

Latest News from Down Syndrome WA

August 2022



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Cassandra's Corner



The year is flying by...here we are at the end of August. The premier event of 2022 so far has been the Gala Dinner held on 13 August. It was a beautiful night, supported by the Hon Minister Don Punch MLA, members of the DSWA Board, Staff, employers, sponsors and most importantly, you, our Community. Thank you to everyone for making it such a memorable and fun event. Our board Chair Kathryn Salt gave a wonderful speech to the audience. Our special Congratulations to our speakers; Brooke Canham who spoke on employment and her recently completed traineeship, supported by her colleagues from Toast Face Grillah, Joshua Ford, surrounded by his colleagues from The Perth Mint, spoke about World Down Syndrome Day in March and the event at Government house and Andrew Domahidy, spoke about his role as Australia's ambassador on the Down Syndrome International Committee.

One of the highlights of the event was the Zumba presentation by Emma Hales who was awesome and inspired 50 people to get up on the dance floor and follow her moves. It was a great way to start the fun part of the evening.

Our thanks go to the team at Venues West who were a fantastic support and to both the DryCleaners Band, who were amazing and brought the party spirit to the event, and to Dylan J King Music for providing the sound engineering for the event, with both donating their services! We had great fun with the live auction and announcing the many raffle and silent auction prize winners. Together, with donations, and all the activities of the night, \$20,000 was raised for DSWA. Our heartfelt thanks to all of you for your support, prize donations and generosity on the night.

August brings the preparation of the Annual Report, Audited Financial statements and the preparations for the Special General Meeting on 21 September, and the Annual General Meeting on 27 October. In August, we have also reviewed the processes we used in organising and managing our Adult social group Getaways, and added some more detail to the registration forms to ensure we deliver, fun, engaging and most importantly safe events to our community.

This month I was privileged to meet with Director General of Communities Mike Rowe and discuss both our impending Advisory Network and our employment programs. I also attended a workshop at DDWA on Approaching 16 with Senior Coordinator Nikki. It was a very informative workshop which will help to inform some new checklists and aids for parents with children age 14-16. This complex time of my Gov accounts, Disability Support Pensions, NDIS reviews and planning for School Leaver Employment Supports and transitions to work is a complex web of tasks. We hope to bring you a simple resource very soon to help you through the maze. In the meantime, check out the great "Approaching 16" resource on the DDWA website <https://ddwa.org.au/resources/now-youre-16-a-guide-for-young-people-with-disability/>

Next week we will be launching the My Voice My Health App, which is the final piece of a large grant project run over the past 2.5 years. I want to congratulate my team on being able to complete this project and deliver an outstanding product that we hope you will all access and find very useful. Brochures and more information will be available soon for those that may have workplaces, Medical and allied health professional you visit in which you would be willing to leave brochures. Please visit the web application at <https://www.myvoicemyhealth.org.au>

I would encourage our community to attend the Special General meeting on 21 September to cast your vote in relation to the revised constitution. Constitutions need a better name because it makes something very important sound very boring indeed! However, the Constitution is an important document and is the foundation for how our organisation is represented and operated. I hope you will take a little time to read the proposed changes, make your own decision and cast a vote, either in Person, by Proxy or by attending the meeting via Zoom if you can't be here in person. [Proxy Vote forms are available here.](#)

As I close out my 11th month here at DSWA, it is wonderful to see the engagement with our community continuing, the feedback being considered and sent in via emails or surveys. As we continue to move forward and grow, I remain committed to ensuring we understand your thoughts and views, for making DSWA an organisation you want to engage with and be proud of.

Congratulations

A huge shout out to our very own Employment Coordinator Sue Summers who has spent her annual leave in Croatia, competing for Australia in the 2022 World Disc Golf Championships. Well done to Sue

and all the Aussie team. Great effort.

If you want to try your hand at Disc Golf come along to StepUP for Down Syndrome on 9 October when some of the crew will be joining us!



Warmest regards,
Cassandra

0432 407 527

ceo@downsyndromewa.org.au

We would love to receive your application for positions at DSWA. We have extended this closing period until the 15th September so we can encourage more applications for our casual pool.



Down Syndrome
Western Australia

**WE ARE
HIRING!**

CH

POSITIONS

- Casual Support workers - Aim High, 30 Plus and Friends for Life Social Groups
- Employment mentors (support worker) for one:one support for participants in their workplace
- Volunteers for social group programs

REQUIREMENTS
THE FOLLOWING WILL BE HIGHLY REGARDED
LIVED EXPERIENCE
CERT IV DISABILITY
EXPERIENCE IN DISABILITY SECTOR

Apply by email with a Cover Letter & Resume detailing your experience to
ceo@downsyndromewa.org.au.
Closing date: 4pm - 8 August 2022



Special General Meeting

Purpose: To adopt the Revised Constitution for The Down Syndrome Association Western Australia Inc

Wednesday, 21 September 2022
7.00pm

In Person – 32 Burton St, Cannington.

By Proxy – [Form attached](#)

By Zoom – Link (<https://us02web.zoom.us/j/85228378634>)

The Constitution of DSWA is a critically important document which governs how you are represented and how the organisation operates under the Board and Management.

Attached to this article are;

1. [The agenda for the meeting](#)
2. [2022 Constitution for Adoption](#)
3. [Table of Changes](#) – to reiterate why each change has been made
4. [Proxy Voting Form](#)

How to vote on the motion:

- In person on the night.
- By Proxy Vote – [on the attached form](#).
- By Zoom on the night

If you can't attend the Special General Meeting, you may hold a vote by proxy.

What is a Proxy Vote?

Proxy voting is a form of voting whereby a voting member of a body may delegate their voting power to a representative, to enable a vote in absence.

- You must nominate who will hold your vote and put it forward in writing 1 hour before the meeting.
- The person holding your Proxy Vote must be a member of the association.

- Each person holding votes, can only hold 5 Proxy Votes. (so this means, Person A could have been sent and requested to vote for Fred, Bill, Sam, Julie and Angela but they are not able to hold a vote for anyone else)
- When determining your proxy vote, you can either give your vote to the person to cast as they see fit, OR you can determine the vote For / Against on the proxy form .

Proxy Votes can be sent to the ceo@downsyndromewa.org.au

If you have any questions please do not hesitate to reach out.

Cassandra Hughes
Chief Executive Officer
0432 407 527

ceo@downsyndromewa.org.au

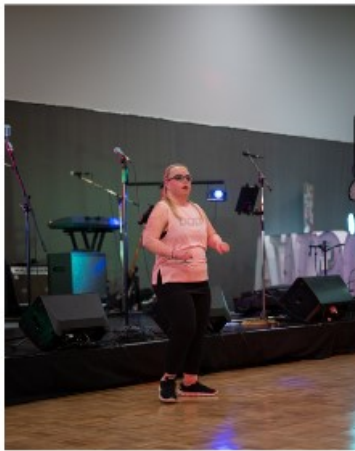


Member Story - Emma

Emma is 25 and works at Activ 3 days a week. For the other two days of the week she does various activities. Zumba has been a part of her life for about 9 years. She also has started a hip hop class which she enjoys immensely. Emma's other passion is Music Rocks. One day a week she attends a class and sings her heart out. At the end of each term she performs in front of an audience at various locations. Emma loves cooking and is quite confident in making sushi, wraps and fruit salad to name a few. Her other interests include card making, colouring in and of course watching Home and Away.

Emma put on a fabulous Zumba performance at the Gala, which saw about half the audience jump up and join her.

Well done Emma!



DSWA Meetings

The Special General meeting will be held on Wednesday September 21st and will commence at 7pm, at 32 Burton St, Cannington

The Annual General Meeting (AGM) will be held on Wednesday, October 26th and will commence at 7pm, at 32 Burton St, Cannington.

If you wish to register a proxy vote, please contact our CEO, Cassandra Hughes, at ceo@downsyndromewa.org.au at least one week prior to the meeting.

Members are encouraged to attend both meetings in person, however, a Zoom link will be available for those unable to do so.

Register now - <http://www.stepupfordownsyndrome.org.au/page/72/down-syndrome-wa>



October 9th

Taylor Reserve

9.30-1pm



Join the DSWA community for an easy 'Adventure walk' around Taylor Reserve, followed by a Community carnival with free entertainment.

- Face painting
- Animal Farm
- Trackless Train Rides
- Sausage Sizzle
- Food vans

Register now and start fundraising for Down syndrome WA today



[HTTPS://WWW.STEPUPFORDOWNSYNDROME.ORG.AU/PAGE/72/DOWN-SYNDROME-WA](https://www.stepupfordownsyndrome.org.au/page/72/down-syndrome-wa)

Register now - <http://www.stepupfordownsyndrome.org.au/page/72/down-syndrome-wa>

Additional Diagnoses Monthly Online Chat Group

Are you a parent/caregiver of someone who has a diagnosis of Down syndrome, and another condition (e.g. ASD or ADHD)?

This monthly group is an opportunity to:

- Develop a connection with other families/carers
- Share information and experiences in a safe and understanding forum

The group is open to all families/carers in Australia, across all age groups, with no obligation to commit to regular attendance – simply join if / when it suits.

September's online chat is on Thursday the 22nd at 10.30am.

<https://www.downsyndrome.org.au/blog/event/additional-diagnoses-online-chat-group-3/>



Regional Outreach

DSWA's Regional Outreach program, proudly supported by Telethon, has been launched.

Nikki has been visiting regions and meeting families, allied health professionals, GPs, and visiting schools. We look forward to continuing this program in regional WA.



If you have questions please contact Nikki Schwagermann - 0480 311 739 during her work hours/days (Tuesday-Friday 8am-4pm) or nikki@downsyndromewa.org.au

If you have any contacts in Regional WA, please reach out and let them know about this important new program.

Special Olympics

From the Special Olympics Team

We're excited to share information on our upcoming competitions with you. Please see attached flyers for the events. They include:

1. Tenpin Bowling Competition - Sunday 18 September from 9am - 12pm. [For more information, and to register, visit here.](#)
2. Basketball Competition - Monday 3 October from 4pm - 6pm. [For more information, and to register, visit here.](#)

All Special Olympics members are welcome to come along to these events and participate alongside our LETR volunteers. They are a great opportunity for athletes to practice their skills in a competition setting, have fun and meet new friends.

If you have any questions about either of the events, please email us at

Perth Children's Hospital Family Outreach

Due to current COVID precautions at Perth Children's Hospital, our Family Support Officer, Nikki Schwagermann, is unable to work from PCH at the moment.

To make sure we don't miss you, we can arrange one-to-one visits, phone calls or video link-ups.

You can also join the private Facebook group 'Down Syndrome Western Australia Family Support Network' to stay in touch with us and other members of the community. If you are not on Facebook or would like to arrange a personal contact, please email Nikki - nikki@downsyndromewa.org.au



Socials!

Follow our socials to receive the latest news and events:



Feedback, Compliments and Complaints

We are committed to providing high-quality services and meeting your needs. We value your feedback – including complaints. To let us know what we do well and where we can improve our services, [please visit our web page](#)

Support Coordination

Support Coordination

- ✓ Do you need help implementing your NDIS plan to help you reach your goals?
- ✓ Don't know where to start when looking for services?
- ✓ Do you have Support Coordination in your plan?

→ If you do not have Support coordination in your plan, but feel you need it and are going for a review, we can provide you with a supporting letter.

Contact DSWA's Support Coordinator Nikki, now to get you moving towards achieving your goals.

supportcoordination@downsyndromewa.org.au

The NDIS service of Support Coordination is growing with lots of interest and emails asking for information on the service.

What I am noticing is that a lot of people don't have Support Coordination in their plan, but they could really use it.

Support Coordination is a capacity building support that helps you make the best use of the supports in your plan.

A Support Coordinator can help you;

- Understand and use your NDIS plan to pursue your goals
- Connect you with NDIS providers, community, mainstream and other government services
- Build your confidence and skills to use and coordinate your supports.

I have noticed that many of the requests for our service is for members who are going through big transitions in life. Including but not limited to, a new diagnosis, accessing NDIS and therapy providers in the early years, schooling transitions, transitioning from school to employment and many more.

If you believe you should be getting support coordination and it is not in your plan, please contact me for a supporting letter to provide with your review or appeal of your plan.

I am really loving supporting our members to get the most out of their NDIS funds and watching them achieve their goals.

Nikki Schwagermann

supportcoordination@downsyndromewa.org.au

0480 311 739

Roles in Open Employment

Employees looking for open employment

If you are looking for work, contact us! We have employers in various industries seeking new employees with Down Syndrome right now. We can help you prepare for work and provide on-the-job support. Contact us for more information (see below).

Employers - contact us today

If you are, or know of an employer that is interested in employing a person with Down Syndrome, and would like to know where to start, we can help. Head to <https://www.downsyndrome.org.au/right-to-work/employers/> for more information, and don't hesitate to contact Sue at employment@downsyndromewa.org.au for some tailored guidance.

Your DSWA/DSA Employment Resources

- [DSWA Open Employment Facebook group](#) - for news and updates on Open Employment
- [Right to Work website](#) – DSA has curated information on employment to help both jobseekers with Down Syndrome and potential employers.
- [Employment page](#) at the Down Syndrome WA website
- Email us: employment@downsyndromewa.org.au

Contact Us

Sue Summers
Employment Connections Coordinator
+61 0480 394 544
employment@downsyndromewa.org.au

Relationship Workshops

This month Pathways to Independence have successfully run three Relationships Workshops.

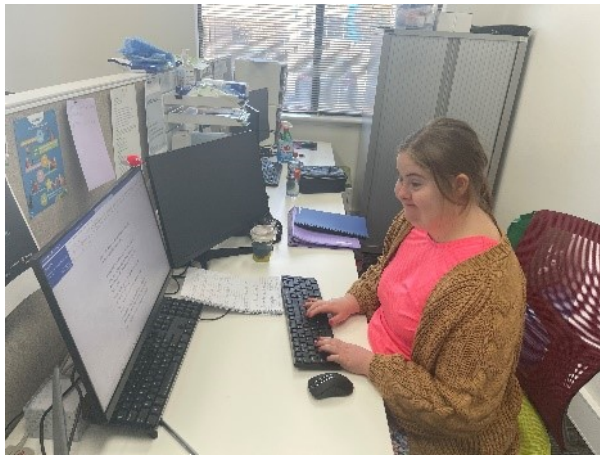
Part 1 of the of the workshops focused on Types of Relationships, such as friendships and professional relationships. It talked about Topics that are appropriate for a social setting and a professional setting.

Part 2 focused on Romantic Relationships and what they mean. It talked about how to ask somebody out and that it is OK someone say No, they would just like to friends.

Part 3 concentrates on the physical side to a side of a romantic relationships it explains aspects of the begins of physical relationships.

All three workshops have had great feedback from member and families.

Typed by Gabrielle Coles (DSWA Admin Assistant)



Social Emotional Learning Workshop

To register - <https://www.trybooking.com/CCCPY>

Or for more information please contact Dannie - dannie@downsyndromewa.org.au

SOCIAL EMOTIONAL LEARNING WORKSHOP

- How to regulate for emotions
- Tools that can be used
- Understanding your emotions and reactions to your emotions.
-
- Role play and activities

When: 17th of september

Time: 2:00pm

Where: 32 burton street cannington
online option available



<https://www.trybooking.com/CCCPY>



My Voice My Health Web Application

Would you love one place for all your health questions, specifically for people with Down syndrome? DSWA have been working hard on a solution with the generous support of a grant from the Department of Communities.

We're excited to say the My Voice My Health web application is now available! The web app was created for health professionals, family members, carers and individuals with Down syndrome. It provides a health resource hub with general information on health and health providers in WA, to support better health outcomes for people with Down syndrome.



Government of **Western Australia**
Department of **Communities**

For more information and to access the My Voice My Health web app go to <https://www.myvoicemyhealth.org.au/>. Register and then start searching for resources and information for people with Down syndrome.

Did you know you can fundraise
for Down Syndrome WA, just by
recycling your containers?



Recycle your containers
at any
Containers for Change
depot and

Enter our Scheme ID

Its that simple!

SCHEME ID: C10325047



Down Syndrome
Western Australia

New Parent Morning Tea

DSWA's New Parent Morning Tea had a great turn out this month.

It was wonderful to see 9 Mums and Dads, 6 little ones with Down syndrome, Melanie, a senior practitioner from Wanslea, Nikki and Cassandra all brave the weather to meet at the Blue Lotus Cafe in Stirling.



The parents were able to share their stories with each other as well as asking Nikki, Cas and Melanie any questions that they had, all in a relaxed and casual atmosphere. We look forward to the next one in term 4.

DSWA Playgroups

South Metro Playgroup

This last term at playgroup South we have welcomed new families and a beautiful new centre for our families. We have had fun with sensory rice play, our new playground and made some wonderful fathers day photo frames.

Renee

renee@downsyndromewa.org.au



North Metro Playgroup

North Metro playgroup has been buzzing with excitement this term. We finished our book week sessions of "We're going on a bear hunt" with some puppet craft and songs.

We have also just rounded up our two-day shoot for our fabulous DSWA 2023 Calendar. The theme of the calendar is "2023 Come on an adventure with me" and our kids did just that! Danica and I had so much fun catching all their smiles and watching them explore nature. North and South playgroups are so

excited to share our calendar with the world.



The fun keeps on rolling at playgroup as we move into messy mat sessions, Father's Day fun and our end of term carnival day.

We hope you can all be a part of it!

Tracy and Danica
tracy@downsyndromewa.org.au

KiDS Club

The KiDS Club had a wonderful time at our August event, a Music Workshop Jam session with Martin from Rhythm Fix!

Drumming, singing, and dancing filled the afternoon with lots of fun (and noise). The workshop involved bass drums and sticks, hand drums, bongos, bells, woodblocks, tambourines and shakers. Children got a turn at all instruments, switching between them throughout the 1-hour workshop. The session ended with games and dancing. Congo lines, dance-offs, and solos galore! It was great to see everyone get involved, trying out the instruments and showing off their dance moves to the group.

Our next event is a trip to the Animal Farm on Saturday the 3rd of September 9:30am-12:00pm at the Swan Valley Animal farm. Tickets are \$13pp. In the coming months the KiDS club has an Art workshop, a Disco, and a trip to Maylands Waterland planned. See our calendar or contact me for more information.

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 Siobhan Painter at kidsclub@downsyndromewa.org.au for registration details.



KIDS CLUB

TERM 3

**SATURDAY
3 SEPTEMBER**

**CUDDLY
ANIMAL FARM**

TERM 4

**SUNDAY
2 OCTOBER**

**ART
WORKSHOP**

**FRIDAY/SATURDAY
4/5 NOVEMBER**

DISCO

**SATURDAY
3 DECEMBER**

**MAYLANDS
WATERPARK**

**TO BE CONFIRMED
DECEMBER**

**CHRISTMAS
PARTY**

FrienDS for Life

This month we had another fun two hour dance session at the wonderful Dance Collective studio. We had twelve lovely members attend and two wonderful dance instructors showing us all the best moves.

This is the second time Friends For Life has had a session at the Dance Collective and they never disappoint. They create a session fit for everyone and the dance instructors are full of energy and spent individual time with each member. After the session was over, I had McDonalds delivered to the studio to give us the opportunity to catch up with each other as a group.

Claire - Coordinator

friendsforlife@downsyndromewa.org.au



Friends for Life Events



**Sat 17th Sep
Bowling and
Pizza**

**Sun 16 Oct
Dance
Collective
Youth Concert**

**Sat 19th Nov
Yanchep
National Park**

**TBA
Christmas
Party**



Aim High Club

August- what a wonderful month you have been. We started off this month with our movie where we saw The Minions. What a fun movie that was. The minions really are as cute as everyone says.

We continued our month with a visit into Northbridge where we found ourselves at the Brass Monkey. The food we all ordered was really delicious and after dinner we all walked to Pot Black for a sneaky game of pool. It was busy at Pot Black, and we all learnt a few tricks as we tried to sink as many balls as we could.

GREAT TO SEE YOU AIM HIGH (18-30'S)



Aim High Club finished the month with Glow in the Dark Mini Golf. What a special treat this was. As we placed on our 3D glasses, everything appeared to jump out at us and the walls became alive! It was like walking into a secret world!



We are looking forward to our exciting events scheduled for September- Zumba, Disco Bowling & Canoeing.

Thank you to our wonderful supports this month; Darren, Sharon, Brad and Suzanna!

AHC What's On

Hello September



**Friday 2nd-Sunday 4th - Weekend Getaway-
Woodman's Point**

**Friday 9th - 5pm-8pm- Zumba and Dinner-
Reabold Tennis Club (18-30)**

**Saturday 17th- 6:30pm-9:30pm- Pub Meal
and Disco Bowling- Fremantle (30=)**

**Sunday 25th- 1pm-4pm--Canooing and Coffee
along South Perth Foreshore- both**



Hello October



**Friday 7th- 6:30pm-9:30pm-
Pub Meal and Table Tennis-
Rosemount Hotel (30+)**



**Wednesday 12th-Thursday 13th
- Midweek Getaway- Mandurah**



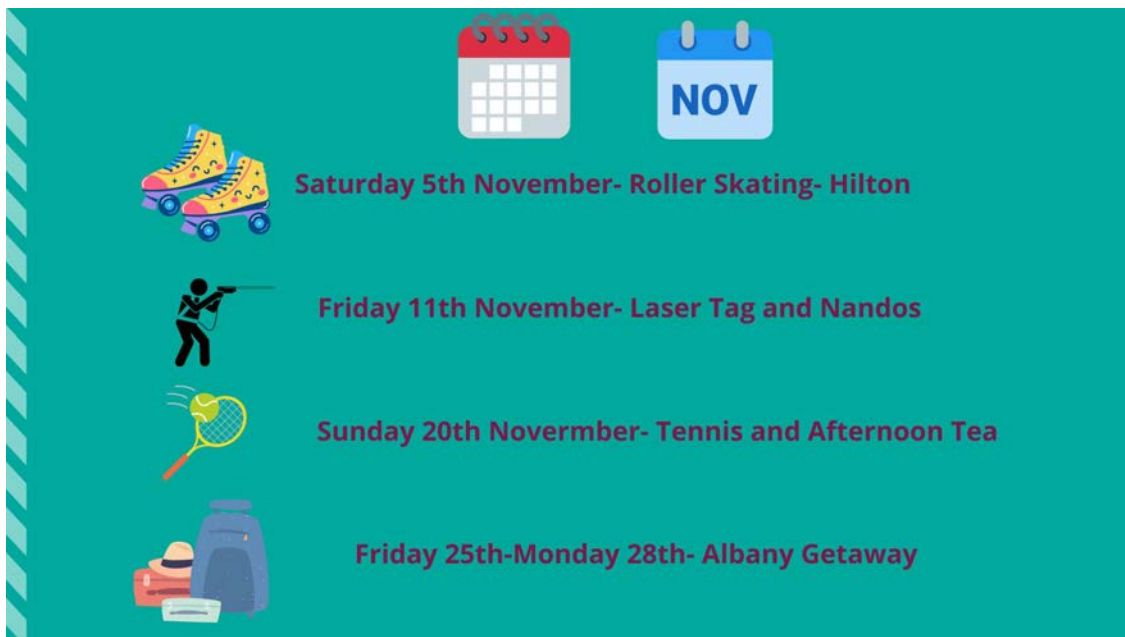
**Saturday 22nd- 1pm-4pm-
SupaGolf-
Swan Valley (18-30)**



**Sunday 30th- 1pm-4pm-
Movie- Hoyts Millenium-
Fremantle- TBC (both)**



**Down Syndrome
Western Australia**



As always please get in touch if you have any questions or ideas for our Aim High Program.

Aim High Club is on the hunt for volunteers. If you or someone you know are interested in supporting our program either at events or Getaways, please get in touch with the coordinator at aimhigh@downsyndromewa.org.au or 0422 795 160.

Amandine
0422 795 160
aimhigh@downsyndromewa.org.au

AHC Getaways

We are busy planning and preparing for our exciting adventure camp style Getaway in the first week of September. This Getaway will involve Rock Climbing, Archery, Kite Making, Geocaching, Flying Fox and so much more! Stay tuned for photos to come in next month's E-news!

Getaways 2022



**Woodmans Point
(Weekend)
September 2-4**



**Mandurah (Midweek)
October 12-13**



**Albany (Weekend)
November 25-28**



If you would like to register for any of these Getaways or events please contact the Aim High Coordinator, Amandine on aimhigh@downsyndromewa.org.au or 0422 795 160.

What do you think of the e-news?

We welcome all feedback and suggestions about the e-news. Please send any feedback to admin@downsyndromewa.org.au or use our [online form](#).

*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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