

July 2022



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Cassandra's Corner

July already! It's hard to believe we are now in the second half of the year and working toward two major events and the AGM. The staff are each writing a piece on the areas they coordinate, so you can look forward to some great reflections on the year in this year's Annual Report.

The last month has been filled with completion of a comprehensive new budget for the organisation which is conservative but optimistic, and the finalisation of the new 2022-2025 Strategic Plan. The organisation, like most others in the disability sector, is waiting for news of the new Labor government's commitment to funding for the Sector through our Information Linkages and Capacity Building (ILC) grants. These grants are important to ensure the ongoing delivery of information distribution, workshops



and the employment program.

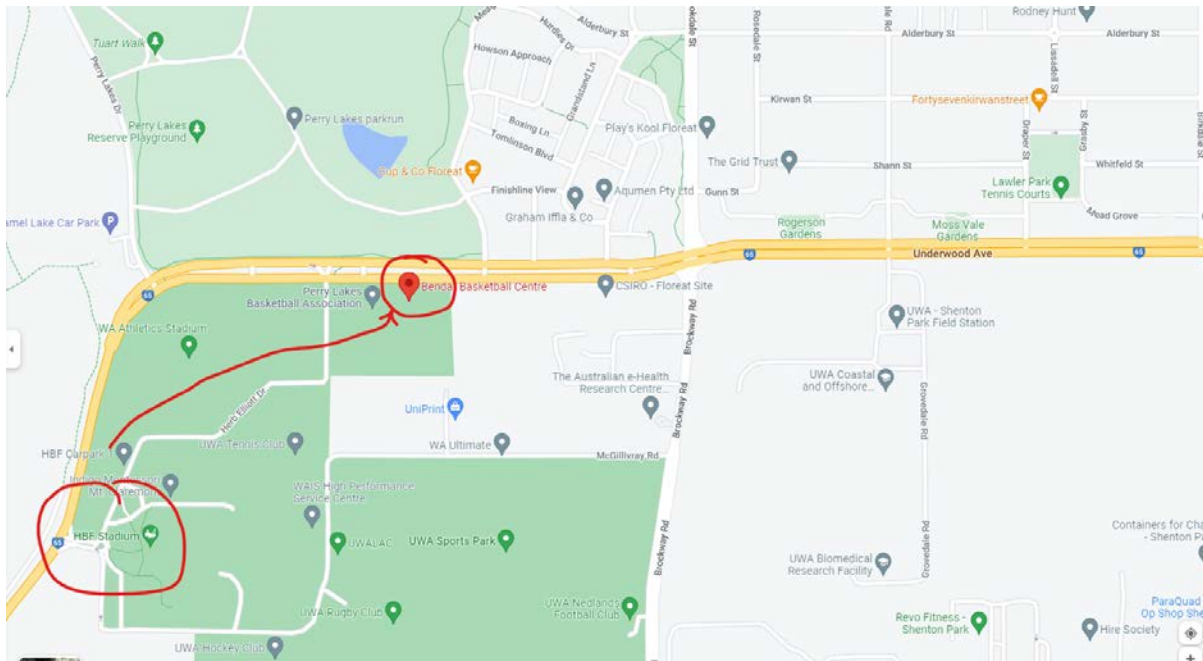
2022 Gala Dinner

We have been supporting the Gala Dinner team, doing some admin and booking support and other tasks. This year, ticket sales were slower than expected so the board has chosen to relocate to a slightly smaller room in the same area as HBF arena. The Gala will now be held in the Ellis Room, at the Bendat Centre, right next door to HBF Stadium. Everything else remains the same with the same menu, the awesome Drycleaners Band, and amazing prizes and auctions. With the slightly smaller venue the event is now sold out.

The Ellis Room is one of Venues West's premier function rooms, right opposite Perry Lakes. It is located on Underwood Avenue with ample

parking out the front.

We are still looking for some volunteers for the night. If you would like to come along and support the event as a volunteer please contact fundraising@downsyndromewa.org.au



StepUP 2022

Whilst all our focus is on the Gala until 13 August, we will move straight into our planning and marketing of this year's major fundraiser, StepUP for Down syndrome. This wonderful family event is our main opportunity to engage the community and raise much needed funds for the organisation. Nikki will be sending out a survey asking for your input on the day, and your suggestions for how you would like the day to be presented. Please take a moment to complete the survey so we can make this an event for all members to enjoy. This is an event for young and old, and we are setting out to hold the biggest StepUP yet. Watch the eNews for how you can get involved and for the amazing plan the staff have to jointly raise money for StepUP.

Feedback: You may notice an increase in our requests for you to complete short surveys to provide feedback on a range of topics. We have increased our efforts to ensure that your feedback is taken into account when we plan events, activities and programs. We are very grateful to those that have already taken part in some of our surveys, it really helps to improve our service to you. If you have feedback at any time, please send it through to ceo@downsyndromewa.org.au.

I am delighted to welcome a New Staff Member to our team. Gabby Coles commenced work on Monday, 25th July and will be working for DSWA 2 days per week for six months. You may bump into Gabby on a Monday or Wednesday in our office.

Board Information

This year's Annual General Meeting (AGM) is to be held on Wednesday, 21 September at 7.00pm. You can attend the event either in person or online via Zoom. A meeting invitation and link will be sent with the agenda 21 days prior to the meeting. It would be great to see members attend the AGM. Nominations for a position on the DSWA board are now open and nomination forms were sent out on

Friday 22/7/22 via email. The links to the required documents are attached further in the eNews.

This year the Draft Revised Constitution will be considered at the AGM. The document was sent out to members via email and posted on Social Media on Monday, 25 July 2022. We look forward to any feedback which should be sent to Deputy Chair, 'nia Parker at parap21@bigpond.com by 19th August 2022.

Document Links

Constitution: [2022 DSWA Constitution](#)

Table of Changes: [Changes to DSWA Rules explanatory table of amendments](#)

Strategic Plan

After two rounds of consultation and three board workshops the board have now adopted the DSWA 2022-2025 Strategic Plan. We are very grateful to the members who took time to meet with our CEO and provide one-to-one feedback on the Strategy. The attached document is the plain text version of the abridged plan which contains the Vision, Purpose and Values of the Organisation and the four Key Strategic Objectives of the Organisation for the next three years. As a staff team, we will work with the Strategy and new 2022-23 budget to guide our actions for the next 12 months and planning for the next three years. The Strategic Plan is an important document to ensure that as a staff team we deliver the intended and focussed outcomes for the community.

Strategic Plan link: [Vision Purpose Values Strategy 2022-2025](#)

Warmest regards,

Cassandra

0432 407 527

ceo@downsyndromewa.org.au

SAVE THE DATE

STEP UP 2022

StepUP for Down syndrome
is on in October – for all
members, families and friends

SUNDAY

09 OCTOBER 2022

9.30AM - 1PM

TAYLOR RESERVE VICTORIA

PARK FORESHORE

enquiries -

admin@downsyndromewa.org.au



Down Syndrome
Western Australia

StepUP!
#21YourWay

Member Story

Have you met Cara Baldwin? Cara is a talented member of our community who runs her own business and is a successful DJ. Check out Cara's launch event below.

[Click 'Going!' on Facebook](#)



SATURDAY 6-9PM - SEPT 3

THE SEWING ROOM
317 MURRAY STREET, PERTH

DJ Incredible is Cara Baldwin. The 19-year old DJ from sunny Perth, Western Australia with a passion for all things party music!

With three years live performance experience DJing around Perth, DJ Incredible is launching her own professional career.

The Sewing Room is a welcoming, inclusive and vibrant venue located in the heart of Perth. It's the perfect place to ignite Cara's passion for party music and celebrate with her friends and community.

We'd love you to come along and support DJ Incredible at her Launch Party this September.

Saturday September 3, 6-9pm.
Just \$5 entry fee.
Click 'Going' [HERE](#).



FOLLOW



LIKE



LISTEN!



[Click 'Going' on Facebook](#)

Board Meetings

The Board will next meet on Monday 8th August 2022.
Dates for the remainder of the year are as follows:

- Wednesday 21st September 7.00pm (AGM)

Regional Outreach

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

This weekend Nikki visited the Mid-West region as part of the Regional Outreach program.

She visited allied health professionals, schools and GPs, delivering brochures and flyers on the Regional Outreach program.

Nikki was joined by two families for the dinner and two families for the community catch-up.

There were discussions around the workshops and supports that are wanted, and events for the region, as well as more general get-togethers with the community.

We look forward to making these happen and growing the community in the area.

If you have questions please contact Nikki Schwagermann - 0480 311 739 during my 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.



Key Word Sign Workshop

About

- Learn a basic vocabulary of signs to use in everyday settings
- How to choose which signs to teach
- Principles of Key Word Sign and Gesture
- How sign helps communication development

The workshop is suitable for

- Parents/carers/family members
- Teachers, educators and support workers
- Anyone interested in KWS

Includes

- Morning and Afternoon tea (BYO Lunch)
- Getting Started with Key Word Sign Booklet
- Certificate of Completion

DATE - Saturday 30 July from 9am - 4pm

LOCATION - Rockingham Centre - Training Room, Council Avenue, Rockingham WA

Book at <https://www.trybooking.com/CATRZ>



Nominations to the Down Syndrome WA Board are NOW OPEN

The Down Syndrome WA Board of Directors invites nominations from members, their family and extended family to fill upcoming vacancies on the DSWA Board of Management. As there is opportunity for meetings to be held over Microsoft Teams, applications from members living regionally are also encouraged. This Board role is a rare opportunity to contribute strategically at the highest levels to meaningful outcomes for people in Western Australia living with a diagnosis of Down syndrome and their families. A professional background in education, medicine, small business management, human resource management or marketing would be highly regarded.

Commitment

- Attend monthly Board meetings of up to 2 hours duration. Currently these are held on the second Monday of the month at 6.00pm.
- Meetings are held in person or over Microsoft Teams, decided by the Chair prior to the meeting.
- Attend occasional workshops or other events, usually on a Saturday morning
- Have a clear understanding of the agenda and accompanying Board papers and documentation prior to the meeting, and make meaningful contribution to the meetings.

Process

- Application must be made on the [attached nomination form](#). These need to be signed by the nominator, seconder and the nominee.
- A submission statement supporting your interest in being on the board and the skills you would bring to the Board should be made in no more than 500 words. If you wish you may also include an up-to-date résumé.
- Applicants may be invited to an interview with members of the current Board of Directors.
- Successful nominees will be put to the AGM to be voted on by the members.

Nominations close Monday, 1 August 2022 at 4pm. Nomination may be emailed to the Chairperson, Kathryn Salt, via the CEO ceo@downsyndromewa.org.au or mailed to Kathryn Salt, Chair, Down Syndrome WA, 32 Burton St Cannington WA 6107.

Confidential enquiries are welcomed by current Chairperson of the Board Kathryn Salt on 0411 202 636 or email kathrynsalt66@gmail.com.

Kathryn Salt
Chair - Down Syndrome WA



**Applications are now OPEN for a
New Board Advisory Member**



The Board of Down Syndrome WA is looking for a new Advisory Member



You will be a Board Advisory member for a two-year term



We are saying bye and many thanks to Advisory member Brooke Canham



What is an advisory member?

You need to be



Over 18 years old



Have a diagnosis of Down Syndrome



Be interested in speaking up and being an advocate

An advisory member

- Attends Board meetings one Monday night a month
- Attends Board planning days to advise and give their point of view on matters discussed
- Does not need to vote at meetings



If this sounds like a volunteering role of interest



Please prepare a 1-2 minute video telling us a little bit about yourself and letting us know why you would like to be a DSWA Board

Advisory member:



Send your video to: Kathryn Salt - Board Chair Down Syndrome WA at kathrynsalt66@gmail.com or send to Cassandra Hughes CEO at

ceo@downsyndromewa.org.au.



Applications close Friday August 12th. We look forward to hearing from you.

Research is important to our future!

Last chance to register for this important research session.



Government of Western Australia
Child and Adolescent Health Service



You're invited!

To share your opinions

If you're between the ages of 18 and 35, please join the Perth Children's Hospital Anaesthesia Research team, PCH clinicians and a GP for a community conversation to help identify future clinical and research priorities for children living with Down Syndrome

When: Tuesday, 2nd August 2022 @ 9:30am

Where: Training Room, Down Syndrome WA
(32 Burton St, Cannington)

RSVP & more info: <https://www.eventbrite.com/e/down-syndrome-research-priorities-community-event-registration-333374300507>



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:



DSWA Annual General Meeting



Down Syndrome
Western Australia

**NOTICE OF
ANNUAL GENERAL MEETING**
21 September 2022

7.00pm

32 Burton St, Cannington WA



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

A graphic with a blue background and an orange circle on the right. It features three checkmarks, an arrow, and contact information for DSWA's Support Coordinator.

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 your 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.

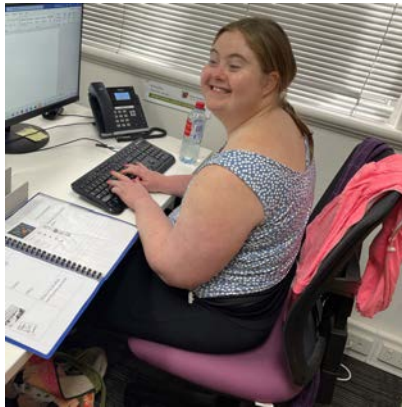
Nikki Schwagermann

supportcoordination@downsyndromewa.org.au

0480 311 739

Employment Update

Gabrielle's first week at DSWA



Gabrielle Coles went very well in her first week as our Down Syndrome WA Admin Assistant. Some of the things she achieved this week included sorting our StepUP merch, counting our printed brochures, and getting to know her new colleagues. Welcome to the DSWA team, Gabby!

Josh's work milestone

This month Josh Ford completed his 6 months probation at The Perth Mint. His workmates were excited to celebrate with him on this achievement. Josh is pictured here with colleagues Luke and Sujitha, who told DSWA how glad they are to have him as part of the Perth Mint team. Well done, Josh!



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

Women and girls - help us raise funds for DSWA by playing disc golf!

Mundaring Sporting Club Disc Golf is running a women's disc golf event on Sunday, August 7th which is open to all including new players from ages 6 and up. DSWA staff will be joining to help raise funds for StepUP. **Mundaring Disc Golf is also going to donate \$5 from every player's entry fee to DSWA for StepUP.** 😊 Here are the details:

Date: Sunday, 7 August 2022

Time: 9am to 12pm, or 3pm (1 or 2 round option)

Location: Mundaring Sporting Club - Disc Golf, 665 Coolgardie Street, Mundaring

Cost: \$20 for 1 round, \$25 for 2 rounds

Included:

- 1 round – player's pack, green fees, insurance, loan discs if needed, instructions on how to play ('social' option)
- 2 rounds – player's pack, green fees, insurance, loan discs if needed, (includes entry into the Professional Disc Golf Association's Women's Global Event virtual competition)
 - to join the global competition, over-12s must play two rounds (12 and under can play one round)
 - it's easy and the club set this up for you

Registration and payment information: <https://www.mundaringdiscgolf.com.au/event/womens-global-event-2022/>

Contact Sue for information:

Email: sue.summers@downsyndromewa.org.au

Phone: 0480 394 544



RUN THE CHAINS: MUNDARING

A DISC GOLF EVENT FOR WOMEN AND GIRLS

SUNDAY, AUGUST 7

1 OR 2 X 13 HOLES OF DISC GOLF*
GLOBAL DIVISION-BASED COMP
PRIZES, BEGINNERS CLINIC
LOAN DISCS AVAILABLE

*Play a minimum 2 rounds of 13 to compete in the global competition.

Photo: Jennifer Allen
by Sue Summers



INFO AND REGISTRATION: [MUNDARINGDISCGOLF.COM.AU/
EVENT/WOMENS-GLOBAL-EVENT-2022](https://mundaringdiscgolf.com.au/event/womens-global-event-2022)
or email discgolf@mundaringsportingclub.com.au

FOLLOW @MUNDARINGDISCGOLF ON FACEBOOK FOR UPDATES

Housing Workshop



The Housing Workshop was a success. The families that attended enjoyed the conversations and information provided and also were able to talk about their personal experiences.

They really enjoyed Brooke Canham's talk as she gave them confidence and inspiration for their own children to live independently.



Pathways to Independence Workshops

Some of the topics we'll be covering in the next 6 months include:

- Relationships
- Social and emotional learning
- Building and supporting independence
- Autism and Down syndrome - dual diagnosis

All workshops will have a face-to-face or online option.

Please [click here to see the full program](#).

For more information, or if you would like to present or to provide feedback on topics please contact Dannie Zappulla at dannie@downsyndromewa.org.au.



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.



Government of Western Australia
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.

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.



WE ARE HIRING!



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



DSWA Playgroups

South Metro Playgroup

We had a fantastic start back to playgroup South after the school holidays 😊 We did crafts and played with our friends in the sunshine. We blew bubbles and sang our hello song in key sign xx

Renee

renee@downsyndromewa.org.au



South Metro Playgroup has a new home: Baldvis South Community Centre, 13 Lamorack Way, Baldvis.

Starting Monday the 1st of August. Come and join us in our new home from 9.30-11.30am. Hope to see you there.



13 Lamorak Way, Balddivis

North Metro Playgroup

At North Metro playgroup this month we started our term with a story book session to 'We're going on a bear hunt'. Our kids loved reading and signing the book, followed by a picture sequence and craft activity that was themed around our story.



Danica and I have a jam-packed term planned for our families as we move through Winter and into Spring. Our kids will enjoy more story book sessions, Father's Day celebrations, a carnival theme day and of course our 2023 Down Syndrome WA Calendar shoot!

On top of all this fun we will also joined by the wonderful team at Messy Mat Perth for another fun and sensory filled morning.

As always we welcome new families to our group and thank our regular visitors for their commitment and support for Down Syndrome WA. We hope to see all our lovely families for this fun and action-packed term.

Tracy and Danica
tracy@downsyndromewa.org.au

KiDS Club

The KiDS Club had a wonderful time at our Build a Bear event in July! The workshop was filled with lots of energy, creativity, and fun. Children picked out their furry friends, dressed them in some fabulous outfits, and then brought them to life.

We have a Music Workshop coming up on Saturday the 6th of August at 1pm with Martin from Rhythm Fix. Check out our calendar for more information on future events.

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
6 AUGUST

MUSIC
WORKSHOP

SATURDAY
3 SEPTEMBER

CUDDLY
ANIMAL FARM

KIDS CLUB

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 a wonderful time at the Winter Fest at the Perth Convention Centre. We had eight lovely members attend and had great help from our support workers. The Winter Fest was very busy, very loud, and very cold!

There were rides, dodgem cars, snow slides, ice skating and stalls. We had members try the swing ride (I couldn't bring myself to do it!). The boys went on the dodgem cars. We went on the mini roller coaster ride, and I must take my hat off to the members who tried ice skating! This is not an easy task and made very much harder with the crowds of families on the ice rink. We had a few slips and slides, but every effort went in to try and get around the rink at least once. Well done to Matt and Susanna who helped members around the ice rink. I hope everyone enjoyed it as much as me.

Claire - Coordinator

friendsforlife@downsyndromewa.org.au



Friends for Life Events



**Sat 20th Aug
The Dance
Collective**

**Sat 17th Sep
Yanchep
National Park**

**Sat 15th Oct
Bowling and
Pizza**

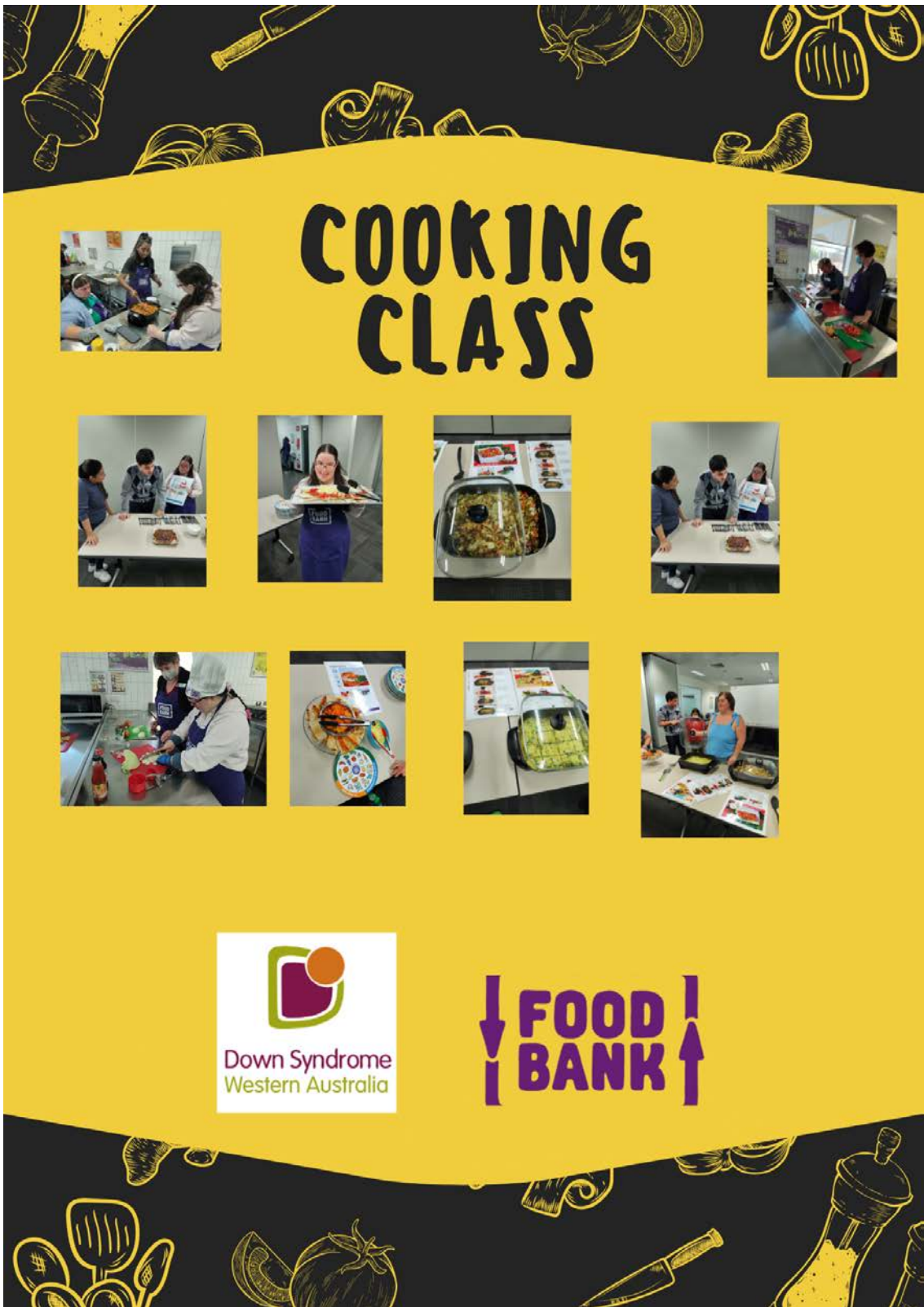


Aim High Club

July has been a great month for the Aim High Club. We started the month off with a fun game of mini golf at Wembley Golf Course. It was a wonderful course as we tried all our tricks to sink the ball. There were a few holes that caught us all by surprise! After mini golf we all enjoyed a delicious dinner together, as we shared jokes and many laughs together.



Our 4-week cooking then began on the 12th of July with our first class at Foodbank WA and continued on the 19th and 26th July. Each week we learned to cook 4 different recipes and our skills developed a great deal as we learned new ways to chop, cut and combine food to make new recipes. Thank you to Foodbank WA for your dedication, hard work and creativity in presenting these classes to us. We are so grateful!



We then had fun at Rosemount Hotel where we enjoyed some food together and a fun chat. We then went over and played pool at Pot Black. What fun it was to play pool together, develop and learn new techniques and try to beat each other by seeing who could sink all their balls first.

We are looking forward to what will be a great month of August. Aim High has got some great ideas from the survey you have all completed, thank you for all your input and ideas!

We have 3 exciting events this coming month that represent our members requests from the survey: Minions: Rise of the Gru Movie, Pub meal and Pool, and Mini Golf!

Aim High- August events



**Minions : Rise of the Gru- (18-30)
Saturday 6th August- 1:00pm-4:00pm**



**Pub Meal and Game of Pool- (30+)
Friday 19th August 2022- 6:30pm-9:30pm**



**Glowing Rooms (Mini Golf) (both groups)
Sunday 28th August- 1:00pm-4:00pm**

Our full calendar is also available:

- [August Calendar](#)

Hello September



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

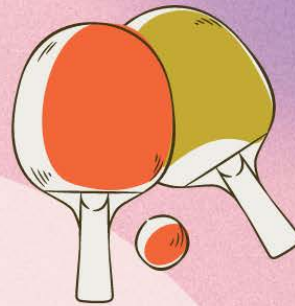
**Friday 9th - 5pm-8pm- Zumba and Dinner-
Reabold Tennis Club (18-30)**

**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)**



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

Amandine

AHC Getaways

Aim High Club is finishing the month with our Midweek Getaway to Fremantle. We had so much fun while we played mini golf, went on the Ferris Wheel and enjoyed some delicious food. Photos to follow - we are away on Getaway right now!





Upcoming Getaways

September 2nd-4th- Woodmans Point
(weekend)

October 12th-13th- Midweek Mandurah

November 25th-28th- Albany
(weekend)

Contact Amandine at
aimhigh@downsyndromewa.org.au



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

OUR FUNDING BODIES



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Department of Communities

OUR SPONSORS



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