

# June 2022



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## Cassandra's Corner



With the close of the financial year the team are busy preparing the end of financial year reports and coordinating the production of the Annual Report in preparation for the Annual General meeting on the 21<sup>st</sup> of September.

The AGM is a time to reflect upon the year that has just ended and what has been achieved. The AGM is also an opportunity for members to meet and engage with the board and to participate in voting for new board members. Nominations for Board positions will be sent with the July eNews, and we hope that a number of members will consider applying for a position on the DSWA board to represent the voices of our community. Attending the AGM is open to all members, and it would be fantastic to see many members attend. The time of the AGM will be confirmed in the July eNews.

In response to Government changes to COVID requirements, the Board has quickly responded and amended the DSWA COVID policy. You can find the policy below or on [our website](#).

Later in the Newsletter there is information of an opportunity for members living with a diagnosis of Down syndrome (18-35) to participate in a research workshop. The researchers want to hear from you, about what research you think should be being done for people living with Down syndrome. Please register on the link in the advertisement below.

In the last month I have been blessed to have a number of opportunities to spend time with our members living with Down syndrome and their family and carers. This is helping me to understanding me to understand your needs and hopes for the future of the organization and your expectations about the services we offer. I am grateful for these opportunities and look forward to continuing to meet more of our members in the second half of the year.

This month we welcome Dannie Zappulla to our team. Dannie will be coordinating the Pathways to Independence projects (workshop series) and brings ten years of extraordinary experience of working with people with a disability to our team. We all look forward to learning a lot from Dannie's

experience. I am very grateful to Sue Summers for coordinating the workshop series over the past few months. If you would like to co-present on a topic with Dannie, please reach out to her.

We hope you will join us at this years Gala dinner which looks amazing thanks to Jessica and Emily. It will be a wonderful event. The organising team are keen to showcase the talents of our members and have put the call out for people to apply to perform at the Gala. If you have a special talent, please send an email to [fundraising@downsyndromewa.org.au](mailto:fundraising@downsyndromewa.org.au).

Thank you to the team and board for an amazing few months, as we close the financial year, and reflect it is very positive to see the work that has been achieved. Thanks too, to the members who I have spoken to over the last month, I appreciate your input and insight. I hope you enjoy this eNews which is full of stories from members, and recounts of the communities activities over the last month. If you have a story to share, please email us. We are committed to sharing the voices of our members - please help us by sharing your story.

Warmest regards  
Cassandra

0432 407 527  
[ceo@downsyndromewa.org.au](mailto:ceo@downsyndromewa.org.au)

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## COVID Policy Statement



## COVID POLICY STATEMENT

Revision 13 June 2022

The Board and CEO of Down Syndrome WA have carefully considered the organisations position on COVID Vaccination and operational protocols.

## VACCINATION POLICY POSITION

### BACKGROUND

As a response to the COVID Pandemic Down Syndrome WA were compliant with the government requirement for mandatory vaccination in the Disability Section. All Staff, Board Members and Volunteers were fully compliant with the requirements. The organisation recorded and followed up with each individual to ensure compliance. Where a staff member or volunteer was not willing to comply with Government mandate it was not possible for them to continue their position with the organisation.

With the changing COVID landscape, DSWA remain flexible and responsive to the Government's requirements. As such, with announcement of the Premier on Wednesday 1 June, this policy has been amended.

### STAFF

The sector is no longer subject to mandatory vaccination.

Down Syndrome WA prefers to employ staff who continue to support and participate in the Community Vaccination program to reduce the impact of COVID 19.

Vaccination will no longer be mandatory but is preferred.

### PARTICIPANTS / FAMILY MEMBERS

Down Syndrome WA supports the Governments community vaccination position in relation to COVID 19.

To ensure the safety of our members, it is highly recommended that members attending events, activities, and social programs maintain COVID vaccination.

It is imperative for everyone's safety that:

1. It is preferred that participants have COVID Vaccination
2. When required participants and supporters comply with all Government directives in relation to the wearing of masks
3. Not attend if unwell
4. When at events, not share water bottles, drinks, food etc.
5. Take all necessary hygiene precautions with hand washing and sanitisation. (Sanitiser will be provide at all DSWA events/activities and locations)
6. When attending DSWA offices comply with all directions, including signing in, masks and hand hygiene.

Down Syndrome WA will continue to support Government requirements as they are introduced or changed.

## QUESTIONS OR CONCERNS

Please contact CEO, Cassandra Hughes via email [ceo@downsyndromewa.org.au](mailto:ceo@downsyndromewa.org.au). Or phone on: 0432 407 527 or speak with a Board member.

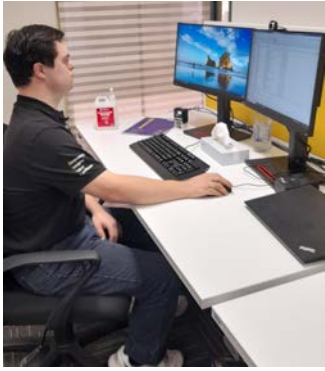
## Board Meetings

The Board will next meet on Monday 11th July 2022.

Dates for the remainder of the year are as follows:

- 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.



I am Joshua Ford. I am twenty eight years old and live with my mum and dad and my dog, Patch.

Since February this year I have been working in open employment at the Perth Mint thanks to the efforts of Cassandra Hughes (CEO of DSWA) and the partnering the DSWA has with the Perth Mint. I work for four hours each Wednesday and Friday as a Records Assistant. To help me with new role I have a mentor, Suzanna Olsen, provided by the DSWA.

The new job at the Mint has brought many wonderful changes to my life. I love working with others and having the opportunity to use my skills and abilities. And I enjoy and improving them.

Everyone here has been so welcoming and given me the support I need. On some days my manager, Luke Archer, and I go to lunch together across at the local Dumpling House where we also get a discount. I get a good wage that will help me to plan for my future life and become more independent.

By far the biggest feeling I have is of thanks - to mum and dad, and all those who have trust in me and have given me such a chance to be a part of normal community life.



If you would like to share your story with the DSWA community, please send it to our CEO at [ceo@downsyndromewa.org.au](mailto:ceo@downsyndromewa.org.au)



## 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 stay in touch by being on 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](mailto:nikki@downsyndromewa.org.au)



## Socials!

Follow our socials to receive the latest news and events:



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## Gala Dinner

2022 Gala Dinner planning is underway. The fantastic team of Jessica Davies and Emily Cutting are again the Organisers of the 2022 DSWA Gala Dinner.

In the preparation for the Gala we are putting the call out for Members who might like to perform at this years Gala Dinner. You will remember the beautiful group performance by the Ballroom Dancers last year who charmed us with their style and grace.

So, to our Members –

- Would you like to perform at this year's event?
- Do you have a particular talent that you would like to share with us?

Please send an email to Jessica Davies via the [fundraising@downsyndromewa.org.au](mailto:fundraising@downsyndromewa.org.au) email address. Please tell us;

- What performance you would like to give,
- How long you have been doing this,
- How long you would need for your performance.

We will look at all Expressions of Interest and choose the performances that will best suit the gala dinner. **We know there is a lot of talent out there – We can't wait for your application!**

The Gala is a key social event and an opportunity to celebrate and enjoy. It is also an opportunity to raise some funds for DSWA. If you know someone that could make a donation for Silent Auction prizes or might be interested in making a financial donation to cover the cost of the event, please let us know on the [fundraising@downsyndromewa.org.au](mailto:fundraising@downsyndromewa.org.au) email.

Financial Donations can be made via this link <https://www.mycause.com.au/page/284605>

Tickets to the event are available via TryBooking - <https://www.trybooking.com/BZVUB>

This year there is a payment plan for our Members with Down Syndrome where you can pay a deposit of \$70 and then pay two payments of \$35 one in June and one in July, which you will receive an invoice. These invoice will have to be paid in full by 29 July for you to attend the event. Or you can just book the full price ticket if that is better for you.

# Down Syndrome WA 2022 Gala Dinner

Saturday, August 13th  
HBF Stadium  
6:30PM - Late

Join us for a night of  
celebration, fine food,  
and even better  
company

3 course meal, 3 hour  
drinks package &  
entertainment included

**Tickets \$140pp**

Payment plans available  
Conditions apply

**Purchase on TryBookings**

For more information, please email  
[FUNDRAISING@DOWNSYNDROMEWA.ORG.AU](mailto:FUNDRAISING@DOWNSYNDROMEWA.ORG.AU)

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## Meet Emerald

Emerald and her support worker Lisa visited our office last week to deliver a big bag of donations to the team for our babies.

In the bag was some amazing ruggies made by Emerald with a little help from Lisa, as well as some extra crochet and knitted gifts from Lisa and her mum.

Emerald had a busy social life in 2020 but when Covid hit, she needed to stay home more to avoid getting the virus. Lisa and Emerald decided crafts would be a good activity to keep them active. Emerald has made many ruggies, 4 of which she has donated for our new babies. She has learnt to use the sewing machine and has even been working on a kinsingle size quilt for her own bed.

Thank you so much Emerald and Lisa. We know the donations will be very loved.



## Regional Outreach

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

Nikki, our senior coordinator, visited the South West region at the beginning of June and the Great Southern region, with Cassandra, last weekend. She dropped off DSWA Brochures and Regional Outreach flyers to Allied Health professionals, GP's, and schools in the area.

Four Regional Representatives completed their training, Lisa and Rebecca in the South West and Wendy and Jenny in the Great Southern. Both visits ended with Dinner on the Friday night, with the opportunity to connect with members and talk about what is wanted in their community.

Nikki will be visiting the Mid West Region from the 21st to the 23rd of July, in Geraldton.

Online regional representative training will also happen in July for those that couldn't make the face to face training.

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](mailto:nikki@downsyndromewa.org.au)



## Health Ambassador Presentations at Fremantle Education Centre

Last week, three of our Health Ambassadors Jessica Toster, Rachel Parker and Anna Gray presented their talks from the My Voice My Health project on 'How I would like to be treated'.

They were warmly welcomed by the students and staff at Fremantle Education Centre and presented to 5 different classes.



The presentations were very well received with the students asking lots of interesting questions.

Its fantastic to partner with the Fremantle Education Centre again. If you know of other education facilities who would like a presentation from our Ambassadors, please contact [admin@downsyndromewa.org.au](mailto:admin@downsyndromewa.org.au)



## 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 9am - 4pm

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

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

Proudly supported by  
**telethon**  
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# A number of Research Opportunities for members living with a diagnosis of Down syndrome

A great opportunity has come to us at DSWA to partner with researchers from the Perth Children's Hospital and the Telethon institute to understand where the gaps are in research for people living with Down Syndrome. The researchers would like members of our community living with a diagnosis of Down syndrome to participate in this research forum. The forum will be held at the DSWA offices in the Training Room, at 32 Burton Street Cannington. We hope that many of you can join us to share your thoughts with the research team.

You can book via the following link - <https://www.eventbrite.com/e/down-syndrome-research-priorities-community-event-registration-333374300507>.

Any queries, please contact Cassandra on 0432407527 or [ceo@downsyndromewa.org.au](mailto:ceo@downsyndromewa.org.au).



Government of Western Australia  
Child and Adolescent Health Service



THE UNIVERSITY OF  
WESTERN  
AUSTRALIA



TELETHON  
KIDS  
INSTITUTE  
Discover. Present. Care.



Perth  
Children's  
Hospital

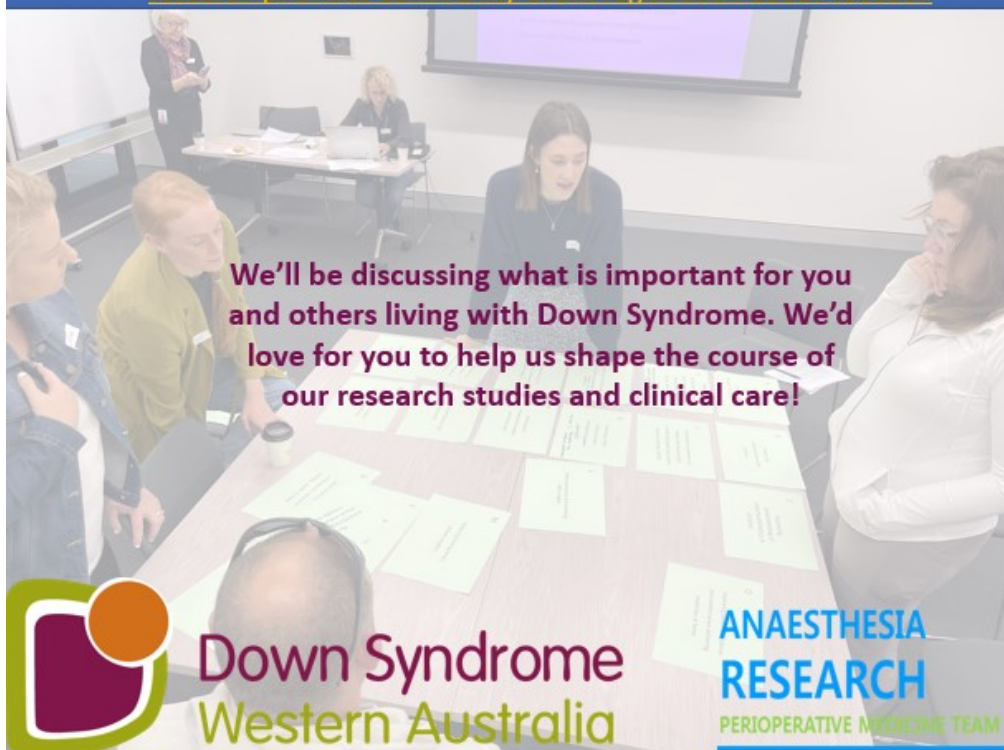
## You're invited! To share your opinions

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, 2<sup>nd</sup> 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>



We'll be discussing what is important for you and others living with Down Syndrome. We'd love for you to help us shape the course of our research studies and clinical care!



Down Syndrome  
Western Australia

ANAESTHESIA  
RESEARCH  
PERIOPERATIVE MEDICINE TEAM

Researchers at the Telethon Kids Institute want to ask families of kids (aged 4-17 years inclusive) with learning difficulties about their kids' health and wellbeing. There is a 20-minute online questionnaire and a one-hour interview by phone or videocall. You can do either or both. To find out

more, please contact Dr Jenny Downs - [Jenny.Downs@telethonkids.org.au](mailto:Jenny.Downs@telethonkids.org.au).



**TELETHON KIDS INSTITUTE**  
Discover. Prevent. Cure.

**THE UNIVERSITY OF WESTERN AUSTRALIA**

**Curtin University**

**Perth Children's Hospital**

**UTS**

**murdoch children's research institute**

## How can we best assess the health and wellbeing of kids with disabilities?

**We want to ask families of kids (aged 4-17 years inclusive) with disabilities about their kids' health and wellbeing.**

The research involves a **20-minute online questionnaire** and a **one-hour interview by phone or videocall**. You can do either or both.

Your input will help us develop an excellent health measure for evaluating treatments and advocating more effectively for kids with disabilities.

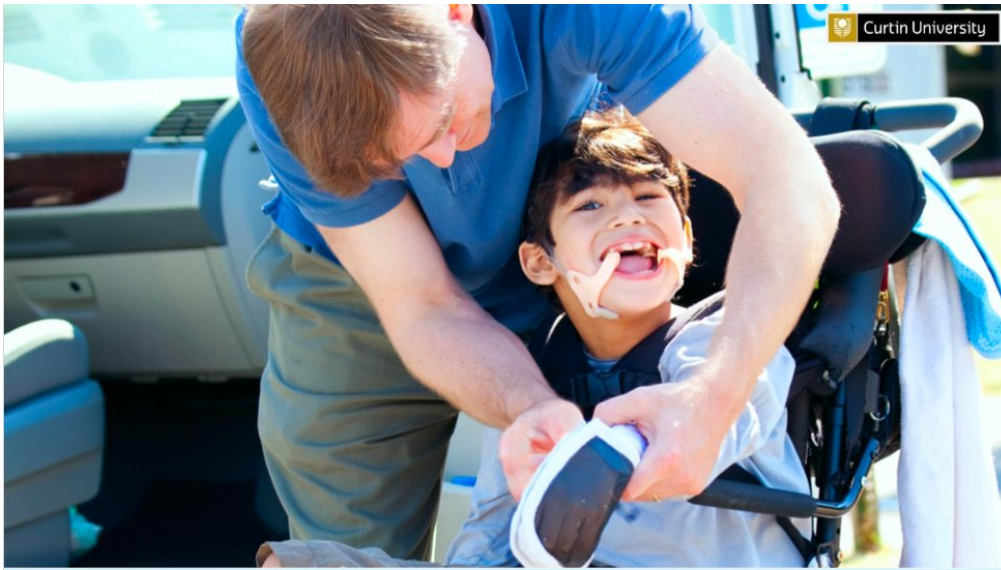
If you would like to find out more, please contact:  
**Dr Jenny Downs**  
E | [Jenny.Downs@telethonkids.org.au](mailto:Jenny.Downs@telethonkids.org.au)

Approval to conduct this research has been provided by the University of Western Australia with reference number 2022/ET000126, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Human Ethics office at UWA on (08) 6488 4703 or by emailing to [humanethics@uwa.edu.au](mailto:humanethics@uwa.edu.au).

I am a fourth-year Occupational Therapy student at Curtin University conducting research in my final year on caregivers' experiences of transporting a child with a disability.

My group and I are looking for caregivers of children under the age of 16 to connect with to take part in the research, as there is currently limited research in this area. We hope the findings of the study will assist in better educating allied health professionals and providing more information for caregivers to access. We hope the findings from the study assist with safer transportation for children living with a disability and their caregivers.

Alysha Holmes (OT Student) - [safetransport@groups.curtin.edu.au](mailto:safetransport@groups.curtin.edu.au)



## Caregiver Experiences of Transporting Children with Disabilities and/or Medical Conditions

Are you a caregiver of a child with a disability or medical condition?  
We want to understand your experiences of transporting your child

### Who can participate?

Caregivers of a child with a disability and/or medical condition that you travel with.

### Do I get anything for participating?

You will receive a voucher as a token of appreciation for your time.

### What do I have to do?

Answer a few questions about yourself and your family and participate in an interview about your experiences transporting your child. The interviews are anticipated to take an hour and can be complete online or on the telephone.

### How do I find out more information?

Contact the research team via

[safetransport@groups.curtin.edu.au](mailto:safetransport@groups.curtin.edu.au)

Or contact

Dr Melissa Black: [Melissa.black@curtin.edu.au](mailto:Melissa.black@curtin.edu.au)

Dr Sarah McGarry: [sarah.mcgarry@curtin.edu.au](mailto:sarah.mcgarry@curtin.edu.au)

Curtin University Human Research Ethics Committee (HREC) has approved this study (HRE2021-0687). Should you wish to discuss the study with someone not directly in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email [hrec@curtin.edu.au](mailto:hrec@curtin.edu.au).

## 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](#)

## Special Olympics Multi-Sport Tournament

Special Olympics WA have their mid-year community event coming up on Saturday 9 July. Everyone is welcome to come along!

For more information or to register go to: <https://www.eventbrite.com.au/e/multi-sport-community-tournament-tickets-353460699467>. Or see the Facebook page - <https://www.facebook.com/SpecialOWA>.



## MULTI-SPORT TOURNAMENT

Join us for a fun and social day out at our upcoming multi-sport community tournament. The day will include loads of sport activities, the chance to meet new friends, and the opportunity to hear about all the Special Olympics programs on offer.

Everyone is invited, including athlete members and non-members, families, friends, and volunteers.

**Date:** Saturday 9 July 2022

**Time:** 10:00am - 1:00pm


**Where:** Loftus Gym & Recreation Centre, 99 Loftus St, Leederville


**RSVP:** For more information, and to register, [click here](#).



**Special Olympics**  
Western Australia 

 Special Olympics Western Australia

 [info.wa@specialolympics.com.au](mailto:info.wa@specialolympics.com.au)

 [www.specialolympics.com.au/wa](http://www.specialolympics.com.au/wa)

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## 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?

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

[supportcoordination@downsyndromewa.org.au](mailto:supportcoordination@downsyndromewa.org.au)

Please do not hesitate to give me a call on 0480311739 during my work hours/days (Tuesday-Friday 8am-4pm) or email - [supportcoordination@downsyndromewa.org.au](mailto:supportcoordination@downsyndromewa.org.au)

Nikki Schwagermann

## Employment Update

### Down Syndrome WA has a new staff member!



We are excited to announce the appointment of Gabrielle Coles as Admin Assistant at Down Syndrome WA. Gabrielle will assist DSWA staff with administration tasks at our Cannington offices two days a week for 4 hours. She will work with us for a 6-month period, which we hope to provide her with experience and training working in an office, and to provide us with valuable office support to enable us all to do our jobs. Welcome to the team, Gabrielle!

### Work Readiness Program wrap-up

7 young people have just completed our Work Readiness Program pilot, with our final session held last week. Well done to all 7, who learned about themselves and their skills and attributes, how to prepare for work, how to be a valued employee and what to do when you're stuck at work. These amazing young people will be attending a graduation tea to celebrate this achievement and receive their completion certificates. Well done!!



### Are you looking for a job?

If you are looking for work, get in touch with us! We are meeting employers in various industries who need people like you. We can help you through a discovery process, assist with any skill building required, match you to the employer and job that best suits you, and provide on-the-job support. Contact us for more information via the contact details below.

### Employers

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](mailto: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](mailto:employment@downsyndromewa.org.au)

### Contact Us

Sue Summers  
Employment Connections Coordinator  
+61 0480 394 544  
[employment@downsyndromewa.org.au](mailto:employment@downsyndromewa.org.au)

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## EOFY Donations - Close on June 30 2022.

Are you getting ready for EOFY? Preparing your tax deductions? You can make a tax deductible donation to DSWA on our EOFY Donations page on mycause-<https://www.mycase.com.au/page/282600/2022-eofy-donation>  
Thanks to everyone that has already made a financial contribution - your donations assist us to continue to deliver our services.



# EOFY SALE DONATION TIME



Donations over \$2 are tax  
deducible

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## Pathways to Independence Workshops

# PATHWAYS TO INDEPENDENCE

## Upcoming workshops

### July

- Tuesday 12<sup>th</sup> - Staying healthy
- Saturday 23<sup>rd</sup> - Housing options

### August

- Autism and Down Syndrome - dual diagnosis
- Supporting healthy lives

These workshops are for people with Down Syndrome and their Families.



Will Cover topics like:

- Learn about ways to stay healthy.
- Learn about why it is important to look after your physical and mental health
- Learn how to talk to health professionals



Booking at: <https://www.trybooking.com/CAPGG>



Will Cover topics like:

- Greater understanding of housing options
- Increased knowledge of the funding available through the NDIS to support independent housing options.
- Awareness on how you can support the person with Down syndrome to be involved and make decisions regarding housing.



Booking at: <https://www.trybooking.com/CAPHC>

To book:

- [Stay Healthy Workshop](#)
- [Housing Options](#)

For more information contact or if you would like to present or be involved Dannie Zappulla at [dannie@downsyndromewa.org.au](mailto:dannie@downsyndromewa.org.au).



## My Voice My Health Web Application

Would you love one place to go, 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! Created for health professionals, family members, carers and individuals with Down syndrome. Providing 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.



# DSWA Playgroups

## South Metro Playgroup

We've had a sensory fun filled few weeks at Playgroup South. We've got messy painting rocks making cotton ball rain clouds and had a pyjama party. We love hanging out with our friends and our playgroup family.

Renee

[renee@downsyndromewa.org.au](mailto:renee@downsyndromewa.org.au)



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## North Metro Playgroup

This month we had the experience of playing with some fake snow and learning to sign our Winter themed song.

We also enjoyed taking a visit to out of space with a galaxy playdough session and a signed space song that explores the sun, moon and stars.

All our Friday mornings are live streamed on the DSWA playgroup page by our wonderful playgroup assistant Danica. This gives all our playgroup members a chance to join in even if they can't make it to the centre.



We have already started planning term three events to bring more information, fun and experiences for our families. Danica and I hope you can all join in on the fun!

Tracy  
[tracy@downsyndromewa.org.au](mailto:tracy@downsyndromewa.org.au)

## KiDS Club

The KiDS Club had a wonderful time at our June movie night event! With the kids decked out in pyjamas, the night included lots of popcorn, dancing and singing along to all the favourite Encanto songs.

I'm very excited about our upcoming events! For term three we have a Build a Bear Workshop in July, a Music Workshop in August, and a trip to the Cuddly Animal Farm in September. Check out our Term Three calendar for more information on each event.

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 - [kidsclub@downsyndromewa.org.au](mailto:kidsclub@downsyndromewa.org.au) for registration details.



<b>KIDS CLUB</b>	
TERM 3	
SATURDAY 2 JULY	BUILD A BEAR WORKSHOP
SATURDAY 6 AUGUST	MUSIC WORKSHOP
SATURDAY 3 SEPTEMBER	CUDDLY ANIMAL FARM

## FrienDS for Life

Unfortunately, the Yanchep National Park event was cancelled due to the weather. Term 3 events information will be available very soon.

Claire - Coordinator  
[friendsforlife@downsyndromewa.org.au](mailto:friendsforlife@downsyndromewa.org.au)

## Aim High Club

The Month of June has been a full of exciting activities for the Aim High Club.

We started the month with a fun and energetic Zumba class. We had a wonderful turn out for this event with everyone showcasing some amazing dance moves. We even got to wear some jingly belts as we grooved to the music. After dancing up an appetite we all walked over to Coles where we worked as a team to select our dinner ingredients. Once back at the kitchen we all worked together producing some amazing chicken burgers with plenty of salad. Thank you to Nikki, our support and our wonderful Zumba teacher Laura for leading our group!

The following week, our group met together at the Wembley Hotel to watch West Coast Eagles versus Geelong. What a fun game, as our table all barracked for West Coast Eagles who put on a great performance. The company was wonderful as we got to know each other and shares some great laughs. We all ordered delicious pizza's which were crunchy and wonderfully filling. Thank you to Suzanna for your wonderful support.



Last Sunday our group met at the Art Gallery of Western Australia. We joined in on a tour of the young people's artwork and learnt about different art styles, mediums and techniques. We were amazed at the incredible talent of Western Australia's young artists. We then took the lift to the rooftop where we walked around the sculpture garden, marvelling in the variety and beauty of the sculptures. On our way down to the ground level, we came across a yarning circle (Balga Waangkiny), curated by Sharyn Egan, where we wove our own totems made out of grass trees and wool. After doing some craft, we headed to the PICA bar, where we all enjoyed some delicious lunch and a great conversation. Thank you to our wonderful support Cassie for joining us.



We have two very exciting events coming up - see the details below:

**What:** Aim High- Foodbank WA- 4 week- Cooking Program - [see Flyer](#)

**When:** Tuesday 12th July, Tuesday 19th July, Tuesday 26th July and Tuesday 2nd August 2022. ( 4 weeks)

**Time:** 10:00am-1:00pm each Tuesday starting 12th July for 4 weeks. (Cooking will be 10:30am-12:30pm)

**Book Here:** <https://www.trybooking.com/BYXNJ>

**What:** Fremantle Mid-Week Getaway - [see Flyer](#)

**Where:** Quest Fremantle

**When:** Wednesday 27th (10am)-Thursday 28th (4pm)

**Book here:** <https://www.trybooking.com/BZNAP>

Our full calendars are also available:

- [July Calendar](#)
- [August Calendar](#)

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

Amandine

0422 795 160

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Aim High



Down Syndrome  
Western Australia

# July Events



Friday 1 July- Mini Golf and Dinner (18-30)



Friday 8 July- Cooking and Dinner Party (30+)

Tuesday 12 July- four week cooking class (both)



Friday 15 July- Pub meal and game of pool  
(30+)



Saturday 16 July- Kings Park picnic and games  
(18-30)



Saturday 23rd July- Museum Tour and Lunch  
(30+)



Sunday 24th July- Bowling and Lunch (18-30)



Wednesday 27-28 July- Fremantle Getaway  
(both)



E: [aimhigh@downsyndromewa.org.au](mailto:aimhigh@downsyndromewa.org.au) or P: 0422 795 160

## Aim High Club Getaways

Our adventure this month was our Margaret River Getaway. Twelve members and four supports drove down to Margaret River for our weekend adventure. We had such a wonderful time all together and our highlights were visiting the chocolate factory, playing mini golf, getting a photo with a python and enjoying the wonderful maze! On the second night of our trip we all cooked taco's together and it was wonderful to see our team working together to learn new skills and develop old ones. The end result was absolutely delicious! After dinner we had some great laugh as we played charades, followed by some relaxing yoga to wind down after a busy and fabulous day. Our members developed skills in navigation, independent living, teamwork, self-esteem and organisation. Thank you to our wonderful supports Dannie, Sharon and Liam. It was also a special treat to have Cassandra join us for the first and second day!

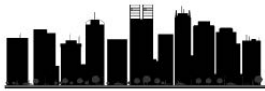


Our next Getaway will be an overnight stay in Fremantle on Wednesday 27th July (10am)- Thursday 28th July (4pm). For more information please email: [aimhigh@downsyndromewa.org.au](mailto:aimhigh@downsyndromewa.org.au)

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**GETAWAYS**  
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<b>July</b>	<b>Perth CBD</b> July 27-28, 2022
<b>Sept</b>	<b>Woodman Point</b> September 2-4, 2022
<b>Oct</b>	<b>Mandurah</b> October 12-13, 2022
<b>Nov</b>	<b>Albany</b> November 25-28, 2022



## 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](mailto: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.*

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