

Newsletter 9 October 2020



October is Down syndrome awareness month.

How lucky are we living in this great state of WA! Spring has finally sprung, and it's perfect weather to participate in Step Up. Only nine days to go! This month's newsletter is all about making the most of the beautiful weather and getting involved. We hope to encourage you to participate in upcoming programs and events so we can create a greater awareness of Down syndrome. The DSWA annual report is included, so we invite you to read about the Association's achievements over the last 12 months including the Association's creativity of services in the midst of the Covid pandemic. October 2020 is all about 'spreading awareness' and 'celebration'...So let's start the party with the Spring newsletter.

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What is happening at the Association?

Step UP! for Down syndrome

**Sunday
18 October 2020**

9.30am. Walk starts at 10am

Followed by a family fun day with
rides, food, music and more.



Taylor Reserve, Victoria Park foreshore

October is Down syndrome awareness month. This October we are lucky here in WA to be able to celebrate Step UP! for Down syndrome in two ways.

Option 1 - Our face to face event Step UP! For Down syndrome.

**Sunday 18th October 2020
9.30am. Walk starts at 10am**

A short walk along the foreshore followed by a family fun day back at
Taylor Reserve, Victoria Park foreshore.

To register to participate in the walk and start fundraising follow this link
<https://stepupfordownsyndromeperth2020.gofundraise.com.au/>

Option 2 - Our virtual event Step UP! #21yourway Date: All of October

This is the national virtual event for our regional families. Choose your challenge with a '21' twist. You could run 21kms, Bake 21 cakes, tell us 21 facts. You choose!

To raise awareness for DS and start fundraising for DSWA follow this link and register here.
<https://21yourway.grassrootz.com/dswa>

Click below to check out our video!



DSWA 2021 Playgroup Calendar

Our DSWA 2021 Playgroup Calendar will be launched at **Step UP! for Down syndrome** on the 18th of October.

We guarantee you will be smiling all year round with this gorgeous calendar on your wall. The 2021 Calendar features 28 of our members aged 0-5years, who attend our South Metro Playgroup and Perth Metro Playgroup.

Pre sale starts on the 12th of October and will be posted out from the 19th.

[View more of our gorgeous photos](#)

Buy now!

Check out our super cute video - behind-the-scenes look at the photoshoot:



Get Ready for Work

Congratulations to our 18 participants for graduating from our 2020 Get Ready for Work program. The participants have discussed a range of topics in the Get Ready for Work course including, Personal Pathway Plans, Self-Management and Resilience, Workplace Expectations, Cover Letters and Resumes as well as participating in mock interviews and a grooming and styling session. DSWA collaborated with Back 2 Work – The Better Health Generation, and Dress for Success Perth to create and deliver the course. The feedback from the participants has been very positive. Moving forward in 2021 we aim to offer more individualised support in the employment space utilising our members NDIS plans. If you have an employment goal in your NDIS plan or would like to put something in place in the near future, please contact Emily or Elise at DSWA and we will work together to help you realise those goals!



Annual Report Released



Please follow the link to access the most recent Annual report (FY 2019-2020) with a photo of one of our Ambassador Elliot and mum Tracy on the cover.

[Read 2019-2020 Annual Report](#)

[Read letter from Assistant Director of Dept of Communities](#)



Annual General Meeting Outcome 2019-2020

We would like to thank our DSWA Board members for their time and dedication while serving on the Board.

- Stepping down at the AGM was our Treasurer Stephen Pollard
Board Members Lynne Nixon – Frances Moon – Jessica Jalawadi and Julie Jalawadi
- We welcome new Board members Nia Parker – Holly Weinbrecht
Treasurer Korena Xie

Secretary Jessica Davies

Click below to read the minutes:

DSWA AGM Minutes



Do you want to make a positive change to the health service experience for people with Down syndrome? Final chance to have your say.

Our Family Consultation workshops are now completed and we thank all those who gave their time to be involved. We have stories, information, suggestions and feedback from many in our Down syndrome community. If you would like a last chance to share your voice and health stories please click links below.

Click below for more information and to download the feedback form for completion to elise@downsyndromewa.org.au.
Easy read version available.

Find out more about My Voice My Health

View PDF Form

View Easy Read Form



Traineeship Certificate 2 in Customer Engagement

If you have young adults in year 11 and 12 or currently leaving, please contact us and ensure you include *Finding and Keeping a Job* in your NDIS plan.

[Click here and find out more](#)



Getaway Breaks and Camps - NDIS Service

DSWA is pleased to announce our first GetAway Break, scheduled for March 2021.

[Click here and find out more](#)

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 – 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.

South metro playgroup wound up the term with a crazy scientist day making icy cold 'snow' to play with then rainbow exploding volcanos. The little ones loved the sensory play as did the parents. We are looking forward to lots more outdoor messy play in Term 4.

KiDS Club



What a wonderful way to end the week and Term 3 with a Friday night Disco, Karaoke and Pizza night! It was great to see so many children, and parents, bust out their dance moves and enjoy the tunes and entertainment supplied by Drop till you Bop. With registrations continuing to increase, we are looking forward to Term 4 which kicks off with everyone catching up at Step UP! for Down Syndrome on Sunday 18th October at Taylor Reserve, Victoria Park foreshore. We also have a cooking class, ten pin bowling and a Christmas breakup picnic planned to end the year.

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

To kick off last month, we caught up over *Zoom* for a dinner party which had 10 participants in total. Later, we visited Perth Zoo (on what was probably one of the warmest and sunniest sunny days in September), and took part in a 90-minute capoeira class with Lee (*Instructor Ouriço*) and his two helpers from *Capoeira CDO Perth*! Both events saw at least a dozen members attend, so thank you very much for your continued enthusiasm and support.



This month, members will be engaging in the following activities/events:

- **Dinner and Karaoke (Cannington)** – Saturday 10th October, 5:30pm – 9:00pm
- **Step UP! for Down syndrome (Victoria Park)** – Sunday 18th October, 9:30am – 1:00pm

- **Bowling (Melville)** – Sunday 25th October, 1:45pm – 3:30pm

As mentioned in our last newsletter,

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

Aim High Club

TIME TO DIVIDE



18 - 30
years

AND

30+
years

*As past members reconnect
with us, current members continue
to support us, and new members join us...*

**AIM HIGH WILL BE DIVIDING INTO
TWO GROUPS FROM DECEMBER 2020!**

We believe that this change will benefit all members,
and better cater for the continued increase in memberships.
For more information, please contact Suzanna (Coordinator) at

aimhigh@downsyndromewa.org.au

Ph: (08) 9368 4002



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)



All things NDIS



REGISTERED
NDIS
PROVIDER



Are you a parent with a baby or toddler preparing for your first (or second) NDIS Early Childhood Early intervention (ECEI) planning meeting with Wanslea?

I would be very happy to have a chat about the NDIS, what to expect, how to prepare and considerations for the services and assistive technology items which may be included in your little one's plan.

Please contact me on either email: elise@downsyndromewa.org.au or 0480 263 107

DSWA is an NDIS Service Provider. Click on the link below to learn about our current NDIS services and those services commencing in 2021. We are also looking to develop other service delivery options. If you are interested in any of our services, we would be happy to provide you with a letter of support to take to your next plan review meeting.

[Find out more](#)

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

DSA News



Archibald Prize finalists 2020

A big congratulations to artists Digby Webster and Emily Crockford, who have made it into this year's prestigious Archibald Prize at the [Art Gallery of New South Wales](#) !!!

[Find out more](#)

Community News



PARA ATHLETICS COME & TRY DAY

10 OCTOBER 2020 | WA ATHLETICS STADIUM

“ THIS SATURDAY, [Athletics West](#) is opening the doors and giving athletes of all ages and abilities the chance to discover Para Athletics!

Whether your goal is to get active or make the [Paralympic Games](#), don't miss your chance to find out how you can go faster and further. MORE: www.athleticswest.com.au/para-come-try/ ”

City of Joondalup

You're invited to the

Wellbeing Day

City of Joondalup Libraries – Joondalup
Friday 16 October 2020
10.00am - 1.00pm

The City of Joondalup Wellbeing Day is free and open to the community. Join in the activities, engage with service providers and embrace the opportunities that are available in the community through local programs, groups, services and events.

For further information visit the City's website at joondalup.wa.gov.au or call 9400 4705.

Making advance care planning everyone's business: Help shape ACP Education in WA



[Find out more](#)

Good News



Employment for Andrew

Andrew Domahidy completes his Traineeship Certificate 11 in Customer Engagement at HBF and was offered a permanent part-time position.

Congratulations Andrew on behalf of the Board and Team at DSWA!

Creative Corner

Holiday therapy



Hope everyone is having a great holiday blissing out and recharging your batteries. Here is a wonderful contribution from one of our member Lizzy Hopper.

Holiday therapy! These holidays we had no plans and it has been so wonderful watching the kids all play together. Usually in the school holidays we stop all the formal therapy sessions and have a break from all the reading and writing pressures from school and just have fun! Never underestimate the importance of play! It's the best therapy for all kids, I find during these days at home Iziah is so well balanced and the uninterrupted play allows for deeper imaginative play that is so important. The trampoline is awesome for his building his gross motor strength and when he is tired he can self regulate himself and take a break. I often find the two brothers Iziah and Tate lying on the trampoline, looking up at the trees having a rest and a chat, no therapy can beat that!



**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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Department of **Communities**

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