

October 2022



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Cassandra's Corner

It has been wonderful to see our programs continue to grow, in particular the Employment program which has seen a further two members find meaningful, open employment opportunities. We are still looking to employ additional employment mentors to support members as they transition into open employment, if you are interested or know someone who may be there is advertisement later in the newsletter. Without mentors, the program can't expand. Mentors receive training and ongoing support.

Support Coordination is growing, with an increasingly diverse group of families seeking help. Support Coordination is a very interesting portfolio, and is different with each client. We won't necessarily know the answers, but we will certainly do what is required and find the information for you. With the growth of this portfolio, I am very keen to find someone to take on the Support Coordination role to allow Nikki to concentrate her efforts in regional outreach and family support.

This month we all stepped up, with StepUP for Down Syndrome being held on Sunday 9th. It was a beautiful day, all nestled in amongst the trees at Taylor Reserve. It was fabulous to see a broad range of members attend, and those that fundraised for the association and to see the commitment of the staff team and some of our board who all turned up to volunteer their time on the day. Well done to Nikki, who has arranged 10 StepUP events. In 2023 we will have new coordinators of this event - will it be you?

On Sunday, (23rd) I attended DSWA stand at the Telethon Family Festival. It was fantastic to have the support of a group of parents to talk to members of the public about their experiences. The team organised a sensory play theme which was very well received. My thanks to the group of parents who have up hours of their time on Sunday, and thanks to Bexx Barnett for her wonderful fairy performance for the whole day. Our fairies were a huge hit.

As we head into November the team will be planning 2023. If you have any thoughts on what we should provide in 2023 I would love to hear from you, so it can be considered in our planning.

Have a great November! - Its almost that time of the year, but I won't mention it yet!



Warmest regards,
Cassandra

0432 407 527

ceo@downsyndromewa.org.au



FINALIST

Down Syndrome WA has been nominated as a finalist in the Belmont and Western Australia Small Business Awards 2022.

We were advised that we had been anonymously nominated for the awards a few weeks ago. Since then we have been selected as finalists in both categories.

DSWA was nominated for the Corporate Social Responsibility Award

And our CEO, Cassandra Hughes was been nominated for a leadership award in TCFWA KARL FARRELL INSPIRATION AWARD.

Both received certificates recognising the Finalist award.

Thank you to the Belmont Business Enterprise Centre for the opportunity and to our anonymous nominator, we are very grateful to you.

Member Stories - DSWA - Ambassadors

Did you know we have a fabulous group of Adults with Down Syndrome that work for DSWA as Health and/or Employment Ambassadors.

These wonderful members, provide presentations, sit on panels and attend workshops to provide their voice to issues and discussions that affect them. In the last two months, our members have been invited to speak at Fremantle Education Centre, Curtin University, UWA Exercise Physiology Students, UWA Medical students and a forum on Employment.

The ambassador network are paid employees of DSWA, and receive full payment for their time at these presentations. We are so lucky to have their support to ensure that their views and ideas are heard.

Below: Rachel Parker at a Panel on Discussing Disability and Health - for the Global Health Short Course unit Medical Students.



Down Syndrome
Western Australia

**WE ARE
HIRING!**



Support Coordinator

DSWA's Support Coordination services is steadily growing. We would like to hire someone to continue to grow and develop this important service.

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 - 14 October 2022



WE ARE HIRING

CASUAL SUPPORT WORKER POSITIONS EMPLOYMENT MENTOR POSITIONS VOLUNTEERS

The following will be highly regarded;

- Lived Experience
- Cert IV in Disability
- Experience in disability sector



Please send resume & cover letter to:
ceo@downsyndrome.org.au



Send your resume and cover letter to: ceo@downsyndromewa.org.au



Feedback, Compliments and Complaints

We are committed to providing high-quality services and meeting your needs. We value your feedback – both the positive and the opportunities to grow and deliver better services to our community. To let us know what we do well and where we can improve our services or to make a formal complaint, [please visit our web page](#)



We had our annual Step Up! event on the 9th October. StepUP event on Sunday and the day was filled with fun and celebration.

DSWA would like to say a huge thank you to all the wonderful people who donated to StepUp! 2022 and came out to support the community on the day.

We would also like to recognize the amazing food/drink vendors, activities, entertainment and small businesses who made StepUp! what it was this year. We could not have done it without you!

Finally a huge shout out to two of our Board members and to our whole staff team that turned up on the day to volunteer their time to run the event.



For the Future - Housing Services

As we continue to explore services for our adult members, we have begun discussing housing. Our CEO recently met with the Nesti housing team. We will be holding an introductory presentation for members who have an interest in independent housing options for the future.

Here is a little information on Nesti, **keep an eye on your emails for for the upcoming presentation date soon.**

Introducing Nesti Housing:

Nesti Housing is a Specialist Disability Accommodation (SDA) and community housing provider based in WA. Nesti Housing has more than 70 years' experience in the disability and housing sectors, thanks to our parent company, PeopleKind Group. At Nesti, we believe a home is more than just a roof over your head and having a safe, stable, sustainable home is key to a good life and fundamental to our wellbeing. Our team is passionate about supporting you to find the right home that will support your needs now and in the future.

What is Specialist Disability Accommodation (SDA)?

Under the National Disability Insurance Scheme (NDIS) there is a funding stream called Specialist Disability Accommodation (SDA). SDA refers to accommodation for people who require specialist housing solutions. SDA funding can be provided to NDIS participants who meet

the required eligibility criteria and is funded through your NDIS plan.

There are various types of SDA Design Categories and knowing the difference between each, and which you qualify for/need can get a little confusing. We work closely with people who wish to live more independently and want to explore their options to live in a new SDA home. This includes the support you need to apply for SDA funding, finding a suitable property, and identifying housemates to live with if that's what you choose. Below, we've provided a brief and easy-to-read outline, with everything you need to know about the different SDA Design Categories.



Online Resource Hub

Did you know you can find resources and information about Down syndrome in the Resource Hub on our website? You can sort by topic and by the type of resource you are looking for and download fact sheets and guides.

Topics include community and sport, COVID-19, dementia, education, employment, health, housing, legal issues, NDIS, relationships, and technology.

Find the Resource Hub on our website at <https://www.downsyndrome.org.au/resources/>

Life Stage









- Prenatal
- New Parent
- Early Childhood
- School Years
- Teenagers
- Young Adults
- Adults
- Older Adults

Category

- Community and Sport
- COVID-19
- Dementia
- Education
- Employment
- General
- Health
- Housing
- Legal Issues
- NDIS
- Relationships
- Technology
- Translations
- Webinars

Format

- Easy Read
- PDF
- Podcasts
- Video
- Website
- Word

	<p> Health screening tool for people with Down syndrome Mar 2021</p> <p>This tool provides information about health screenings for children and adults with Down syndrome.</p> <p style="text-align: right;">HEALTH</p>
	<p> Coronavirus and Down syndrome information Jan 2021</p> <p>This webpage has information about Coronavirus (COVID-19) that may be helpful to people with Down syndrome and their families.</p> <p style="text-align: right;">COVID-19</p>
	<p> Promoting Community Inclusion Dec 2020</p> <p>In this video with Gerard O'Dwyer, we find out what social inclusion is like for people with Down syndrome.</p> <p style="text-align: right;">COMMUNITY AND SPORT</p>
	<p> New Parent Information Pack Nov 2020</p> <p>Download our New Parent Information Pack. These resources are designed for parents and families with a new baby who has been diagnosed with Down syndrome.</p>

Perth Children's Hospital Family Outreach

Due to ongoing COVID precautions at Perth Children's Hospital, our Family Support Officer, Nikki Schwagermann, is unable to work from PCH at the moment but 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!

We use our Social media pages to communicate short notice information, opportunities and the success and stories of our members. You can also apply to join one of our closed social groups. These groups are for segments of the community and do have an approval process.

Keep up to date, and get all the news; follow our socials



Support Coordination

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 the 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

Order at <https://dsawa.bigcartel.com/product/2023-playgroup-calendar-posted>

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TRACK OF YOUR BUSY LIVES



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OR CALL OR EMAIL.
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DOWN SYNDROME WA
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PH: 62534752
EMAIL: ADMIN@DOWNSYNDROMEWA.ORG.AU

Order at <https://dsawa.bigcartel.com/product/2023-playgroup-calendar-posted>

Employment Update

Staff wanted for Employment Mentor work

We are seeking support workers experienced or interested in training in Employment Mentoring for people with Down Syndrome. We have enjoyed seeing our Participants and mentors work together to achieve some amazing results in open employment. If doing this kind of work lights you up, we would love to hear from you! Contact Cassandra at the office on 6253 4728 or email ceo@downsyndromewa.org.au.

Photo: Josh Ford stands outside his employer, the Perth Mint. Josh has been supported by a DSWA Employment Mentor since he started at the Mint as a Records Assistant earlier in 2022.

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

As funding for coordination has a temporary gap, our CEO, Cassandra has taken on the coordination of the Employment program to ensure that we don't have gaps in service delivery of the Employment program. This is an important program, realising very positive results for the members involved.

We thank Sue for all of her work in the employment space, and it is great to see her mentoring and supporting participants as an Employment Mentor. If you are interested in gaining employment or participating in Get Ready for Work contact Cassandra through the employment@downsyndromewa.org.au email.



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



SOCIAL, EMOTIONAL LEARNING WORKSHOP

Topics:

- How to regulate for emotions
- Tools that can be used
- Understanding your emotions and reactions to your emotions.
- Role play and activities

DATE Saturday 29th October 2022
TIME: 2:00 pm - 4:00 pm
WHERE: 32 burton street, Cannington

BOOK NOW

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

CONTACT

dannie@downsyndromewa.org.au
0435 831 085

Co-facilitated by

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

Book at www.trybooking.com/CDGCI



Toilet Training Workshop!

DATE: Saturday the 5th of Novermebr
TIME: 2:00 pm - 4:00 pm
WHERE: 32 Burton street, Cannington
PRESENTERS Tabitha Poole
Senior Continence Clinician

BOOK NOW

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

CONTACT

dannie@downsyndromewa.org.au
0435 831 085



Book at www.trybooking.com/CDGCI.



My Voice My Health Web Application

Have you downloaded the My Voice My Health web application yet. Check it out, and down load the link to your phone!

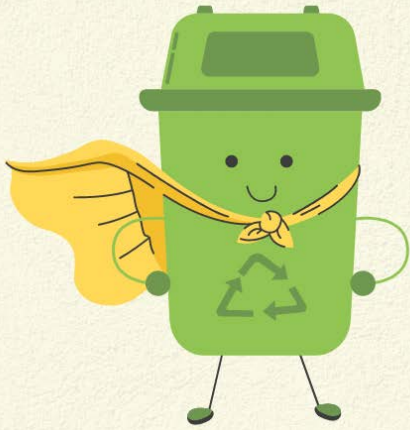


Government of **Western Australia**
Department of **Communities**

The web app was created for you our members, your family and carers, and your health professionals, It provides a health resource hub with general information on health information specific to Down Syndrome and health providers in WA, to support better health outcomes for you.

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.

Did you know you can fundraise
for Down Syndrome WA, just by
recycling your containers?



Recycle your containers
at any
Containers for Change
depot and

Enter our Scheme ID

Its that simple!

SCHEME ID: C10325047



Down Syndrome
Western Australia

DSWA Playgroups

South Metro Playgroup

Great start back to term 4. We had fun making rainbow cereal art and playing with our friends . We also loved hiding under the rainbow umbrella.

Renee
renee@downsyndromewa.org.au



North Metro Playgroup

North Metro playgroup has welcomed back their families to term four with a show stopping performance from the team at Sensorium Theatre. Our kids were treated to a mix of songs, instruments, and sensory play to the theme of peas and porridge. We are lucky enough to have another show coming up in week two at playgroup North.



Our final term of the year promises to bring all the festive fun and games as we celebrate Halloween, Christmas, and an end of year party.

We hope all our families can join Danica and at our lovely Colin Moore Community Centre for these special days

We look forward to seeing you all then!

Tracy and Danica
tracy@downsyndromewa.org.au

KiDS Club

The KiDS Club had a great time at our October event, an Art Workshop with Creative Kids Art Club!

Paint, sequins and googly eyes saw the kids make some fabulous fish. It was great to see everyone get involved and show their creativity.

Our next event is a disco night from 5:30pm-7:30pm on Saturday the 5th of November at Victoria Park Community Centre. Tickets are \$10 per child. The Disco will be from 5:30-7:00pm, followed by pizza and drinks from 7:00pm-7:30pm.

In the coming months we have a trip Maylands Waterland and a show at Sensorium Theatre. See our calendar or contact me for more information.

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 4 2022

SATURDAY
5 NOVEMBER

DISCO

SUNDAY
4 DECEMBER

MAYLANDS
WATERPARK

SUNDAY
11 DECEMBER

CHRISTMAS
PARTY

TERM 1 2023	
SATURDAY 14 JANUARY	SENSORIUM THEATRE
SUNDAY 5 FEBRUARY	DANCE/ZUMBA CLASS
SUNDAY 5 MARCH	PARK AND PLAY
SATURDAY 1 APRIL	PERTH ZOO
TERM 2 2023	
SATURDAY 6 MAY	SCITECH
SUNDAY 4 JUNE	DRUM WORKSHOP
SUNDAY 24 JUNE	CIRCUS WORKSHOP

FrienDS for Life

Our members had a great time at Step Up! James had a stall for Acrylic Pours, Lily demonstrated Capoeira, Enoch helped with the warm up and members did some building at the Friends for Life blocks tent, sponsored by Bunnings. They also had a great time on the Step Up! adventure walk.

Apologies but we've had to make a change the scheduled event for November. Details to follow very soon.

Don't forget to save the date for our members Christmas party on the 11th December!

Claire - Coordinator

friendsforlife@downsyndromewa.org.au



Aim High Club

October has been a busy month for our Aim High Club.

We started the month with a fun night of dinner and Table Tennis. We enjoyed a meal at Pica Bar and a chat with everyone before going to Pot Black for a game of Table Tennis. There were lots of great shots and angles on the ball. What a fun time!



Our next event was at Step Up, where we had an Aim High stall making shapes and creatures out of painted leaves. Thanks to our amazing members for running the stall.






We then went to Swan Valley and tried something new- SupaGolf. We tested our persistence and teamwork as we navigated a wonderful SupaGolf course nestled in amongst palm trees and bush land. The group enjoyed a well deserved cold drink and a snack afterwards in the café.





To finish off the month, Aim High are going to see Super Pets this Sunday, which will be lots of fun! An afternoon of movies, snacks, and plenty of laughs.


AHC What's On

 **Friday 4th November- Cara Gig's at Sewing Room (30+)**

 **Friday 11th November- Laser Tag and Nandos (18-30)**

 **Sunday 20th November- Tennis and Afternoon Tea (both)**

 **Friday 25th-Monday 28th- Albany Getaway**



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

Aim High Club is on the hunt for volunteers. If you or someone you know are interested in supporting our program either at events or Getaways, please get in touch with the coordinator at aimhigh@downsyndromewa.org.au or 0422 795 160.

Amandine
0422 795 160
aimhigh@downsyndromewa.org.au

AHC Getaways

The Getaway for this month's Aim High group was the Mandurah Getaway. We spent time playing mini golf, going through the maze, having dinner at Cizerello's and we even saw dolphins on our cruise!



ALBANY GETAWAY

FRIDAY 25TH
NOVEMBER-
MONDAY 28TH
NOVEMBER 2022



Fremantle/Rottnest/Penguin Island Getaway

Friday 2nd-Sunday 4th
December



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. Send your 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!**

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