

September 2022

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Cassandra's Corner

This month has seen the team lodge grant applications to Telethon, and to some other smaller funding opportunities. These grants are so important in supporting our program and project delivery. We are still waiting on news of Federal ILC funding which has been under review since the change of government and has not yet been confirmed. I am currently looking for interim funding for the employment program, which if refunded, will have a six-month funding gap. We are delighted that Sue Summers will be able to continue to offer some employment coordination, which I will also support. Employment is a key program for us, and we are determined to ensure it continues.

The last month has had its challenges with a number of calls from families which further confirmed to me that we still have a long way to go to having an inclusive society in which our people can thrive. Supporting our families is our key role and all staff are involved in this process in some way. Some through programs and project delivery but for a number of the team, it is regularly being in direct contact with families, for me, as CEO, I am taking some of the more complex calls, in particular where there have been major systemic failures and am working with those families to provide support and advocacy.

Program delivery continues to grow, and we are seeing wonderful growth at Playgroup, KiDS club and FrienDS for Life. We are still working hard to provide activities of interest and meaning to our Aim High and 30+ groups and whilst attendance has improved, this program has significant room for growth, particularly in the 30+ age group. I will be sending a survey to families of our over 18's next week to ask for your input on the Aim High programs.

The recent Getaway to Woodman point was a great success and I am pleased that we are now looking at the schedule of getaways for Jan—June 2023.

There are still two Getaways before the end of the year, an overnight mid-week getaway in Mandurah and a four day, Albany Getaway in November. We have the ability to offer tailored getaways for specific groups. Please reach out, if you have an idea for a tailored small group getaway.

My Voice My Health has finally officially launched! Our thanks to the Minister, Honorable Don Punch for launching the web app and to Rachel and Dannie from the staff team who were able to complete this project that was interrupted by staff changes and COVID19. This wonderful resource offers our community a comprehensive resource for health support. Have you downloaded the web app yet? We hope that you find the app useful. If you have suggestions for additional information for the app, please do let us know. For more information and a link, please go to <https://www.downsyndrome.org.au/wa/services-and-supports/resource-downloads/mvmh/>

The team attended the Abilities Expo, promoting the multiple skills and possibilities of our members. Two of our members, Kenichi Gray and Daisy Dimmick supported the team, attending the expo and adding their voices to the conversations. I was very sorry to miss this day, but the team did an amazing job representing DSWA.



Whilst this month has been challenging, I have had the opportunity to attend some fantastic events and meetings. I was very fortunate to be invited to attend DJ Incredible – Cara Baldwin's event on 3 September at the Sewing Room. My partner and I attended Cara's event and it was fabulous. We danced away a couple of hours and enjoyed the music and atmosphere. Well done, Cara, it was fantastic to see your professional DJ skills in action.



Recently Sue Summers and I met with two employers, The Boxman in Kewdale and WireAid in Canningvale to discuss Open Employment. Both of these fantastic businesses are keen to employ our members. Our member, Jack McKevitt starting a trial at the Boxman on Monday 3 October and WireAid are looking to place up to four members in work at their Canningvale factory. We are delighted to be working with more fabulous businesses, who are supporting open employment. If you know a member looking for work or considering a change from current employment arrangements please reach out to Sue or myself as we have more opportunities right now.

Both Nikki and myself were invited to support our members to give presentations at Curtin University and UWA. Nikki and Rachel Parker spoke to 2nd Year Medical Students at Curtin University on the importance of how we speak to and engage a person with Down syndrome in their own health journey, and Joseph Salt and I spoke to a group of Sports Science students at UWA about the importance of sport. These are fantastic opportunities for our Ambassadors to provide their voice to receptive communities on important topics. These meetings help shape our future professionals and assist them in their journey to Support a Life of Possibilities. Rachel and Ken are two members of our fantastic Ambassador group of 9 that regularly join us at meeting, seminars, presentations to provide a direct voice of people living with Down Syndrome.

Just in....

Early bird registrations for NDS WA's Lunch in Celebration of IDPwD are now open!

Friday, 2 December 2022

Grand Ballroom, Crown Perth, Burswood

Early bird tickets are now available!

The lunch celebrates the achievements of people with disability in Western Australia. Co-designed with people with disability, the theme of this year's lunch is 'Leading the Change for improved opportunities and advancement of people with disability', with a focus on diversity and inclusion.

Back due to popular demand, this year's event will again feature the popular marketplace, showcasing local enterprises and micro-enterprises run by people with disability.

A number of free tickets are available for people with disability to attend.

[Find out more and register](#)

Finally, we have an opportunity for a new Support Coordinator run our current service. Nikki was asked to set up the service in January this year. She did a great job and we now have a number of regular clients. We are finding though that requests for family support are continuing to increase and we need to have someone dedicated to the Support Coordinator role. See the advertisement below.

Wishing you all wonderful October.



Warmest regards,
Cassandra

0432 407 527
ceo@downsyndromewa.org.au



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



Down Syndrome
Western Australia

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



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

Support Our Members - Australia DanceSport Championship Fundraiser

Para and Ability Dance WA is pleased to announce our first Bingo Fundraiser to be held on Friday 18th December 2022 starting at 6pm, at the Manning Senior Citizens Centre.

Three Down syndrome WA members will be competing at the Australian DanceSport Championship to be held in Melbourne on 9th December 2022.

Shanthi Fielding, Sarah Wardle and Caroline Thomson are all experienced DanceSport dancers having competed in many local DanceSport competitions. They train weekly at Ballroom Fit, with their coaches, who partner them in their events.



Highlights of the night include six games of Bingo, door prize, raffle prizes, games and floorshows.

\$20 entry will include six games of Bingo and door prize. Raffle tickets, refreshments and snacks will be available for purchase.

The Bingo Fundraiser Night promises to be a fun opportunity for members, family and friends to support these wonderful dancers.

Looking forward to seeing you there.



For ticket sales are at: <https://www.trybooking.com/CCVDA>

For further information:

[See the flyer](#)

Email: secretary@padwa.org.au

Website: www.padwa.org.au

DSWA Meetings

The Annual General Meeting (AGM) will be held on;
Wednesday, October 26th
Commencing at 7pm,
At 32 Burton St, Cannington.

Register now - <http://www.stepupfordownsyndrome.org.au/page/72/down-syndrome-wa>

2022 StepUP Fundraising Adventure Walk and Family Carnival



StepUP is a Fundraiser!
Our target this year is \$40,000

Register Now

Find your sponsors

**Have a blast on the adventure walk or
do it #21Your Way if you cant make it on the day**

Something for everyone in 2022!

Tryout Disc Golf
Explore your inner artist
Zumba with Emma
Have your face painted
Join in some Capoeira
**Tap your feet to some
dance performance**

Ride a train
Play Mini Golf
Animal Farm
Ride the merry go round
Check out the Playgroup,
Aim High, Friends for Life
and Kids Club activity tents

Sunday 9th October



**Down Syndrome
Western Australia**



Register now - <https://www.stepupfordownsyndrome.org.au/events/35/stepup-perth>

StepUP! Volunteers

Down syndrome WA are looking for reliable, energetic, passionate and fun volunteers to help out at our biggest fundraiser StepUP! for Down syndrome #21YourWay.

Your duties will include (but are not limited to) registrations, merchandise, cheering on the walkers, supervising activities and HAVING FUN with our DSWA community!

If this sounds like something you would like to be involved in, please email your interest to admin@downsyndromewa.org.au



VOLUNTEERS WANTED

We are looking for volunteers for
StepUP! for Down syndrome 2022
October 9th
8am-1.30pm



JOIN US NOW FOR A
FUN DAY



email your interest to
admin@downsyndromewa.org.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](#)

Additional Diagnoses Monthly Online Chat Group

Are you a parent/caregiver of someone who has a diagnosis of Down syndrome, and another condition (e.g. ASD or ADHD)? This monthly group is an opportunity to:

- Develop a connection with other families/carers
- Share information and experiences in a safe and understanding forum

The group is open to all families/carers in Australia, across all age groups, with no obligation to commit to regular attendance – simply join if / when it suits. The next online chat is October 25 at 4.30pm.

<https://www.downsyndrome.org.au/blog/event/additional-diagnoses-online-chat-group-4/>



Special Olympics

From the Special Olympics Team

We're excited to share information on our upcoming competition with you. Please see the attached flyer for the Basketball Competition - Monday 3 October from 4pm - 6pm. [For more information, and to register, visit here.](#)

All Special Olympics members are welcome to come along to these events and participate alongside our LETR volunteers. They are a great opportunity for athletes to practice their skills in a competition setting, have fun and meet new friends.

If you have any questions about either of the events, please email us at info.wa@specialolympics.com.au. We hope to see you there!

Prenatal Screening Website

This site brings together information to support Health care professionals and better enable prospective parents to make informed choices about screening, diagnostic testing and continuing or terminating a pregnancy. Click the link to visit the site - <https://prenatalscreening.org.au/>

Provided by Down Syndrome Queensland and sponsored by Queensland Health.

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:



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

Employment Update

Jobs!

We have three employers seeking staff with Down syndrome:

1. A successful plumbing manufacturing company in the Malaga area – office or factory work
2. A small but successful team in Canning Vale making products for mining, energy, manufacturing
3. An organisation in Bentley seeking an office assistant

All employers have met with us to discuss suitable jobs for our participants and are open to negotiating your preferred days and times. All are passionate about helping people with Down syndrome get into open employment. Contact us to apply or to find out more!



New Job Placements!

Two of our members have had successful interviews for open employment jobs with Perth businesses in Welshpool and South Guildford and have proceeded to pre-employment steps. Stay tuned for news and photos in the next e-News and on our socials!

>>> JOB VACANCY <<<



OPEN EMPLOYMENT

JOBS AVAILABLE NOW!

**Factory Assistants
Office workers**

**CANNING VALE
MALAGA**

APPLY NOW

Send your resume or questions
to ceo@downsyndromewa.org.au

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.



Work Readiness Program



Down Syndrome Australia Work Readiness Program graduates Roisin (left), Ella (centre) and Mason (right) proudly display their graduation certificates.

Here are photos of some of our successful graduates from our Work Readiness Program earlier in the year.

The Work Readiness Program was designed by Down Syndrome Australia and covers:

- Discovering your ideas for work
- Résumés
- Referees
- Interviews
- How to be a valued employee
- ...and much more.

It runs over 9 2-hour sessions, and DSWA can also help you with further support for each of the topics.

If you or someone you support would like to get ready for work, contact us about upcoming workshops! Call the office on 6253 4728 or email ceo@downsyndromewa.org.au.

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

Upcoming DSWA Workshops

TBC

Social and Emotional
Learning

NOV

Toilet Training

For further information or to
register your interest email
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.

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.



Government of Western Australia
Department of Communities

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

It's that simple!

SCHEME ID: C10325047



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DSWA Playgroups

South Metro Playgroup

We've had a great couple of weeks to finish up our end of term playgroups. We painted, played with colour, playdough and our friends. We've focused on fine and gross motor skills and key signing our hello song.

Renee

renee@downsyndromewa.org.au



North Metro Playgroup

Playgroup North has sprung into Spring with more exciting activities for our families. We enjoyed a very messy and fun session from Messy Mat Perth, our kids enjoyed exploring all the new smells and textures in the themed trays.

Danica and I have enjoyed welcoming new families to our group and seeing our members helping each other to learn new aspects of the early years of our kid's lives like feeding routines and therapies. Our weeks have also included a celebration to our father figures for Father's Day and some Springtime craft.



As we wrap up our term three with a fun carnival themed day we look forward to an action packed Term four after the school holidays.

We look forward to seeing you all then!

Tracy and Danica

tracy@downsyndromewa.org.au

KiDS Club

We had a wonderful time at this month's event, a trip to the Animal Farm!
The morning was filled with lots of cuddles and carrots (and a few overly hungry goats).

Our next event is an Art Workshop on Sunday the 2nd of October. Tickets are \$15.

In the coming months the KiDS club has a Disco and a trip to Maylands Waterland planned. 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

SUNDAY 2 OCTOBER	ART WORKSHOP
SUNDAY 9 OCTOBER	STEPUP! WALK AND CARNIVAL
SATURDAY 5 NOVEMBER	DISCO
SATURDAY 3 DECEMBER	MAYLANDS WATERPARK
SUNDAY 11 DECEMBER	CHRISTMAS PARTY

FrienDS for Life

Spring has sprung 😊 We had a lovely game of Ten Pin Bowling at the Lookout in Scarborough. Everyone did a great job and a few members played without the side rails up and scored some strikes. After our game we walked across to the Whale Playground by the sea and had some refreshments and ice creams. It was so lovely being outside in the fresh air and taking in the lovely sun.

Claire - Coordinator

friendsforlife@downsyndromewa.org.au



Friends for Life Events



**Sun 16 Oct
Dance
Collective
Youth Concert**

**Saturday 12th
November -
Yanchep
National Park**

**Sunday 11th
December -
Christmas
Party**

**January - Date
tbc - Fringe
Festival Show**



Are you free for 30 mins or more
for our Aim High Step Up Stall?

Step Up

Sunday 9th October 2022

9:00am-1:30pm

Taylor Reserve, Victoria Park



September has been a wonderful month for the Aim High group! We started off this Month with some Zumba. We danced along to some of our favourite tunes as we danced under the disco lights. We all had so much fun, we couldn't stop smiling. Our Aim High Group had so much energy on the dance floor it was electric, and we had all the best moves.



Our next event was Karaoke. We made our way to Fremantle to try out the brand-new venue near Fremantle library. After enjoying some delicious food at Varsity, we made our way over to Strike. The Karaoke room was full of Fluro and disco lights. We all found our favourite songs and had so much fun singing along!



We finished this month with Canoeing and a BBQ on the South Perth foreshore. We were so lucky with beautiful weather as we all enjoyed a canoe on the swan river. Some of us perfecting our skills and some trying canoeing for the very first time. After working up an appetite, we all enjoyed some yummy BBQ food as we played our favourite outdoor games.

Thank you to our amazing supports for your wonderful dedication and support this month.



Canoeing Adventure



AHC What's On

Hello October



**Friday 7th- 6:30pm-9:30pm-
Pub Meal and Table Tennis-
Rosemount Hotel (30+)**



**Wednesday 12th-Thursday 13th
- Midweek Getaway- Mandurah**



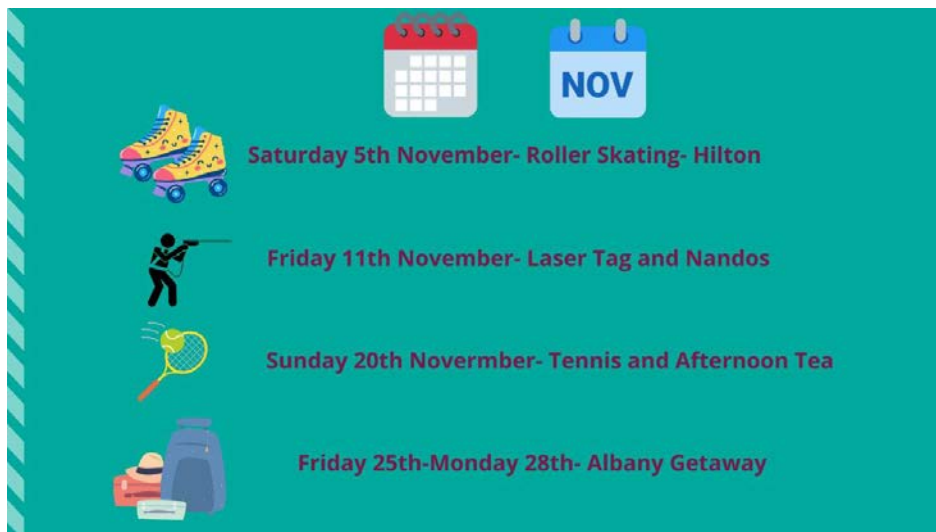
**Saturday 22nd- 1pm-4pm-
SupaGolf-
Swan Valley (18-30)**



**Sunday 30th- 1pm-4pm-
Movie- Hoyts Millenium-
Fremantle- TBC (both)**



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Western Australia**



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

Our group enjoyed a wonderful Getaway this month at Woodman's Point, near Fremantle. Some highlights of the Getaway included Flying Fox, Archery, Rock Climbing Cooking dinner and movie night. It was amazing to see everyone trying their best and attempting new things they might not have tried before. We all learnt something new about ourselves and our abilities. The groups teamwork and encouragement was so heart-warming to see.

Thank you to the fabulous staff at Woodman's Point for running such a fun and exciting Getaway for us all!

A huge thank you to our wonderful supports who made this Getaway such a success!



Woodman Point Getaway

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!**

Subscribe now

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Department of Communities

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