

Latest News from Down Syndrome WA

# Newsletter 6 November 2020



## Summer is here!!!

The weather is warming up and Christmas holidays are just around the corner, so this will be the last newsletter for 2020. However, it's a big one!

In this edition we feature the new DSWA NDIS services available during 2021. There is a great employment opportunity at DSWA! You might be the next staff member of this important organisation. Step UP! for Down syndrome was a massive success raising over \$27,000! Read all about it and check out our photo gallery.

As usual, there is a load of good news, creative craft ideas for Christmas and spirit-lifting photos of our amazing kids and community.

We hope you enjoy this issue. Merry Christmas and a happy new year!

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## What is happening at the Association?



### **Christmas Party for 0-11year olds**

Join us for an end-of-year picnic-in-the-park and Christmas Party.

**Date: Saturday 12 December**

**Time: 12 noon**

**Venue: Jo Wheatley All Abilities Play Space, Esplanade, Dalkeith, WA**

What to bring: BYO food, drinks, rugs and chairs.

This is a free event for all DSWA families with children aged 0-11years.

Please RSVP by getting your Free ticket for each child here

<https://www.eventbrite.com/e/christmas-party-dswa-0-11years-tickets-127831089229>

We look forward to seeing you there.

## **Step UP! for Down syndrome**



We were so lucky to be the only state in Australia to be able to hold our face to face event this year, and boy did everyone take advantage of it. The numbers were high and so was the temperature with Perth turning on a beautiful warm spring day in the early 30's.

We were overwhelmed with the amazing fundraising efforts from all of our participants. Raising over \$27,000 through the Step UP site and the #21your way site was a truly outstanding result. Well done to everyone and a big Thank you for continuing to support DSWA through what has been a hard year for everyone.

[View more of our Step UP! photos](#)



## Stepping up with Cup Cakes

*Another year on and Eve is back behind her cupcake stall selling and advocating for her little brother Elliot. Eve has always been passionate about looking after babies with Down syndrome as she remembers the time Elliot was in NICU well.*

*This year marks her fourth cupcake stall event and although she had to make some changes for the COVID restrictions it was still a big success. Eve spends days before her event baking, decorating and making posters for the big day. The day is filled with family and friends filling our backyard and helping raise funds to support Down Syndrome WA.*

*As Eve's mum I'm so proud of our girl and the way she raises awareness through being a supportive sister and a positive role model in her community.*

*She really does advocate like a sister.*

**Tracy Bicker**



[View more photos](#)



## DSWA 2021 Playgroup Calendar

The launch of the Playgroup 2021 Calendar at Step UP was so well received that we had sold out by midday. Don't worry tho as we are now restocked and able to take your orders! So click link below and make sure you get yours now to be ready for the new year. At only \$20 each they are a great Teachers Present or Christmas present and you will be guaranteed to be smiling the whole year.

[View more of our gorgeous photos](#)

[Buy now!](#)



### Employment opportunity

DSWA is looking for positive "can do" people for casual support worker roles, to assist with social programs and getaways.

Click below and find out more:

[View Job Description](#)

# 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.



**Perth Metro** Playgroup runs every Friday, 9.30am-11.30am, with the last one for 2020 being on Friday the 11th of December. For more details please contact Nikki on [nikki@downsyndromewa.org.au](mailto:nikki@downsyndromewa.org.au)

**South Metro** Playgroup runs every Monday, 9.30am-11.30am, with the last one for 2020 being on Monday the 14th of December. For more details please contact Janette on [janette@downsyndromewa.org.au](mailto:janette@downsyndromewa.org.au)

## KiDS Club



**KIDS Club** had a wonderful afternoon celebrating all things spooky for Halloween last Saturday. Everyone got into the spirit of the day dressing up to enjoy the activities.

They practised their gross motor skills playing tenpin bowling and stick the spider on the web, fine motor skills decorating chef hats before turning their skills to cake decorating. The kids enjoyed mixing colour into buttercream, rolling fondant and sprinkling toppings to create their cupcake masterpieces but most of all enjoyed the taste testing that came after.

Our next social activity will be tenpin bowling at Rosemount Bowl. 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**

FrienDS for Life have two events coming up this term.

#### **Melville Super Bowl Sunday the 22nd November**

Contact the new group coordinator Lakeiya for more details and to register.

[friendsforlife@downsyndromewa.org.au](mailto:friendsforlife@downsyndromewa.org.au)

The FrienDS for Life Christmas Party will be joined with the Aim High club so please

check their section of their Enews for more details.

## Aim High Club

October was indeed a very busy month for DSWA! Aim High had two events that were nothing short of popular amongst our members – a dinner and karaoke night, as well as an afternoon of bowling. Our karaoke event saw nearly 20 members attend, which I think might be our biggest turnout of the year (or maybe the last few years)! I cannot say *thank you* enough to all our members, their families, and other supports, not to mention our fantastic team for continuing to support and raise this group.

Also, how great are our new Team Leader polo shirts?! Thank you to Nikki for organising them!



This month, our members have been given the opportunity to participate in the following:

- Picnic and Tai Qi afternoon at Hyde Park
- Dinner at The Floreat Hotel
- Zoom meeting (online)

Registrations for the above events have now closed, but if you are not a current member and would like to come and try one of our events, I would love to hear from you! My email address is: [aimhigh@downsyndromewa.org.au](mailto:aimhigh@downsyndromewa.org.au)

### **CHRISTMAS IS COMING..!**

Aim High Club and our adolescent group, *FrienDS for Life* will be joining forces to celebrate Christmas and the end of 2020 on Sunday 13th December in Subiaco! Our star chef, Debbie Harrison (*FYI Everybody Cooks*) will help us prepare a tasty lunch and there will be good tunes, singing, dancing, games and more! Please **SAVE THE DATE** if you haven't already.

### **Other news**

After much success with our series of Zoom meetings earlier this year, we hope to run another handful of virtual catch-ups in December and January. In March 2021, Aim High will be going on its first 'getaway' in Mundaring for two nights, Friday 12th until Sunday 14th March. Participant selection will be on a first come, first served basis when registrations open. Please note that while there are limited spaces available for this initial getaway, others will cater for larger groups of people. To ensure that you don't miss out on receiving further information about these getaways,



please request to join our mailing list. If you have any NDIS queries associated with these getaways, contact our NDIS Manager Elise at [elise@downsyndromewa.org.au](mailto:elise@downsyndromewa.org.au)



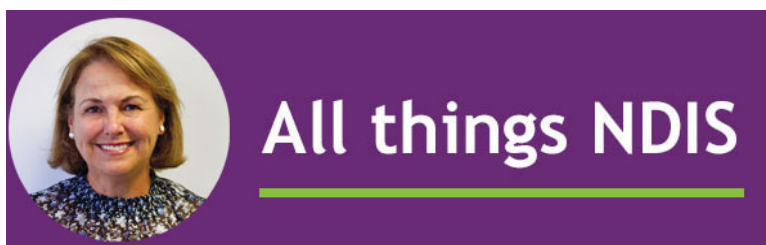
As mentioned in our previous newsletters,

**[Aim High Club will be dividing into two groups from December 2020!](#)**

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](mailto:aimhigh@downsyndromewa.org.au)

**Suzanna** (Coordinator)

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## Some new developments from the NDIS



The **Participant Improvement Plan** explains the practical changes being made by the NDIA over the next 2 years to deliver a scheme that works better for everyone. These improvements will be gradual and the link below outlines the **changes made as of 20th October 2020**.

<https://www.ndis.gov.au/about-us/policies/service-charter/participant-service-improvement-plan>

### **Have you heard about Independent Assessments?**

Independent assessments provide you and the NDIS with an understanding of your functional capacity. Things like – how well you are able to function at home and in the community, as well as the overall impact your disability has on your life.

## When will these be introduced?

- Early 2021, independent assessments will be part of the access process.
- From mid 2021, the NDIS will be using independent assessments as part of the normal plan review process with participants.

## Who will have Independent Assessments?

- NDIS Participants aged 7 years and over

## How will it work?

The assessor (a qualified health professional), will ask you questions about your life and what matters to you, and ask to see how you approach some everyday tasks. They will work through some standardised assessment tools with you, based on your age or disability.

The results of your independent assessment will be sent to the NDIS when it's done, and your planner or LAC will talk to you about your results in your planning meeting. Your independent assessment will be used to identify possible supports and your NDIS budget.

## For more information on Independent Assessments and FAQ's visit:

<https://www.ndis.gov.au/participants/independent-assessments#find-out-more-about-independent-assessments>

## DSWA NDIS SERVICES – we are expanding services for 2021

WE are excited to announce that as a Registered NDIS service provider, DSWA will be extending its service offerings in 2021 to include capacity building skills to employment, job customisation and School Leavers Employment Supports as well as extending services to other social programs. Camps and short getaways are also going ahead in 2021.

***If you would like a letter of support to take to your next planning meeting please email [elise@downsyndromewa.org.au](mailto:elise@downsyndromewa.org.au) or call 0480263107.***

Click on the link below to find out more:

[Find out more](#)

If you have queries about your NDIS plan or DSWA's services please contact [elise@downsyndromewa.org.au](mailto:elise@downsyndromewa.org.au)

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## DSA News



## HAVE YOUR SAY

Have you taken our survey yet? Just 5 minutes of your time will help us provide better information to the Down syndrome community across Australia. Take the survey here!

[bit.ly/3o7VMXj](https://bit.ly/3o7VMXj)

You can also take our Easy Read survey here:

[bit.ly/2Hr2NBW](https://bit.ly/2Hr2NBW)

## Good News



On Saturday, October 24th, a number of our members competed at the WA Open Ballroom Dancing Championship. It was a fun day, although given that the All Abilities events were all part of the morning programme, it was very early start for some....it's not easy to be at HBF stadium at 8am with full makeup and hair done when you live in Mundaring or Baldivis!!

Dancesport WA are working hard to encourage more people with disabilities to participate in Ballroom Dancing. Not just those with an intellectual disability but also those with a physical impairment. There is a whole category for Paradance....wheelchair dance is quite inspiring, you have to be more demonstrative when your legs don't work.

Our girls all had a great time and performed beautifully. Ballroom Fit run All Abilities classes all over Perth. There's the opportunity to just participate at a class or have individual lessons and move into competition.

**It's a great way to exercise, try something new and make friends!**

For more information contact Darryl Davenport at [info@ballroonfit.com.au](mailto:info@ballroonfit.com.au)



## Creative Corner

**It's starting to feel a lot like Christmas!**



Hope everyone is looking forward to Christmas. It's time to dust off your Christmas tree and start thinking about decorating. Here is a wonderful idea from one of our members Tracy Bicker.

*We made Christmas jumper ornaments for our tree this year, all you need is a bit of felt or cardboard to make the jumper and then add whatever you have around the house to make it fun and festive! We used glue that Elliot could paint on so he could work on some fine motor skills. Then we used a hot glue gun to stick on the wool to make to loop. All ready for the Christmas tree*

when it goes up!



*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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