirus response measures, including offering alternatives for face-to-face planning meetings to participants, plan extensions for up to 24 months following review and flexible use of funds to purchase low cost assistive technology.

Please contact Elise with questions you may have:

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

Tip: Podiatry and orthotics may be funded under the NDIS for a person with Down syndrome if reflected in a Participant goal and related to reasonable and necessary. Documentation support is useful.


Community Research

A request from Curtin University School of Occupational Therapy, Social Work and Speech Pathology.

If you would like to be involved in this study, please contact Angus Buchanan on (08) 9266 3604 or final year OT student Mikayla Pirini E: 17758558@student.curtin.edu.au.

For further information click onto the pdf link below.

https://mcusercontent.com/a7b9cfa4931443d6d5febd789/files/75a14c23-651d-44f9-b7c0-608aa1e2bfab/Curtin_University_OT_study_information.pdf



DO YOU CARE FOR AN ADULT WITH INTELLECTUAL DISABILITY?

Are you a parent, partner, sibling or child of this person?

WE WOULD LOVE TO HEAR FROM YOU

Be a part of our study
We are looking for family carer views on physical activity

JOIN US IF YOU ARE ABOVE 18, LIVE IN THE PERTH METROPOLITAN AREA AND WILLING TO SHARE YOUR VALUABLE THOUGHTS AND EXPERIENCE

We are happy to talk to you through a 45 minute phone call. Your contribution can help improve the overall health, well-being and quality of life of adults with intellectual disability

If you would like to participate in our study or find out more information, please email 19140856@student.curtin.edu.au or call Angus Buchanan at (08) 9266 3604

Good News Story

In our last newsletter we asked for photos of what was happening in the great outdoors. Sarah Buchanan shares a photo of time spent with friends Brooke, Sophie and Anna over the June long weekend with a walk around Lake Claremont, followed by a girls' lunch.

Sarah said: "It was a lot of fun having a chat whilst walking. I laughed a lot and I loved going to Grill'd with the girls."

If you have a good news stories to share, please send it to ji@downsyndromewa.org.au



Creative Corner



Each week we would love to share and highlight a creative pursuit accessible to individuals with Down syndrome. Please send in your contributions whether it be cooking, arts and crafts, sensory play or anything creative, accompanied by images and ages.

It is lemon season, so time for homemade lemonade! DSWA members Debbie and Daniel Harrison-Stone share their delicious recipe from their book *fyieverybodycooks Party Favs*.^{*} Debbie says *“this recipe is fabulous for making “ade” out of any juice. I have made it with pomegranate, strawberry, grapefruit and kiwi so whatever you have in abundance will taste great. Be creative and please post your culinary creations on Instagram or Facebook and tag us in @fyieverybodycooks.*

^{*}DSWA has 2 copies of *Party Favs* at our DSWA library if you wish to borrow them to get cooking!

[Download recipe](#)

*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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