

Newsletter January 2022



In this newsletter:

[What is happening at the Association?](#)
[Board Meetings](#)
[Thank you!](#)
[Regional Outreach supported by Telethon](#)
[Social Media Campaign](#)
[Fundraising Events 2022](#)
[PCH Family Outreach](#)
[NDIS Audit](#)
[Member Survey](#)
[Job Opportunities](#)
[DSWA Playgroups](#)
[Aim High Club](#)
[Educating the Student with Down syndrome](#)
[Creative Corner](#)

What is happening at the Association?

Cassandra's Corner

Firstly, my wish for you all, is that 2022 is brighter and happier than 2021. As we weave our way into 2022, we are managing some vacant positions, working from home for 10 days and annual leave for some of the team.

January and February are full months for us, where we are finalising service agreements, putting



programs together until and including June 2022 so you can better plan your time, and preparing for DSWA's first desktop NDIS audit. As we move closer to the audit, we will be reviewing all documentation and at times, that may mean following up with participants and families/carers to complete paperwork for us.

Service Agreements and Participant Support Plans have been sent to all Aim High Club, FriendS for Life and Employment Services participants. You will need to have completed and returned your forms *prior* to your participant participating in programs in 2022. The organisation can only bill NDIS if you have a current agreement. Thank you to all who have had an opportunity to return these already. As holidays come to an end, a gentle reminder to return your documents as soon as you can and directly to the CEO email

address.

We are delighted that WA has been included in the National World Down Syndrome Day Campaign. Six of our participants will be featured from early March in the National Campaign which highlights the incredible value employment provides to our participants. Keep an eye out for the campaign and we will share the links as soon as they are available. Thank you to Kenichi Gray, Sarah Wardle, Rachel Parker, Jessica Toster, Andrew Domahidy and Laura Williams who all agreed to take part. Your photos look amazing... I had a sneak peak!

I have recently had communication with several families around DSWA's COVID-19 position. The Board are currently finalising the Draft Policy Statement. Once it is finalised the Document will be emailed to the member data base and the document will be placed on the DSWA website.

We have some fantastic employment roles available at the moment. Please take a look at the employment article for more information on vacancies and staff changes. If you are interested in working for the organisation, both the Employment Coordinator and Project Coordinator positions deliver incredible value to our community and are critical to the services we provide.

The Fundraising Sub-Committee is doing an amazing job; check out the calendar and articles on what we have coming up! A lot of opportunities for us to promote the organisation, have fun and raise some very important funds for the organisation. If you feel that you can contribute, or know people / organisations that might be interested in supporting these events with Donations, Sponsorship (naming rights) etc., please let me know or email fundraising@downsyndromewa.org.au

Board News

The Board met on Monday 17th January 2022. The Board has formed two sub-committees, Risk and Audit, and Fundraising and I look forward to working with and supporting both committees.

Next month, the Board will begin the task of crafting our new 2022 - 2025 strategic plan. The Board will conduct two sessions, in February and March to work towards a new strategy. In between these sessions, a survey will be sent to members seeking input on the focus for the organisation over the next three years.

Thank you, as always to our amazing team, the Board and our members. I feel very fortunate to work with such a wonderful team.

Cassandra

Board Meetings

The Board last met on Monday 17th January 2022.
Dates for the remainder of the year are as follows:

- Monday 28th February
- 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) 21 days after the meeting.

Thank you!

A HUGE thank you to Matt Armenti from *Bourke Creative* for photographing our participants for the World Down Syndrome Day (WDSD) employment feature. We received great feedback from the session - thanks so much Matt! You're a Star!

Regional Outreach supported by Telethon



We are *very* excited to announce that we have received a grant from Telethon to establish a regional outreach program in 2022!

The program details are currently being finalised and will launch in February. Stay up to date with your emails and our social media pages to ensure you don't miss it.

Our team are looking forward to supporting many more of our membership with this incredible opportunity from Telethon.

Social Media Campaign

We are now embarking on a large social media marketing campaign. During this campaign, you may notice content that is different and at times, even a little controversial. I have asked my team to be brave and (respectfully) bold, to build our brand and pursue our fundraising journey.

Part of the social media campaign is storytelling. The main feedback we have received, is that we don't feature our members enough. We can only do this if we receive stories to share from you! If you have an idea about something you may wish to share, but aren't entirely sure, give Cassandra a call on 0432 407 527 to discuss. Everyone has their own unique story and you all have a story worth sharing in your journey through life. We would love to share your story, if you would be willing to help us out.



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 6 cases in total. If you know of anyone who might like to support the event, please email 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.

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 or 0480 311 739.



NDIS Audit

The team is preparing for a Stage 1 Audit on Wednesday 16th February. This audit is to review our policies and procedures, and to ensure that we are complying with the NDIS National Practice Standards.

A Stage 2 audit will take place in May of this year and will be a far more rigorous process. At this time, NDIS auditors will want to speak with Staff, Volunteers, Participants, and Families/Carers. In our February newsletter, we will include a link to an online form that will give you the opportunity to opt out of the participating in the audit. Anyone who doesn't opt out may receive a call from our auditors, asking you about policies and procedures to ensure that we are communicating with you.

Over the next month or so, we will be making our NDIS Policy Manual available, with a participant version, and (hopefully) an Easy Read version. Please contact Cassandra if you have any questions and/or interest regarding the audit.

Member Survey

We will be distributing a member survey in mid to late February seeking your input on the future of the organisation. We would be *extremely* grateful for your survey responses. Our team is strongly committed to providing the best service we can across our membership and community.



Job Opportunities

WE HAVE SOME BLOOMING GOOD JOB OPPORTUNITIES RIGHT NOW!

JOIN US AND SEE YOUR CAREER BLOSSOM

INTERESTED IN ANYTHING BELOW - EMAIL
CEO@DOWNSYNDROMEWA.ORG.AU



Employment Connections Coordinator – What is that? [Link to job on Ethical Jobs](#)

... Well, you will engage in meaningful, rewarding work and join an amazing team. In this role, you will:

- Discover the unique skills of each of our participants seeking work in open employment;
- Work with each participant to understand their goals and aspirations of the work they would like to do;
- Connect with forward-thinking employers to fill roles they need;
- Carve out a role specific to the employer and employee.

This is a contract role for an initial period of six months, comprising 20 hours of work per week. Funding for this role is scheduled to end in June 2022, however further funding is currently being sought.

If you are joyful, optimistic and have experience in areas such as recruitment, public relations, relationship management, training development or other related experience, as well as an interest in supporting the futures of people with Down syndrome, then we want to hear from you!

Applications for this role close on [Thursday 3rd February](#).

Project Coordinator – The Capacity Building Project

Would you like to join our proud team of project and program coordinators? And... work on one of our most important projects, *The Capacity Building Project – Pathways to Independence?*

The Project Coordinator will be responsible for overseeing the delivery of workshops (featuring relevant information) by members and families, to our members. There will be a minimum of 10 workshops delivered in 2022.

This project is funded for 12 months and will deliver outstanding service to our membership. You will need to liaise with participants and family members (i.e., your co-facilitators) to design and develop each topic specific to DSWA members. This is a prime opportunity to demonstrate your creativity, training and management skills. This is an important project to DSWA and we are looking for someone special to coordinate our second year of this project for 12 months. The role offers 15 hours per week, with additional hours where required to meet the needs of the project. It is expected that two days per week will be spent at the DSWA office with additional hours to meet with co-facilitators.

Applications for this role close on [Thursday 3rd February](#).

Social Connection

DSWA Playgroups

Playgroup - South

Playgroup is back from Monday 31st January! We cannot wait to see those familiar faces and to also welcome some new families.



It is with a heavy heart that we say goodbye to Claudia Rodriguez, who is departing from her role as Playgroup Assistant this month to pursue new endeavours. We are ever grateful for Claudia's contributions over the past three years, especially her amazing talent with craft and running joyful activities.

Janette and Rachel
janette@downsyndromewa.org.au

Playgroup - North

Welcome to our existing and new families!

We will still be located at last year's residence, the Colin Moore Community Centre (724 North Beach Rd, Gwelup), starting from 9:30am on Fridays. We are looking forward to some new craft sessions, Key Word Sign activities, fun sensory play and building on new and existing friendships.

I plan to work on a term planner to map out the activities that will be happening within our group. I can't wait to see how big our kids have grown over the Summer break!

Tracy
tracy@downsyndromewa.org.au

Support Coordination

From January 1st, Nikki Schwagermann will continue in her role as Family Support Coordinator but has *also* agreed to start the Support Coordination Service for DSWA. We are so lucky to have

Nikki undertake this position with her extensive knowledge of the organisation and its many members. Nikki will develop the Support Coordinator role and as it grows, we will look to employ other individuals to join the Support Coordination Team. Contact Nikki - nikki@downsyndromewa.org.au or 0480 311 739.

Aim High Club

Happy New Year and Welcome Back!

Our members enjoyed reuniting last weekend at our Dinner at Dusk event, which was held at Point Walter Reserve in Bicton. I don't think we could've asked for a more picturesque setting! It was nice to hear about what everyone got up to over the festive period, accompanied by their loved ones, glorious food and activities.



You'll be pleased to know that our February registrations have just recently opened, with the following three activities lined up:

- **Sunday 6th February, 11:45am - 2:45pm**
Morley Rollerdrome skate session and afternoon tea
- **Friday 11th February, 6:00pm - 9:00pm**
FRINGE - ONSEN* followed by dinner (East Perth)
https://fringeworld.com.au/whats_on/onsen-fw2022
*Subject to ticket availability at time of booking
- **Friday 18th February, 5:30pm - 8:30pm**
Bowling and Dinner (Rosemount Bowl and Hotel)

Members, to register, please check your inbox for the TryBooking links and book your spot online before 5pm on Thursday 3rd February!

Currently, we are working hard to create an exciting calendar of events and getaways for all our members to look forward to this year. This includes making sure families are given as much notice as possible about what's on, when and where!

For those who are interested in our 2022 getaway series, make sure you are on our mailing list (send me an email if you aren't)! This will ensure that you are first to be notified about when registrations open. Please take note of the following dates as they are confirmed for this year's overnight/two-night adventures in/outside of Perth:

- Friday 25th March to Sunday 27th March
- Wednesday 27th April to Thursday 28th April
- Friday 10th June to Sunday 12th June
- Wednesday 27th July to Thursday 28th July
- Friday 2nd September to Sunday 4th September
- Wednesday 12th October to Thursday 13th October
- Friday 25th November to Sunday 27th November

Within the next two e-newsletter editions, we will advise you of all getaway destinations and begin accepting registrations for our initial getaways. Thank you for your patience and ongoing support. Stay safe and let the good times roll!

Suzanna – Coordinator
aimhigh@downsyndromewa.org.au

Educating the Student with Down syndrome – Professional Learning



EDUCATING THE
STUDENT WITH
DOWN SYNDROME
-Professional Learning-
25th February 2022
8.30am-4.30pm

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

- Classroom adaptations
- Pre-reading and pre-numeracy
- Boundary setting and protective behaviours
- Understanding behaviour and classroom and playground management
- IEP's

**Face-to-face and Online live streaming
event options available.**

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



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

Creative Corner

Leek and Feta Quiche

A delicious quiche recipe from our one of our staff (with the pastry recipe adapted from a recipe on [Big Man's World](#)).

Crusty No-Flour Base

- 1 cup almond flour
- 2 tablespoons coconut flour
- 2/3 cup tapioca
- 1/2 cup butter, or coconut oil
- 1/2 tsp maple syrup
- 1/2 tsp sugar
- 1 egg

(For a sweet tart, add an extra 1 tsp maple syrup)

Mix all ingredients together, then press into tin by hand (don't try to roll it)! Cook until firm at about 180 degrees Celsius.

Filling

- 10 eggs
- 2 leeks
- 1 onion
- 150 grams feta of your choice
- Salt and pepper
- A dash of turmeric (optional)
- A dash of chilli (optional)

1. Whisk eggs until fluffy
2. Fry onion and leek until just soft
3. Once onion and leek is cool, add to the eggs
5. Crumble in the feta
6. Add the salt and pepper (turmeric and chilli, if using)
7. Gently pour into pastry case
8. Bake until firm and lightly browned on top



*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!**

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