

# Newsletter February 2022



## *In this newsletter:*

[What is happening at the Association?](#)

[Board Meetings](#)

[Join Us at DSWA](#)

[New Faces at DSWA](#)

[Regional Outreach](#)

[We're Looking for Workshop Presenters!](#)

[Feedback Compliments and Complaints](#)

[High Tea at Pan Pacific](#)

[PCH Family Outreach](#)

[Fundraising Events 2022](#)

[Pathways to Independence Workshops](#)

[Socials](#)

[Support Coordination](#)

[Employment Update](#)

[Playgroups](#)

[KiDS Club](#)

[Aim High Club](#)

[Educating the student with Down syndrome](#)

[Creative Corner](#)

---

## What is happening at the Association?

### Cassandra's Corner

As a warm and very dry Summer closes and (technically) Autumn begins, we are starting to see a season of change here at DSWA too. The final quarter of 2021 was spent understanding, learning and uncovering what we do and need to do. During this first quarter of 2022, we are focused on planning, consolidation, process improvements and increased service delivery. In February, we have seen two small grant opportunities arrive at our doorstep and are grateful to Developmental



Disability WA for a donation of \$1000 and to Police and Nurses (P&N) Bank who also approached us to submit an entry for funding, for up to \$2000. It is wonderful when these opportunities come to us. They help to sponsor events like our upcoming Family Fun Day on March 20 to celebrate World Down Syndrome Day.

Partnership and collaboration are our strongest way forward and slowly, we are building and strengthening partnerships in the community and within our organisation. We are grateful to parents, carers and other members who have skills, connections or other resources that they are willing to put forward to support our activities, events and organisation. As we grow, your support is incredibly important; if you can share our social media posts, pass on something interesting from the newsletter and/or offer your skill set

for our upcoming workshop series – every bit makes a difference to building a strong, resilient and sustainable DSWA.

During January and February, we have been able to fill all vacant roles and I am *delighted* to welcome five new members to our team to replace staff who have taken on internal roles or departed from DSWA to pursue other goals. Playgroup North and South welcome two new playgroup assistants; Danica Bowes will join Playgroup North and Nicola Burr will join Playgroup South, while Tracy Bicker has taken on the role of Playgroup Coordinator for Playgroup North. We also welcome Marie Perez to the team as an Employment Mentor, working to support our members in their workplace. KiDS Club too, has a new, enthusiastic Coordinator and we'd like to welcome Siobhan Painter to this role. Finally, Sue Summers has joined the team to take on the Project Coordinator role filling both the Employment Connections and Pathways to Independence projects. We are delighted to see all these positions now filled and look forward to many exciting activities across the whole spectrum of our programs.

Coming up, there is an exciting and full calendar for our community and staff. With a range of fundraising events, Teacher Professional Learning Day, Workshops, full programs for our Social Groups and a New Employment Discovery Program about to be launched, there is a lot on offer. We are also set to have a big year of workshops. As Sue settles into her role, we will be quickly developing a program of workshops for the year with a number being co-facilitated with parents, carers and participants and a number with the addition of some outside expertise. You can expect to see topics like, Relationships, The NDIS, Social Conversation, Emotional Regulation, Staying Healthy, Wills and Planning and a range of other key topics. If we have parents with skills in any of our workshop topics, we would welcome you with open arms to be part of our workshop series. If there are other topics you wish to see delivered, please contact Sue.

Organisationally, it is very positive to start the year with a full and excited team. February and March also bring a range of key organisational activities such as the first of our NDIS Audit processes, which we have been preparing for. The benefit of this audit has been to help us ensure that we have all policies, procedures and systems in place so that we can deliver the best, most effective and also safe and inclusive programs we can. After the audit, we head straight into two Strategic Planning sessions with the board, one in February and one in March. After these two sessions, a survey will be sent to members to get your input on the direction of the strategy for 2022-2025. I *urge* you to complete the survey and provide input on the direction of the organisation for the next three years. Following the completion of the Strategic Plan, we will move immediately into Budget preparation for 2022-2023. Planning activities 12 months ahead is no easy task and is new for our team, but they are taking on the challenge! This will make for a robust and comprehensive budget that aligns with an operational plan and the organisation's budget.

March is full of celebration and fundraising. As an organisation, a number of our programs are funded; some are fee for service through NDIS funding and others, like our Family Support, Information, News and Communication are only partially funded. We do not receive any funding for administration or overheads and as such, we must consider the financial impact and viability of everything we do. As a team, we are minimising our overheads wherever possible, but we need to raise funds for a sustainable future. Alongside our fundraising, we are developing partnerships, looking for sustainable and profitable services which add revenue to the organisation. As a whole Federation of Down Syndrome organisations, we will shortly have a new Donations platform with all of us moving to the *My Cause* platform. Soon, it will be very easy to donate through My Causes to the organisation and we believe this will improve the donation rates. Further in the newsletter, you will see the great fundraising activities coming up this year and I wish to acknowledge the new Board Fundraising sub-committee who have put together a year of outstanding activities. If

you can support any of the activities with donations of goods, experiences and activities for prizes, or know someone who can provide the seed funding for events, please contact us at [fundraising@downsyndromewa.org.au](mailto:fundraising@downsyndromewa.org.au).

DSWA will remain at 32 Burton St in Cannington for a further 12 months. This gives us a chance to stabilise our teams, develop our programs and look for an economical leasing option for the long-term future. In looking for future properties we will be seeking a central location, nearer to public transport and with a reduced or subsidised lease to support our organisation. We express our sincere thanks to Nulsen Group for their generous hosting of our organisation within the Burton St offices. While there are some limitations, we are very grateful to share together with such a good organisation who provide us support and assistance whenever needed.

COVID-19 continues to play a big part in all our lives. The office-based team are now working in two groups, spending one week in the office and one week working from home on a rotational basis, to ensure that should there be a COVID-19 impact on Nulsen Group or DSWA staff, we minimise the risk to the organisation. All staff and volunteers meet the mandatory vaccination requirements and the team has new COVID-19 protocols to follow. The team has settled well into working productively *and* positively from home.

I express my gratitude to the team of staff and volunteers we have at DSWA. They deliver the programs, services, activities and events we enjoy. They do it with passion, commitment and often at times, give up their precious family and recreational time for the benefit of our DSWA community. It is a fabulous team and nothing would be delivered without them.

I wish you all a wonderful month of March and hope to see you at the many activities and events throughout the month.

***Cassandra***

---

## Board Meetings

The Board will next meet on Monday 28th February 2022.

Dates for the remainder of the year are as follows:

- Monday 11th April
- Monday 9th May
- Monday 13th June
- Monday 11th July
- Monday 8th August
- Wednesday 21st September from 6.30pm (AGM)

Board Meeting minutes are available upon request to the CEO ([ceo@downsyndromewa.org.au](mailto:ceo@downsyndromewa.org.au)) 21 days after the meeting.

---

## Join Us at DSWA!

Breaking news - our Office Admin and Finance Coordinator Deidre, who has been with us since late 2018 is leaving to pursue new dreams and goals and we thank Dee for the contribution she has made to the organisation.

We have looked out our structure and going forward the role in admin will change a little. If you are interested check out the advertisement on Seek.



## New Position - Recruiting Now

CAN YOU MAKE MORE THAN  
LEMONADE WITH LEMONS - IF SO,  
YOU MAY BE JUST WHO WE NEED

**TEAM CHAMPION- (ADMIN)**

[HTTPS://WWW.SEEK.COM.AU/JOB/56032590](https://www.seek.com.au/job/56032590)

Interested? See all the details at <https://www.seek.com.au/job/56032590>

## New Faces at DSWA



### **Siobhan Painter - KiDS Club Coordinator**

I am an Occupational Therapy student transitioning into my third year at Curtin University. I also work part-time as a Support Worker. I am an active, fun-loving individual and I enjoy sports and the outdoors.

I've spent nine years in Little Athletics and eight years in Scouts and am currently participating in netball and volleyball. I love getting to know others and being able to assist whenever possible. I enjoy seeing people try new things and achieve their goals, live the life they want and I value my new role in facilitating this at DSWA.

I'm excited to join the team and can't wait to start as KiDS Club Coordinator!

### **Sue Summers - Employment and Pathways to Independence Project Coordinator**

Sue has worked in broadcast media in management, sales and training, at university presenting and guiding young people on potential career choices and as a musician and performer within her own small business. Sue has run music and performance workshops for people with disability over the past seven years. She recently graduated from Murdoch University with a bachelor's degree in Sound and Radio. In her spare time, Sue is an enthusiastic disc golfer, and volunteers for the sport on local and global committees. Sue expressed her excitement about beginning her journey with Down Syndrome WA and that she is looking forward to meeting everyone.



### **Danica Bowes - Playgroup Assistant (North)**

I am Danica and super excited to be joining the DSWA team. I am Mum to Amelia who is four years old with Down syndrome (and who some of you might have seen twirling her ribbons around Playgroup) and her little sister Annabelle, who is five months old.

I am a pre-service Early Childhood Teacher and an Educational Assistant to children with disability in their early years. I have a fascination and love for all things early childhood development and love seeing children learn and build connections through play. It is my personal philosophy to



dance, sing (show tunes preferably) and be playful at least once a day. Since having Amelia, I have developed a strong commitment to social inclusion particularly within the education system and it is my hope that all children are able to build a strong sense of belonging they deserve.

I am really looking forward to joining Tracy at Playgroup this year to continue creating fun, welcoming and safe spaces for families and their children within the community.

---

## Regional Outreach supported by Telethon



DOWN SYNDROME WA

# REGIONAL OUTREACH

Coming to your Region soon. Proudly sponsored by Telethon and  
Down Syndrome WA.



HOW CAN WE SUPPORT YOU?  
PLEASE TAKE OUR SURVEY

[HTTPS://WWW.SURVEYMONKEY.COM/R/WLYCZLF](https://www.surveymonkey.com/r/WLYCZLF)

Down Syndrome WA is commencing a new Regional Outreach to support people with Down Syndrome and other intellectual disabilities. This project has been designed to create support for members and their families in regional Western Australia., providing links for families and children of all ages, community events and provide information and support to new families, allied health providers and educators.



Down Syndrome  
Western Australia

<https://www.surveymonkey.com/r/WLYCZLF>

---

## We're Looking for Workshop Presenters!

Do you fancy being a presenter/ facilitator?



DSWA is looking for facilitators - people with Down syndrome and family members (over 18 years) to co-facilitate with another experienced community member to run a series of Pathways to Independence workshops for peers and families.

If you have a skill set that you are willing to share, that can be related to our participants and families, we would love to hear from you, and..

Guess what? **You will be trained for the role and paid for your workshop time!**

Could this person be YOU?

Look out for an email with further information, or call Sue Summers directly on 0480 394 544.

---

## 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](#).

---

## High Tea Fundraiser

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



# HIGH TEA

## FUNDRAISING EVENT

Please join us for an elegant afternoon at one of Perth's most popular venues in support of Down Syndrome Western Australia.

While indulging in fine food and free flowing champagne, we invite you to partake in raffles, auctions and other opportunities to support the association and the valuable community services we provide.

**Saturday 12th March 2022 from 1.30-4.30pm**  
**Tickets \$110**

Grand River Ballroom, Pan Pacific Hotel,  
207 Adelaide Terrace, Perth

**RSVP / Bookings by 3rd March via:**  
<https://www.trybooking.com/BXHZV>



Down Syndrome  
Western Australia

(08) 6253 4752  
[www.downsyndromewa.org.au](http://www.downsyndromewa.org.au)

## Perth Children's Hospital Family Outreach

Down Syndrome WA's Family Support Officer, Nikki Schwagermann, will be working at Perth Children's Hospital (PCH) every Thursday, from February 3rd. Nikki will be onsite from 8:30am - 4:00pm and available to meet with any inpatients or outpatients. Please contact Nikki via [nikki@downsyndromewa.org.au](mailto:nikki@downsyndromewa.org.au) or 0480 311 739.

## Fundraising Events 2022

### World Down Syndrome Day

March is the month of celebrating World Down Syndrome Day

### High Tea

Save the Date! On Saturday 12th March, a high tea fundraiser will be held at Pan Pacific Perth in the CBD. We have a big fundraising target and plan to widely promote this event, so please ask your family, friends and colleagues to keep this date free. You can expect a gorgeous high tea experience with live music, a great silent auction, raffles and free-flowing champagne. This event welcomes all members of the public.

We are currently seeking sponsors for raffle and silent auction prizes, as well as donations of



champagne... about six cases in total. If you know of anyone who might like to support the event, please email [fundraising@downsyndromewa.org.au](mailto:fundraising@downsyndromewa.org.au)

### Family Fun Day

Sunday 20th March marks our family fun day! Located along the South Perth Foreshore, this is set to be an amazing day out with plenty of fun, activities, food trucks, games and more. Also open to all members of the public.

### Celebration Week

Monday 21st March will be the opening of a week of celebrating and sharing our stories with the community. We will have merchandise and donation packs available for you to host a workplace morning tea. Stay tuned for our next e-newsletter edition for images of the pack and further details.

### DSWA Quiz Night

Saturday 21st May – You won't want to miss this year's Quiz Night! A very fun time to be had, so please add this date to your calendar and start thinking about who you might like to have seated at your table... It's ON!

### Gala Dinner

Last but certainly not least... our annual Gala Dinner! A glorious evening of family, friends and fun – book it in. Saturday 20th August.



## Pathways to Independence Workshops

Down Syndrome Australia (DSA), the national peak body for Down syndrome is coordinating the Pathways to Independence Project which includes the delivery of workshops by States and Territories to support family members to develop their skills and learn more about helping people with Down syndrome to be more independent. Funding is from the NDIA under Individual Capacity Building (ICB).



Down Syndrome WA is coordinating the delivery of workshops from August to November 2022, some of which are designed for people with Down syndrome and others for family and caregivers of people with Down syndrome.

Each of these workshops will **include a co-facilitator with lived experience** who can share their story, either as a person living with Down syndrome or a caregiver of a person with Down syndrome.

### WE WANT TO HEAR FROM YOU!

We are planning workshop dates and topics for 2022! We want to know your preferred days and times, and which topic(s) you'd be interested in. We are looking at holding both in-person and online workshops this year. We are also seeking co-facilitators, so please contact us if you'd be interested in running a workshop with one of our experienced facilitators.

## TOPICS

### People with Down Syndrome

Community participation  
Staying healthy  
Decision making  
Relationships  
Self-advocacy  
NDIS  
Emotional Regulation

Wills and estate planning for participants and families.

Day/time poll: [https://doodle.com/poll/rex9b5xtqzqxq4prm?utm\\_source=poll&utm\\_medium=link](https://doodle.com/poll/rex9b5xtqzqxq4prm?utm_source=poll&utm_medium=link)

Topic poll: [https://doodle.com/poll/7pfdnvzwwsq2r479?utm\\_source=poll&utm\\_medium=link](https://doodle.com/poll/7pfdnvzwwsq2r479?utm_source=poll&utm_medium=link)

The poll deadlines are Monday 28 February, so let us know what you think!

---

### Families

Community connections  
Supporting healthy lives  
Supported decision making  
Circles of support  
Building and supporting independence  
Housing options

## Socials!

Follow our socials to receive the latest news and events:



## Support Coordination

DSWA is now offering Support Coordination. We'll be providing a lot of information across future e-news editions. For further information, please contact Nikki - [nikki@downsyndromewa.org.au](mailto:nikki@downsyndromewa.org.au) or 0480 311 739.

---

## Employment Update

### New Coordinator

Sue Summers has joined DSWA as our new Employment Connections Coordinator. Sue brings a range of experience including management, business development and training in media accessibility, and working in music services for people with disabilities. Sue will be working to support our current participants and employers in the Employment program and helping connect new businesses to some talented potential employees.

### Current Connections

We have several wonderful employees currently working in open employment in hospitality, tourism, administration, insurance and health. We will share news and updates on their progress with our amazing partner organisations and companies in coming weeks. Keep an eye on our social media pages!

### Support

We have been interviewing new Employment Mentors and will have welcomed some new staff members to DSWA by the time this newsletter goes out. Our Employment Mentors help our

participants transition into open employment, and we appreciate their invaluable work!

## Employment Connection Service

The Employment Connection service provides a tailored approach to achieving employment outcomes for people with Down syndrome by working with both job seekers and businesses. This includes:

- Working with businesses and employment agencies to promote the benefits of employing a person with Down syndrome, to identify positions and advice on job-carving
- Working with businesses to ensure that the workplace is conducive to successful employment outcomes
- Connecting interested businesses to people with Down syndrome who are looking for employment
- Delivering workshops in the workplace to assist current employees in understanding Down Syndrome and how best to support the person in the workplace.

This service is one component of the national Employment Project, being implemented by Down Syndrome Australia, which aims to improve employment outcomes and opportunities for people with Down Syndrome.

If you manage a business, work in people services, or look after DAIP at your workplace and would like to discuss employing a person with Down Syndrome, please contact Sue - [employment@downsyndromewa.org.au](mailto:employment@downsyndromewa.org.au) or 0480 394 544.

# Social Connection

## DSWA Playgroups

### Playgroup - South



Playgroup South Metro has had a wonderful start to 2022 with beautiful warm sunny days for lots of outdoor exploring, water fun and sensory play.

We have welcomed several new parents and their beautiful little babies over the last two weeks.

As the warm weather continues, we will have many fun and adventurous activities planned over

the coming weeks, including some colourful sock making for 'Lots of Socks' and morning tea for World Down Syndrome Awareness Day.

Janette and Rachel  
janette@downsyndromewa.org.au

## Playgroup - North



North Metro Playgroup has started its year off with a bang! The kids have enjoyed a Welcome to Playgroup day, Valentine's Day sensory play and a Summer play theme.

Our bubs and toddlers all enjoyed some sensory messy play for Valentine's Day. They had a mix of wet and dry play mats to explore, as well as creating their own glitter shaker bottle.

We also spoilt our parents with some chocolate biscuits and strawberries for morning tea.

We look forward to seeing our excited members and new families at our upcoming events this term. Some of the fun Fridays we have lined up are the team from *Messy Mat* who will be coming in to run a session, Easter fun day and our World Down Syndrome Day celebrations.

Danica and I can't wait to see everyone for some more Term One fun!

Tracy  
tracy@downsyndromewa.org.au

## KiDS Club

Would all our members please complete the survey below to update your details?

### KiDS Club contact information

There will be many KiDS Club updates in the next e-news!

Siobhan

kidsclub@downsyndromewa.org.au

## Aim High Club

Earlier this month, our members visited FRINGE WORLD and were bedazzled by the talents of six brilliant performers from Taiko On. Their show *ONSEN*, was an experience like no other, immersing viewers in the warmth of some of the world's deepest and most resonant musical instruments. Afterwards, we walked to Bistro Bellavista and enjoyed some delicious Italian meals. Here are some photos taken on the night:



As Summer draws to an end and we settle further into the year, it's time to save the dates and destinations for our selection of getaways. Unlike 2021, we will be introducing three weeknight stays closer to or within the Perth metro area in addition to our four weekend getaways... That's right, there will be seven in total! We will also be visiting some new destinations this year and

increasing the number of participants we can accommodate on some of the adventures! Please see our Getaways Calendar below:

A graphic titled "DSWA GETAWAYS 2022" featuring a grid of 12 white boxes on a dark purple background. Each box represents a month and contains details about a getaway, including dates and a destination. The destinations are: Albany (March), Fremantle (April), Margaret River (June), Perth CBD (July), Woodman Point (September), Mandurah (October), and Rottnest Island (November).

## DSWA GETAWAYS 2022

<b>January</b>	<b>February</b>	<b>March</b> Fri 25th to Mon 28th <b>Albany</b>
<b>April</b> Wed 27th to Thu 28th <b>Fremantle</b>	<b>May</b>	<b>June</b> Fri 10th to Sun 12th <b>Margaret River</b>
<b>July</b> Wed 27th to Thu 28th <b>Perth CBD</b>	<b>August</b>	<b>September</b> Fri 2nd to Sun 4th <b>Woodman Point</b>
<b>October</b> Wed 12th to Thu 13th <b>Mandurah</b>	<b>November</b> Fri 25th to Sun 27th <b>Rottnest Island</b>	<b>December</b>

Our March events are now open for registrations on TryBooking... but not for long! Please contact us if you are not yet on our member mailing list so we can add you and keep you updated on all things Aim High Club. New members (18+) are welcome year-round. If you're on Facebook and would like to join our private group for members, families and other supports, visit <https://www.facebook.com/groups/aimhighclub> and check out our past event photos and profiles of some of our members and supports! You will be prompted to answer some questions about yourself before we are able to approve your request, so let us know who you are 😊

Suzanna – Coordinator  
[aimhigh@downsyndromewa.org.au](mailto:aimhigh@downsyndromewa.org.au)

## Friends for Life

Our members visited FRINGE WORLD and enjoyed CIRCUS THE SHOW, a reimagined family circus spectacular!



**Friends for Life is looking for more volunteers.** Would you be interested in Volunteering with the fab group!. Just look at them, how much fun could you have? Contact Claire or Nikki if you are interested in becoming a F4L

Claire - Coordinator  
friendsforlife@downsyndromewa.org.au

## Educating the Student with Down syndrome – Professional Learning

## Educating the Student

## with Down Syndrome

FEB 25 • 8:30 AM TO 4:30 PM

Do you have a child with Down Syndrome or Intellectual Disability in your school?

### Join our Online Conference

DSWA staff will be joined by guest presenters who are specialists in the areas of

- Communication
- Understanding behaviour
- Classroom and playground management
- Pre-literacy and pre-numeracy
- Classroom adaptations
- Boundary setting and protective behaviours



REGISTER HERE:

[HTTPS://WWW.TRYBOOKING.COM/BWCMJ](https://www.trybooking.com/BWCMJ)



Visit the following TryBooking link to secure your place: <https://www.trybooking.com/BWCMJ>

# Creative Corner

## Summer Smoothie Recipe

(Serves 2)

Note- Fresh fruit items can be substituted with frozen

### Ingredients:

- 1 cup diced mango
- Passionfruit pulp of one passionfruit
- Handful of strawberries, halved (about 5)
- 1 tbsp chia seeds
- 1/2 cup rolled oats
- 2 cups almond milk (or your preferred milk option)
- 1 tbsp maple syrup or honey (optional)

### Method:

1. Ensure your hands are clean by washing them in warm, soapy water and drying them thoroughly after
2. Prepare all your ingredients on your kitchen benchtop and be safe when using a kitchen knife
3. Place ingredients into a blender in the order listed above
4. Blend on low-medium speed for 30-60 seconds, or until ingredients are well combined
5. Pour into two cups and enjoy with a family member or friend. Smoothie can be stored in the fridge for 1-2 days or up to a few months in the freezer



*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**

**OUR FUNDING BODIES**



Government of Western Australia  
Department of Communities

**OUR SPONSORS**



*Copyright © \*|CURRENT\_YEAR|\* \*|LIST:COMPANY|\*, All rights reserved.  
\*|IFNOT:ARCHIVE\_PAGE|\* \*|LIST:DESCRIPTION|\**

**Our mailing address is:**

\*|HTML:LIST\_ADDRESS\_HTML|\* \*|END:IF|\*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

\*|IF:REWARDS|\* \*|HTML:REWARDS|\* \*|END:IF|\*