

Newsletter March 2022

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What is happening at the Association?

Cassandra's Corner

As March ends and we see our stores filling with chocolate eggs... we reflect on the first quarter of the year which has passed so quickly. March brought some disappointment in having to cancel our planned events to celebrate and fundraise for World Down Syndrome Day, and it has had some special highlights. On World Down Syndrome Day we were very fortunate to be hosted by



the Governor Kim Beasley and Ms Annus. It was a beautiful morning, with three outstanding speeches from the Governor, our Chair Kathryn Salt and Joshua Ford. All were moving, reflective, honest and heartfelt. Joshua's speech was particularly special, reflecting on his current employment journey. Well done, Joshua. Due to COVID event numbers had to be contained, however, 25 participants and their families enjoyed an opportunity to celebrate WDSO. We are deeply grateful to the Governor and his staff for their kindness in hosting the event and their excellent planning.

March has been a month of movement in the office team, with Deidre Ede finishing her time with DSWA after 2 ½ years working in Finance and Administration. We thank Dee for her efforts. Suzanna Olsen, our Aim High Coordinator, has also been providing support in Employment mentoring and has decided to focus on this role going forward, as such Suzanna has stepped down from being the Aim High coordinator – Suzanna, we are so pleased you are still with us and focusing on this crucial employment service, supporting our members. Playgroup South Coordinator Janette Cook has also finished with DSWA. Janette was instrumental in the development of the South Playgroup and we are so grateful for all of the warmth and effort Janette put into playgroup – wishing you all the very best for the next stages Janette.

As a result of these vacancies we have some amazing new staff on board. Ingrid Zuijgeest has come into a new admin-only role as Team Champion and our bookkeeping has been outsourced. Amandine Hamilton-Smith has willingly taken on the role of Adult Social Group and Getaway Coordinator. Keep an eye out soon for their profiles on the website and on social media. Watch this space for an announcement on the new Playgroup South Coordinator.

We have been very fortunate to receive some recent donations from P&N bank of \$2000, and a donation of two King Size Mattresses from the fabulous Forty Winks. These will be raffle or silent auction prizes at upcoming events. The mattresses are amazing high quality ex-display stock and retail between \$9000 and \$10000 each. Thank you to Kelly Wake from Forty Winks for arranging the donation, we are very grateful. A big shout out to from Troy and the crew at The Boxman for collecting the mattresses and arranging to store them for us.

We have also seen some amazing generosity from some local schools which conducted fundraising events. Thank you to all, it is heart-warming to see such a positive support of our organisation. Fundraising for WDSO also saw us launch our new Merchandising boxes, which are going very well out in 14 workplaces or morning tea locations. We hope to build on this for next year and should you want a Merch box in your office all the time this can also be arranged. Please email fundraising@downsyndromewa.org.au

I attended my second screening of "Chef Antonio's Recipes for Revolution" this time at the Luna Theatre in Leederville. The theatre was sold out, and we again had the opportunity to represent DSWA. This time Rachel Parker and Joseph Salt spoke of their experiences of the workplace and also participated in a Q&A session with myself and film producer, Trevor Graham.

This month the team have worked solidly on their plans for the coming months for social group activities which you will find in the newsletter, Support Coordination is kicking off this month and we are excited to provide this important service. Employment continues to go from strength to strength and April sees Sue launch the 'WA Get Ready for Work Program' as part of a national initiative.

Earlier this year, we were contacted by some members asking for clarity on the Governments position in relation to health care for persons with Down Syndrome during a COVID surge. The letter from Minister Sanderson is below.

Finally, from me, I am commencing "Chats with Cas" over the next few weeks to give me an opportunity to connect with more members during this current COVID climate. Over the next few Wednesdays, I will be hosting Zoom meetings over three timeslots as another way for me to get to know and understand our members and your needs better. I will be hosting these via Zoom and you can use the links below to join the meeting. Watch out on social media and your emails for further dates. I hope you will join me for a chat. You can of course reach out at any time on my mobile 0432 407 527 or email ceo@downsyndromewa.org.au

Wednesday 30 March

06:30 AM - 07:30 AM

<https://us02web.zoom.us/j/81228480253>

12:00 PM - 01:00 PM

<https://us02web.zoom.us/j/88164142994>

06:30 PM - 07:30 PM

<https://us02web.zoom.us/j/83984442887>

Wednesday 6 April

06:30 AM - 07:30 AM

<https://us02web.zoom.us/j/85631528556>

12:00 PM - 01:00 PM

<https://us02web.zoom.us/j/81971551229>

06:30 PM - 07:30 PM

<https://us02web.zoom.us/j/87873699700>



Finally, I would like to congratulate our team member Suzanna Olsen who, on Saturday 26th February, conquered her first solo crossing to Rottneest Island in 7 hours, 4 minutes and 2 seconds. This was Suzanna's sixth Rottneest Channel crossing since 2018, with three duo and two team crossings already under her belt!

Warm Regards

Cassandra

Board Meetings

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

Dates for the remainder of the year are as follows:

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



Jemimah's Story

If anyone had told me 2 years ago that today I would be sitting at my desk, at home, with a 20 month old baby girl on my knee, who also has Down syndrome, I would have laughed in your face.

Neville and I were approved as carers just before the big Covid shutdown, so life carried on as "normal" as it could for us.

We were soon to have big changes and start a whole new way of life for us.

Our first call for a placement came on 12 June 2020. We were told there was a newborn baby girl that would soon be released from hospital and going into care. Then they dropped the bomb, she had Down syndrome. I immediately said no, being our first ever placement, we knew we still had a lot to learn as carers, never mind a new-born, and then having what I, back then, called a disability.

On 14 June they called again, assuring us we would get anything we needed and any help to care for her. So, they convinced us to go to the hospital and just meet her before we made a final decision. They fitted a car seat for us "just in case". The drive to Fiona Stanley was just one long conversation. We were escorted to the nursery, where the nurse started giving us the run down on how the holes in her heart had closed, her breathing had been stable for a few days, she was drinking well etc etc. Then we entered her room. I looked at her as she started to wiggle. The nurse said she was due for a feed and went off to get me a bottle. My heart was in my mouth, I had no idea what I was doing. At this stage my own biological son was 28. Was I crazy? Possibly!

Nobody believed she would be with us long, maybe 6-12 months, so I tried to learn what I would need to about DS and took everything one day at a time. She formed a strong bond with myself, but the bond between Jemimah and Neville is something I had never seen. All I could think, was, it was going to hurt badly when the time came for her to go home.

At Jemimah's first birthday party with us and her biological family (who she sees regularly), her mom asked us if we would consider adopting Jemimah. We said no to adoption but yes to SGO (Special Guardian order). This way we could still have contact with her bio family, and we would get any extra help we may need. We made the decision without even thinking, because to us, she was family already. It was a hard decision for her mom, but she said she knew Miss J would be safe and happy with us and she could still see her.



So now we start learning everything we can possibly learn.

Even our 2 staffies have accepted Jemimah is boss around here.

Some days are harder than others. I am far from being a spring chicken and Jemimah has just started walking, but we work it out.

Before Jemimah, I always said I don't think I could ever bring a child into this world that had any type of "disability". Now I know better. Jemimah may have an extra chromosome, but all that means to us is she has more love to give. I could not imagine our life without her now. She may have changed our lives forever, but it's a good forever. When people ask if they are making the right decision in bringing a baby with DS into the world, I am the loudest advocate you can hear saying yes.

There is no other option.

Nicki



Regional Outreach - proudly supported by Telethon



In 2022, DSWA will be running this pilot program of Regional Outreach with the generous support from Telethon.

The aim of this program is to support and connect parents/families and people with Down syndrome in regional areas throughout our large state. DSWA staff will also connect and engage with key local stakeholders, including service providers, medical and education professionals.

Goals of the Regional Outreach program:

- Connect families living in the same communities
- Appoint volunteers as Regional Representatives in each region who will be a parent, carer or sibling, along with adults with Down syndrome. The Regional Representatives will be the grass-roots connection between DSWA and its members and participants across WA. They will help us to know what families and people with Down syndrome want and need; and help ensure that DSWA meet these needs and wants through our programs and services. Regional Representatives will have training and induction with DSWA to ensure they can perform their roles efficiently.
- DSWA staff will reach out to medical professionals, social workers, child health nurses and schools and supply them with up-to-date knowledge and resources.
- Increase awareness of Down Syndrome Western Australia.
- DSWA will support local fundraising and events

Results from the survey that was sent out earlier in the year have shown that the most populated areas of our members and families are Albany, Bunbury/Busselton and Geraldton.

If you live regionally and have not completed our survey yet, could you please do so here.

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

We will then choose the four most populated regions to start the program.

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](#).

Key Word Sign Workshops

The Key Word Sign workshop covers:

- An interactive teaching environment
- Learning 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

Date: Thursday the 28th of April

Time: 9-4pm (morning and afternoon tea included)

Where: DSWA training room, 28 Burton Street, Cannington

Includes: Morning and Afternoon tea (BYO Lunch). Getting Started with the Key Word Sign book.

Register: <https://www.trybooking.com/BYOHK>

Future Workshops - Save the Date

Saturday 25th June

Saturday 17th September

Thursday 17th November

Venues are to be confirmed but one will be South, one North and one central. See the next e-news, our socials or contact DSWA for further information - admin@downsyndromewa.org.au

Perth Children's Hospital Family Outreach

Due to current restrictions, our Family Support Officer, Nikki Schwagermann, is unable to work at PCH at the moment. Nikki has started running fortnightly catchups via Zoom for anyone who would like to connect.

Make sure you are part of our private Facebook group 'Down Syndrome Western Australia Family Support Network' for the events and zoom links. If you are not on Facebook, please email Nikki and she can keep you informed of when the next one will be: nikki@downsyndromewa.org.au

Fundraising Events 2022

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 3 September. (You may notice a couple of week date change - please save the new date)

Pathways to Independence

Capacity building workshops

Workshop for families:

Supported Decision Making

Presented by Brooke Canham and Sue Summers

**7pm Tuesday,
5 April 2022**

**Down Syndrome WA
32 Burton St, Cannington**

A free workshop for family members of a person with Down Syndrome. It will explore what supported decision making is, rights, and principles and strategies that support decision making. Runs 1.5 hours.

RSVP by Saturday, 2/4/2022 to Sue Summers:
sue.summers@downsyndromewa.org.au
or call 0480 394 544.
Places are limited so book now!



**Down Syndrome
Australia**

Socials!

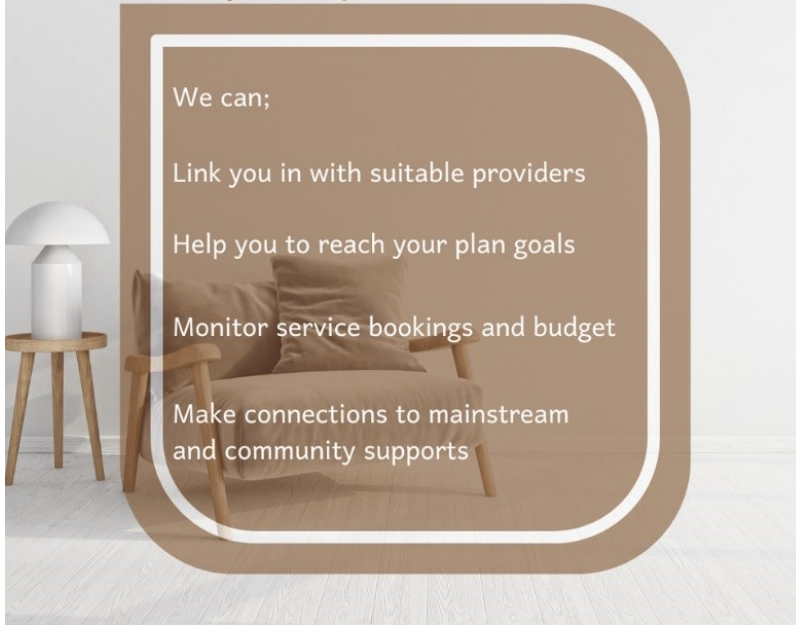
Follow our socials to receive the latest news and events:



Support Coordination

Support Coordination

Building capacity to increase independence



We can;

Link you in with suitable providers

Help you to reach your plan goals

Monitor service bookings and budget

Make connections to mainstream
and community supports

As you will be aware, DSWA have recently commenced offering Support Coordination for our members. I have capacity to assist additional participants and families to support you with regard to meeting the Goals in your plan.

Whilst Support Coordination is a new service for DSWA, I have 13 years of lived experience and have been working at Down syndrome WA for over 10 years. In this time, I have developed knowledge and experience supporting our members and our community and understand many of the services that you may require.

Please let me know if you have Support Coordination in your plan and would like to have a chat about this service. If you are unsure if you have Support Coordination in your plan, I would be happy to have a look and let you know.

If you don't have Support Coordination in your plan, but this is a service you would like to access for your next plan, I can help with a report to support your request.

I look forward to hearing back from you.

Please do not hesitate to give me a call on 0480311739 during my work hours/days (Tuesday-Friday 8am-4pm) or reply to this email with a suitable time for me to call you.

Nikki Schwagermann

Employment Update

Work Readiness Program

The Work Readiness program has been designed to help people with Down syndrome understand workplace expectations, identify skills and strengths, and to prepare for applying for jobs (CV, interview practice). It's designed for school leavers and adults looking to get into the open employment. DSWA will be running a pilot of the WR program for 9 weeks from April 19 as a 2-hour session on Tuesday and Thursday afternoons. One will be held online, and the other face-to-face at one of our DSWA Cannington office training rooms. We have received a lot of interest and places are filling fast. Get in touch if you or your child or client are interested in joining the pilot program, or let us know if you'd be interested in joining a second run of the program in June.

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 us.

If you or your child or support client would like to know more about getting a job in open employment, please get in touch.

Chats with Employment

Keep an eye out for an announcement about a regular time to catch up with Sue to talk all things employment.

Contact:

Sue Summers

Employment Connections Coordinator

+61 0480 394 544

Employment@downsyndromewa.org.au

Job Opportunity

We are very excited to have an opportunity for a person with Down Syndrome to work in the DSWA office in Burton St, Cannington.

Initially this position would be working in Administration for 4 hours per week. The initial period will be for three months paid at L1.1 SCHADS Award.

To register your interest and see if we are a good match for you, please send an email to Sue Summers, Employment Connections Project Co-ordinator by 14 April.

This position would have an employment mentor assigned which can be paid through NDIS if employment is in your plan. This is a great opportunity for someone who is new to the workforce or looking to try their skills working in Admin.

There is a bus stop nearby, and we can offer support and training required as part of Finding and Keeping a Job.

Contact Sue: Employment@downsyndromewa.org.au

If you need any assistance to check your plan, please talk to Nikki at supportcoordination@downsyndromewa.org.au

New Faces at DSWA

Ingrid Zuijdgheest - Administrator

Ingrid is the new Administrator at Down Syndrome WA!

She studied her Bachelors in Global Studies and History in New York and is now studying her



Master of International Development at UWA. Ingrid is originally Dutch but has lived internationally her entire life.

Her hobbies include playing soccer, reading and she considers herself to be a bit of a “foodie”. She is incredibly excited to take on this new role, supporting the rest of the team and all the participants at Down Syndrome WA.

Nicola Burr - Playgroup Assistant

We would like to welcome Nicola to the DSWA team as the South Metro Playgroup assistant.

Nicola is Mum of 3 and has been attending the group with her daughter Aoife since its conception in 2018. We are so excited to have you in the team Nicola.



Amandine Hamilton-Smith - Aim High Coordinator

Welcome to Amandine who is the new Aim High Coordinator! Her dad is Palawa (Aboriginal Tasmanian) and her mum is French.

She has worked in the community sector since 2008 and with people from all ages and backgrounds. She has a Bachelor of Health Science and a Diploma in Community Services.

Throughout her life she has travelled a great deal and loves learning about new cultures and new ways of seeing the world. Her dream is for a world where everyone is included, valued and accepted.

She is very excited about the role, and aims to create an environment where people can experience new things, make new friends, achieve their personal goals and live a life of their choice and make their contribution to the community.

Amandine is very excited to join the wonderful team and can't wait to start as Aim High Social Group Coordinator and an employment mentor.

DSWA Playgroups

South Metro Playgroup

Our South Metro Playgroup has been having some great fun with lots of sensory and outside play to enjoy this lovely Autumn weather. We have welcomed some new families this year which is great to see our small community grow.

We celebrated World Down Syndrome Day in style with our Lots of Socks.



Thank you and Farewell



We are sad to announce that South Metro Playgroup Coordinator Janette has resigned from her role.

Janette was an integral part of establishing this group back in 2018 when one playgroup became two. She has put her heart and soul into this role, to bring a sense of belonging and warmth to the group as well as providing the children with interesting and educating activities each week.

We would like to Thank you Janette for your hard work and dedication and wish you well in your new chapter of being an Education Assistant. You will truly be missed.

South Metro Playgroup will continue to run with assistant Nicola who is happy to take the reins until the end of Term one with the help of a couple of the long-term mums. In the meantime, we are having discussions with potential replacements for the Coordinator role and will let everyone know of the changes once someone has been appointed.

North Metro Playgroup

North Metro playgroup has jumped into Autumn with some great themed activities that include the very hungry caterpillar and St Patrick's Day celebrations.

Our kids and parents enjoyed learning all new food signs from our story and then went onto creating our painted butterflies that they got to take home.

St Patrick's Day was filled with fun and laughter as we decorated the playgroup with green clovers and hunted for leprechaun pictures in the play area.

North Metro Playgroup has also started running live Facebook sessions for any of our families who are at home on the day. This has given everyone a chance to still be involved and join in on the signs and songs.

Danica and I have already planned our Term two and we can't wait to continue the fun with our families.

Tracy
tracy@downsyndromewa.org.au



KiDS Club Events

Term One

Sunday 3rd April 2:30pm-
4:30pm: Playground catchup!

Term Two

Saturday 7th May 9:00am-
11:00am: Playground catchup!

Saturday 11th June 5:30pm-
8:00pm: Movie night

Saturday 2nd July 9:15am-11am: Build a bear workshop

For more information about events or any other KiDS Club questions contact Siobhan
- kidsclub@downsyndromewa.org.au



Aim High Club

Earlier this month, our members had the opportunity to participate in a comprehensive cooking session at Reabold Tennis Club (RTC), where we first shopped for our grocery items across the road at Woolworths (Floreat Forum), followed by the production of a delicious Italian spaghetti and meatball dish, Mediterranean salad and garlic bread in the kitchen of RTC... all hands in! We left that evening feeling very accomplished and full.







Later in March, we celebrated World Down Syndrome Day at Bardon Park in Maylands, where we were fortunate to be joined by Ian & Annie from Annie's Wood Fired Pizza Trailer, which we highly recommend! The afternoon was spent listening to music, kicking the footy, playing bocce, catching up with one another and walking along the foreshore. We hope you will consider joining us over the coming months. Even as the weather becomes cooler, Aim High will continue to explore many new and exciting activities, to deliver the best experiences for you.














Aim High Club Calendar of Events April - June 2022
CONTACT: 0422 795 160 (Amandine)

Date	Activity	Meet	Bring	Out-of-Pocket Activity Payment
Friday 3rd April 3:00pm – 6:00pm 	BBQ Sundowner (Bring a friend) Join us for a relaxing BBQ Sundowner event. We will cook a BBQ together and enjoy some games together.	City Beach Challenger Parade, City Beach	<ul style="list-style-type: none"> Hat Water bottle Something to sit on Games 	\$20.00
Saturday 9th April 6:00pm – 9:00pm 	The Ellington Jazz Club: Sketches of Blue- Brenda Lee Jazz Quintet Join us for a night of jazz at this popular event.	Ellington Jazz Club 191 Beaufort Street, Perth Western Australia 6000	<ul style="list-style-type: none"> Companion card Valid ID 	\$25.00
Friday 22nd April 30+ Group 6:30pm-9:30pm 	UWA Octagon Theatre: Candlelight- A Tribute to ABBA Meet for dinner at Broadway Fair shopping centre in Nedlands. Show will start at 8:30pm.	UWA Octagon Theatre 35 Stirling Highway, Crawley, Western Australia 6009	<ul style="list-style-type: none"> Bring money for dinner. 	\$35.00
Saturday 23rd April (18-30) 10:00am-1:00pm 	Perth City Farm Tour and Lunch at Elizabeth Quay This tour will include animals and food production. We will go for lunch after the tour at Elizabeth Quay.	Perth City Farm 1 City Farm Place, East Perth Western Australia 6004	<ul style="list-style-type: none"> Comfortable walking shoes Water bottle Hat Bring money for lunch Smart rider 	\$35.00

PAYMENTS: Payments for Aim High are made via the Try Bookings link for each event. This also acts as our COVID register for participation.
REFUNDS: Due to staff and booking costs, we cannot issue refunds for unattended sessions, except in the event of unforeseen circumstances (illness, family hardship etc.) where a credit may be issued. Should you wish to cancel your registration for an event, we request that you provide a minimum of 48 hours' notice before the event. If you would like more information, please contact us. NDIS late notice cancellation fees will be charged.

<p>Friday 6th May (18-30) 6:00pm-9:00pm</p> 	<p>Event Cinemas: Fantastic Beasts- The Secrets of Dumbledore</p> <p>Come and watch this exciting and newly-released movie.</p>	<p>Event Cinemas Innaloo 57 Liege Street, Innaloo Western Australia 6018</p>	<ul style="list-style-type: none"> • Companion card 	\$15.00
<p>Saturday 14th May (30+) 10:00am-1:00pm</p> 	<p>Tai Chi and Picnic (bring a friend)</p> <p>We will relax and do an hour of Tai Chi together and then share a picnic together on the grass.</p>	<p>Hyde Park corner Vincent & William Streets, Perth Western Australia 6000</p>	<ul style="list-style-type: none"> • Comfortable walking shoes • Loose clothing • Water Bottle • Hat 	\$30.00
<p>Sunday 22nd May (18-30) 1:00pm-4:00pm</p> 	<p>Tennis session and afternoon tea</p> <p>Join us for a beginners tennis session from 1pm-2:30 followed by afternoon tea until 4pm. Tea and coffee, fruit and muffins included.</p>	<p>Reabold Tennis Club Corner Howtree Pl and Oceanic Dr, Floreat Park Western Australia 6014</p>	<ul style="list-style-type: none"> • Comfortable walking shoes • Loose clothing • Water Bottle • Hat • Bring a plate to share 	\$25.00
<p>Saturday 28th May 30+ Group 11:00am-2:00pm</p> 	<p>Lunch and Group Walk</p> <p>Join us as we have lunch together at the café and then a gentle walk.</p>	<p>Zamia Café Kings Park 50 May Drive, Kings Park Western Australia 6005</p>	<ul style="list-style-type: none"> • Bring money to buy your own lunch • Comfortable walking shoes • Water Bottle • Hat 	\$5.00

<p>Friday 3rd June (18-30) 5:00pm-8:00pm</p> 	<p>Zumba and Cooking Session</p> <p>Join us as we have fun doing a Zumba session and then a cooking session. What will the recipe be!</p>	<p>Reabold Tennis Club Corner Howtree Pl and Oceanic Dr, Floreat Park Western Australia 6014</p>	<ul style="list-style-type: none"> • Comfortable walking shoes • Loose clothing • Water bottle • Apron (optional) • Hat 	\$30.00 approx
<p>Saturday 18th June 30+ Group TBC</p> 	<p>AFL Game: West Coast Eagles vs Geelong and Pub Meal</p> <p>Join us and barrack for your favourite team while we enjoy a pub meal together.</p>	<p>Wembley Hotel 344 Cambridge Street, Wembley Western Australia 6014</p>	<ul style="list-style-type: none"> Bring money to buy your own dinner. Valid ID 	\$5.00
<p>Sunday 19th June (18-30) 10:00am-1:00pm</p> 	<p>Morning Tea at Heathcote Reserve (Applecross)</p> <p>Join us in Heathcote Reserve for morning tea. Bring a plate to share and we will have some games to enjoy together.</p>	<p>Heathcote Reserve Duncraig Rd, Perth Western Australia 6153</p>	<ul style="list-style-type: none"> Bring a plate of food to share. Water Bottle Hat 	\$5.00
<p>Sunday 26th June (30+) 11:00am-2:00pm</p> 	<p>Art Gallery of Western Australia Tour and Lunch</p> <p>We will have a look at the stunning pieces in the Art Gallery followed by some delicious lunch.</p>	<p>Art Gallery of Western Australia Perth Cultural Centre, Perth Western Australia 6000</p>	<ul style="list-style-type: none"> Companion card Bring money for lunch 	\$5.00
<p>Wednesday 29th June 6:00pm-9:00pm (18-30)</p> 	<p>Film "Poppy"</p> <p>Poppy: Kiwi movie about a girl with an extra chromosome in the works Kipiti film-maker Linda Niccol has recently received development funding from the NZ Film Commission for her movie Poppy. A story about a girl with "a little bit extra" – the Down syndrome chromosome – is being made into a film.</p>	<p>Palace Rain Square Level 2, Raine Square, 300 Murray Street, Perth</p>	<ul style="list-style-type: none"> Companion card 	\$25.00

Message from Suzanna

It is with a heavy heart that I announce I will be stepping down from the Aim High Club Coordinator role by the end of the month. This decision was not made lightly and I will always be grateful for the time I've spent planning and running events for our wonderful community of members since September 2019. Aim High Club has developed significantly since that time, two and a half years ago, just as much as I have grown as an individual and employee of Down Syndrome WA. To our members and supports, you have made my experience a most memorable one and I will cherish each and every moment that we've shared together. On a lighter and brighter note, I won't be departing from the association entirely, but remaining on board as an Employment Mentor and Support Worker, both on a casual basis. As they say, it's not a goodbye but a 'see you later'.

Last but not least, I'd like to warmly introduce our newly appointed Aim High Club Coordinator, Amandine Hamilton-Smith, who will be overseeing the series of events I've pre-planned for you all from April through to the end of June, by which time I'm confident Amandine will be settled and ready to pursue the role in full. I'll allow Amandine to introduce herself properly to you in due course through email, our private Facebook group, face to face at events and in our next e-

newsletter edition.

Sending my warmest wishes to you all!

Suzanna

aimhigh@downsyndromewa.org.au

FrienDS for Life



This month, Friends For Life had a tour around Optus Stadium. We walked over 2.5kms and got to experience all the areas reserved for VIP members. Unfortunately, for the members who are West Coast Eagle fans, we couldn't see their changerooms as they had a game the next day, however we did get to see the Fremantle Dockers area. After the tour we had a lovely lunch at the City View Café. We also welcomed a couple of new members James and Isaac and we hope to see them back next month.

Our next catch up is on Saturday 23rd March 2022 with more details to follow, by email, very soon.

Claire - Coordinator

friendsforlife@downsyndromewa.org.au

***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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