

Newsletter 4 September 2020



Welcome to this edition of DSWA's e-news.

In this newsletter we ask you, our Down syndrome community, to share your voice. Both DSWA and DSA have been recipients of grant funding in the area of health and are seeking to make positive changes and outcomes for individuals with Down syndrome when interacting with the health sector. A series of DSWA workshops and a DSA survey are being offered to support the realisation of this change and we encourage your participation. Additionally, the Australian Government is currently conducting a Disability Standards Review in education with a brief window of opportunity remaining to share feedback and views, to foster greater inclusion in education. Please read on about how you can be involved to make change happen.

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What is happening at the Association?



Annual General Meeting

Tuesday 22nd September 6.30 – 7.30pm
Pelican Community Centre, Swanbourne

We invite our Down syndrome community to attend the AGM to hear about the direction of the Association and what has been happening over the past 12 months. We hope to see you there and please stay for wine and cheese after the meeting.

Please click the link below:

[DSWA AGM Agenda](#)

Starts
this
month!



My Voice My Health Family Consultations



Do you want to make a positive change to the health service experience for people with Down syndrome? Now is the time to have your say. Please share your health stories at one of DSWA's workshops facilitated by **Independent Consultant Alison Blake**.

Click below for more information and to download the feedback form for completion.
Easy read version available.

[Find out more about My Voice My Health](#)

Workshop dates

Open to our Down syndrome Community

Open Workshop

Saturday 19th September 2020, 2pm – 4pm
Loftus Community Centre

Zoom meeting

Saturday 26th September 2020, 2pm – 4pm
RSVP for joining details

Session aimed at 18+ members and family

Thursday 8th October 2020, 7pm – 9pm
DSWA Office, Unit 3/2 Canning Highway, South Perth

Please RSVP including which workshop you will be attending by
[16th September 2020 to ji@downsyndromewa.org.au](mailto:ji@downsyndromewa.org.au)

Those in regional Western Australia, please join the Zoom meeting scheduled for Saturday 26th September from 2 – 4pm. This meeting is open to all our Down syndrome Community throughout the state.

If you can't attend, please send back your completed feedback form to elise@downsyndromewa.org.au

[Download Form](#)

[Easy Read Form](#)



Thursday 8th October 2020, 9am – 3.30pm
Loftus Community Centre, Leederville

DSWA in conjunction with Key Word Sign WA invite you to an upcoming workshop. This is a wonderful opportunity to learn Key Word Sign and make connections to help you with your sign journey. Key Word Sign uses signs and gestures to communicate. For children and adults with communication difficulties, this is a great way to improve language development and communication.

[Click here for more information](#)

[Click here to make a booking](#)

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



We had a great attendance again this month at KiDS Club having exclusive use of the playcentre at Cannington Leisureplex. The children and siblings had a wonderful time climbing and sliding while the parents and caregivers caught up over some afternoon tea. I'm pretty sure I spied some grown up kids zooming down the giant slide too! The children also engaged in some board games, displaying some beautiful social interactions and turn taking skills.

Our final catch up for Term 3 will be a Disco and Pizza night on Friday 11th September at Loftus Community Centre, Leederville.

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 for registration details.



Friends for Life

A social group for ages 11-17 years. Please contact Lachie at Lachlan@downsyndromewa.org.au if you would like to be part of our group.

Aim High Club

In August, members enjoyed a hearty Irish pub dinner at The Mighty Quinn Tavern in Yokine. We also played two exhilarating games of laser tag at Lazer Blaze, followed by afternoon tea at Jamaica Blue in Willetton. Everyone had a great time, and certainly worked up a sweat playing laser tag! Well done to all participants.

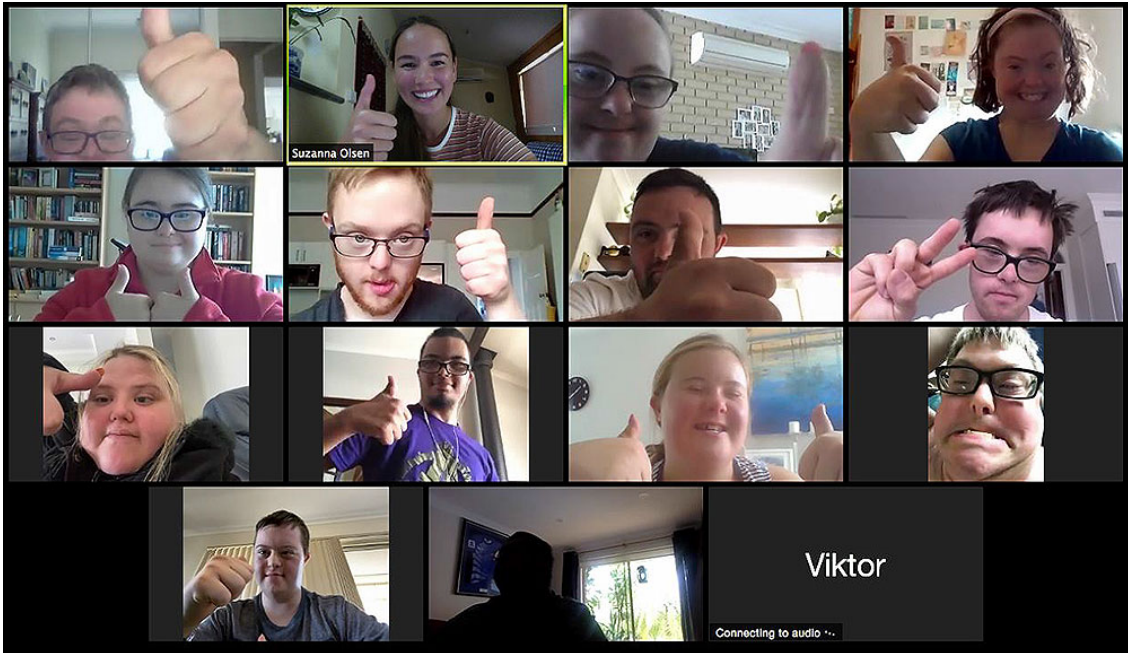


This month, members have the opportunity to attend up to three events:

- **Zoom Dinner Party** (Online) – Friday 4th September, 6.30pm – 8.00pm
- **Perth Zoo** (South Perth) – Sunday 13th September, 10.30am – 2.30pm
- **Capoeira** (Osborne Park) – Saturday 26th September, 1.45pm – 3.30pm

As mentioned in our last newsletter,

Aim High Club will be dividing into two groups later this year!



I'm pleased to confirm that this initiative will be implemented from December 2020 onwards and groups will comprise of 18 – 30 years and 30+ years, respectively. Stay tuned for a flyer coming with our next newsletter!

If you'd like to find out more information about Aim High Club and/or be added to our mailing list, please contact me at aimhigh@downsyndromewa.org.au

Suzanna (Coordinator)

Step UP! for Down syndrome

Save the date

Sunday 18th of October 2020

Taylor Reserve

A great day for the whole family!



Step Up is back on the calendar in WA!

Step UP! for Down syndrome is happening on the 18th of October. Radio Lollipop road show will be back, as well as some old favourites like Ponies for all Occasions and inflatables from Perth Amusement Hire. The website will be launched in the next couple of weeks for registrations and to start fundraising.

Are you living in regional WA and can't make the face to face event??

We are very excited to let you know that there will be a virtual event in 2020!! Make sure you are following our socials and receiving our emails, so you don't miss the announcement and launch in the coming weeks.



All things NDIS



REGISTERED
NDIS
PROVIDER

Announcements from NDIA

A welcomed media release on 1st September by Minister for the NDIS, Stuart Robert, unveiled a roadmap outlining the 2020-2024 Corporate Plan. He stated *"The Corporate Plan sets out our vision, mission and aspirations – the things we will focus on to ensure we continue to deliver and improve the Scheme,"*

Please click the link to read more:

www.ndis.gov.au/news/5214-ndia-unveils-ndis-road-map-2020-24

It talks to a Participant Service Charter and Participant Services Improvement Plan which are explained below in a user friendly format:

[Participant Improvement Plan PDF](#)

[Participant Service Charter PDF](#)

Independent Assessment approach

As part of the September 1st announcement there is mention of an Independent Assessment (IA) approach. The (IA) focuses on the Participant's individual circumstances and functional capacity, rather than just the diagnosis or disability and is seen as an important tool to help LAC's build your NDIS plan. IA's will be fully paid for by the NDIS.

The NDIS website indicates that from mid-2021, IA's will be required as part of the plan review process. More information is to be released about these changes over the next few months and Minister Roberts indicated "he would ensure people with disability have a seat at the table when it comes to implementing these reforms".

To read more about Independent Assessments:

<https://www.ndis.gov.au/participants/independent-assessments>

NDIS tip:

Did you know you can access information about your current NDIS plan or NDIS plan review, including information relied on to make decisions and the reasons for the decision, in an easier and faster way? This is done through a process called *Participant Information Access*. A request form can be completed and submitted via the website.



Click the link to find out more:

<https://www.ndis.gov.au/about-us/policies/access-information/participant-information-access>

If you have queries about your NDIS plan or DSWA's services please contact elise@downsyndromewa.org.au



Seeking your feedback: Disability Standards for Education - 2020 Review

The Australian Government Department of Education, Skills and Employment are currently undertaking a review of Disability standards for education in Australia to foster greater inclusion of students with a disability in childcare, school and university.

They are currently encouraging feedback from students, parents, advocates and educators between **16th of July – 25th of September**. If you'd like to share your experiences or views or find out more information, please click below.

[Find out more](#)

DSA News



Current Issue

VOICE

Health

The August edition of Voice is all about the theme of health. As the main topic on everyone's lips during the global pandemic, we wanted to explore how members of the Down syndrome community have been using their resilience to make the best of this bad situation we are all faced with.

Down Syndrome Australia August 2020

The August VOICE journal is now available with a theme of health. Hear from experts and read stories from people with Down syndrome and their families.

Click to subscribe www.downsyndrome.org.au/voice/



HAVE YOUR SAY

Health Survey for people with Down syndrome

Down Syndrome Australia has launched a new project to improve health outcomes for people with Down syndrome. We'd like to understand the experiences that people with Down syndrome have when visiting a doctor or health care worker. Your feedback will help doctors and health care workers to communicate better with people with Down syndrome.

If you have Down syndrome and would like to share your experiences, please help us by completing our survey.

[Find out more](#)

Any queries please send an email to Natalie.Graham@downsyndrome.org.au

Community News



Athletics West Inclusion Community Activity Event

Athletics West will host a community inclusion and disability come and try event.

Saturday October 10 from 10.00am – 11.30am

WA Athletics Stadium at Mount Claremont

It is open to all ages so have a go. Register on arrival.

The event will be free to those attending, and they will have the opportunity to “try” modified Athletics activities, meet coaches who currently deliver sessions in the disability / Para space, Para-Athletes and find information on how to become involved in the sport of Athletics.

Regional News



“Connecting from afar” This is a wonderful story in the current issue of VOICE featuring two WA families who are utilising video conferencing platforms to connect with services. Please follow the link to read Christo, Talhea and Thea’s story from Karratha and the Smith family who are travelling Australia with their children.

[Find out more](#)

Creative Corner

Who wants to make playdough!



This product was launched in the toy market in the 1950's and there are many home made recipes including the following from Ji and her kids Genevieve and Toby, providing hours of fun and creativity as well as working on fine motor skills.



Easiest playdough recipe ever!

All you need is cornflour, any cheap hair conditioner and food colouring. Mix the three ingredients until soft clay consistency. We add glitter to give it that magical touch. After play, store in a airtight container or ziplock bag.

So much fun! 🥰❤️

*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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