

Latest News from Down Syndrome WA

Newsletter 7 August 2020



In this newsletter we share the buzz! There has been a lot of activity going on at the Association and it is great to see people coming and going from our office in South Perth as our members start to re-connect face to face now we have a chance to re-start programs that had been on hold with Covid-19.

In this edition we offer congratulations to one of our Ambassadors, highlight the outstanding Down syndrome Australia resources available, plus promote the upcoming edition of VOICE. We share news about the recent teacher PD day; a save the date for our AGM and Step Up; plus, an opportunity for you to offer both a story of change and have a say about your experiences in the health system with upcoming family consultations. Find out more as to why it has been raining beanies at the Association... and receive the updates from our social programs. We have a really good news story on employment and in our creative corner we share fabulous fine motor activities for our littlest members, (the photos speak for themselves!)

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Congratulations



Last month our DSWA ambassador and board member Brooke Canham was voted into the position of Deputy Chair of the Down Syndrome Advisory Network which is a National group who meet to help develop resources and inform the work of Down Syndrome Australia. As part of Brooke's nomination she had to give a speech on why she should have the role.

Well done Brooke!

What is happening at the Association?



Annual General Meeting

Please save the date Tuesday 22nd September 6.30-7.30pm.

Venue: Pelican Community Centre, Swanbourne.

We will have more information in the next newsletter.

Teacher PD



On Monday 27th July we ran our annual Teacher PD which had been postponed since March due to COVID-19. We had 29 teachers and EA's in attendance and the feedback received was excellent. Nikki Schwagermann and Emily McCain launched the PD and then had 7 specialist guest speakers, including our ambassador Anna Gray who spoke about her schooling experience. Nikki and Emily are already planning next year's PD and plan to expand on what was delivered this year.

"Comprehensive, excellent range of topics. Thank you for an informative engaging day".



Employment

The commencement of our 'Get Ready for Work' 6-week course is getting very close! Unfortunately, this was also postponed due to COVID-19 so we are excited to finally be able to commence the course this month!

We have 18 participants ready to start. This is a pilot program which has been developed under our ILC Grant. Emily has developed easy read resources covering a range of topics from Resumes to Self-Management, to Interviews and a range of other work ready topics. Throughout the course the materials will continue to be co-designed and by the end of 2020 they will be ready for the commencement of our NDIS employment support services DSWA will be offering from next February 2021. If you are in year 11 or 12 and planning for the transition from school to work next year, contact Emily for more information on what will be on offer at DSWA. emily@downsyndromewa.org.au

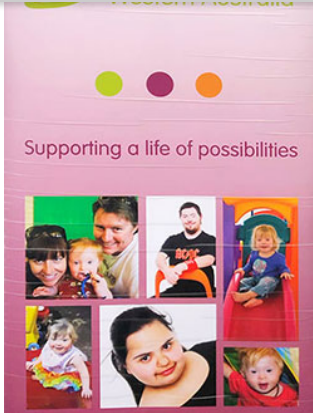


Beanies for DSWA

Our Association has recently been donated 20 beautiful and colourful woollen beanies hand knitted by 15 year old Nandi.

“My beanie journey has been an amazing experience. It started off as just making beanies to help time go by during lock down, however my mum then sent a few pictures of my beanies to a few of her friends and they started spreading the word and that is when the beanie business began. My cousin in Scotland has Down syndrome so to support my company my Auntie decided to order ten beanies to donate to Down Syndrome WA. I thought this was a great idea so I decided to match her order and make it twenty beanies”

A huge thank you to Nandi for her creativity and generosity. Nandi will be at Step Up for Down syndrome on October 18th with a stall full of beanies to sell on the day.

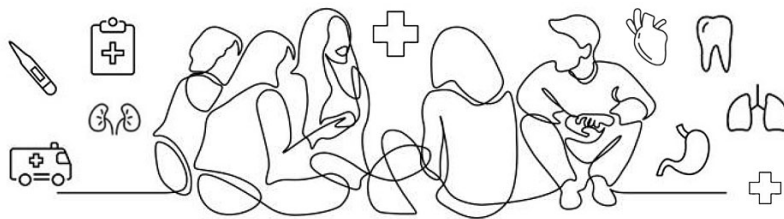


Story of Change

DSWA campaign for your Story of Change

DSWA is always interested in understanding how the Association, through its grant funding, has impacted positively on your family member with Down syndrome. This can be through the Association's social programs, Get Ready for Work program, Play Groups or through the support of the Family Support Officer or NDIS Manager. We invite you to take the time and complete the attached Story of Change template to share your story and **receive one of Nandi's fabulous beanies as a thank you**. Please send your Story of Change through to Margaret Lawlor: margaret@downsyndromewa.org.au.

[Download Story of Change template](#)



Family Consultations for My Voice My Health grant

As part of the My Voice My Health grant we are wishing to put resources together for health professionals to understand how our Down syndrome community would like to be treated in a health setting. We are interested in hearing your health stories and providing an opportunity for you to have your say, so please join us. We will let you know dates and venues very soon. If you are in regional Western Australia and wish to share your health story please email Margaret to set up a time for a discussion margaret@downsyndromewa.org.au

voice



Down Syndrome
Australia

Please subscribe to VOICE, our National journal which is released three times a year. Our April edition highlighted Technology relating to our Community with Down syndrome and the latest August edition, about to be published, has a theme of health. It is packed full of information and stories, so please follow the link to the online subscription register to receive your free copy.

Past editions are available online to download articles.
<https://www.downsyndrome.org.au/voice/support-voice/subscribe/>

Social Connection

DSWA Playgroups

Our playgroups are up and running again so if you have a child with Down syndrome 0-5 we would love for you to join us.



Perth Metro- Loftus Community Centre (corner of Loftus and Vincent street), Fridays during school term, 9.30-11.30am. We hope to see you there. Nikki and Tracy.

KiDS Club

We celebrated our first face to face activity last weekend kicking off our Term 3 schedule with a Slime making party held by the lovely Chantelle from Messy Mat Perth.

Our members and siblings enjoyed colouring and decorating their slime before stretching, oozing and blowing slime bubbles to their hearts content. Their enthusiasm was infectious, with many parents jumping for a play too. Thanks to Messy Mat Perth for these great photos.

It was wonderful to see so many parents and caregivers reconnecting after losing contact when their little ones graduated from playgroup and heading off to school fulltime.

Our next catchup will be at an indoor playcentre (exclusive use) in Cannington.

If you have a child aged 5 to 11yo with Down syndrome and would love to connect with other families to encourage peer relationships, social skills and networking for parents, please contact Janette Cook at janette@downsyndrome.org.au for registration details.



FrienDS for Life

We welcomed back all our FrienDS for Life members last Sunday in Subiaco. It was great to be together face to face for games, music and snacks to kick things off.

Looking forward to our next catch on Sunday 23rd August. If you are between 11-17yo and would like to be part of our group, please contact Lachie at Lachlan@downsyndromewa.org.au



Aim High Club **Face-to-face events are back!**

After our 13-week *Zoom* series, I am absolutely delighted to announce that face-to-face events have resumed for Aim High. Earlier this month, our members enjoyed a delicious Italian dinner at Siena's in Leederville, as well as a music ensemble session with *Music Rocks Australia!*

A big thank you to those who came along.



In August, we will be heading to *The Mighty Quinn Tavern* (Yokine) for a pub dinner on Saturday 8th and playing laser tag followed by some afternoon tea at *Lazer Blaze* (Willetton) on Saturday

Aim High Club hosts two events per month for its members throughout the year, with each event being up to three hours in duration (excluding day trips and camps). New members are always welcome! Due to the continuing growth of Aim High in the last 6-12 months, we are looking to divide Aim High into two age groups later this year to better cater for the wide variety of interests of our members. More details coming soon.

For information on Aim High and NDIS service agreements please see the NDIS section of the newsletter.

Suzanna



Step UP!
for Down
syndrome

Save the date

18th of October 2020
Taylor Reserve
A great day for the whole family!

Step Up is back on the calendar in WA!
DSWA is so pleased to announce that Step Up is going ahead.
Please save the date for Sunday 18th October from 09:00am-1:00pm!
More details to come so stay tuned on social media and our monthly E-news.



All things NDIS



AIM HIGH Club and NDIS

DSWA has commenced NDIS services for our Aim High Club Social program. If an Aim High member has an NDIS plan, Elise will be in contact in the near future with an invitation to complete a Service Agreement (If you haven't already) and answer any queries you may have during this transition period. Please understand that our NDIS service includes provision of support during the event and the ratio of support is likely to be 1 support: 3 participants. Please discuss with Elise if you require higher support needs.

There will continue to be out of pocket expenses for entry fees and meal costs etc, these being everyday expenses so not covered by NDIS plans.

If you **do not** have an NDIS plan as yet we will continue to charge \$15 for the event support plus the out of pocket expenses.

For all Aim High Participants whether you have a Service agreement in place or not, you will need to continue to RSVP to Suzanna by the requested date if you would like to attend an event to enable her to plan accordingly.

Please contact Elise if you have any queries about the NDIS on 0480 263 107 or elise@downsyndromewa.org.au. Elise works Tuesday to Thursday.

Check out our resources!

DSWA has a library with an extensive range of books available to borrow related to Down syndrome and relevant life stages and we invite you to pop in to look at what is available. These resources can be borrowed by any of our members, teachers or employers interested in learning more.

In each E-news we will highlight some of these resources. In this edition we look at the range of booklets DSA have produced on a variety of topics particular to Down syndrome. These can be found and down loaded from the resource hub at www.downsyndrome.org.au/resources

At DSWA we have hard copies of some of these booklets which are listed below. If you would like to receive a copy please contact elise@downsyndromewa.org.au and we can post a copy out to you.



Adolescence

This booklet includes information on selecting a High school, tips for transition to school and during the school year, puberty, sexuality and relationships

A Guide for Employees (Also available in Easy Read).

A guide to set you on the right path to employment with questions about why do you want to work and what kind of work would you like, getting ready for work, looking for a job and applying for jobs. Also tips for your first day.

Living independently (Also available in Easy Read)

This booklet is in 2 parts:

- part 1 for adults with Down syndrome including making a decision about where to live, things to think about, skills and support, getting ready, feelings plus a checklist for moving out.
- part 2 for parents and carers including supporting decisions about living independently, choices, funding, NDIS, housing, developing skills and tips.

Ageing

Covers areas including ageing and Down syndrome; productive wellbeing, physical wellbeing, material wellbeing,(Housing, retirement), Social and emotional wellbeing

Connecting those in independent living

We have had an enquiry from a family in the Kingsley/Joonalup area who are starting to look at Independent Living in the Community for their daughter who is in her mid 20's. The family is interested in finding a like-minded young woman who may also be

interested in moving out in the Joondalup area near amenities.
I'd be happy to connect people, so if you would like more
information please contact Elise on
elise@downsyndromewa.org.au so she can put you in touch.



Creative Corner



Thanks to the contribution from Amy who has shared two fun activities for fine motor skill development. It seems sensory play is also very much part of the experience!

Practicing cutting skills with coloured rice noodles.

I cooked the rice noodles and added a few drops of food colouring. Once they cooled down I popped them in a tub and we practiced cutting the noodles.

Jelly play with tweezers and scoops

We set some plastic animals in the jelly and tried to rescue them with tweezers and scoops. Just made the jelly, added the animals and popped in the fridge for a few hours.

So much fun! 😊❤️

Good News Story



A new IGA recently opened in Claremont in February and Sarah's Mum Yvonne decided to be proactive and asked the Manager whether he had any work opportunities for Sarah. The Manager was very receptive and encouraging and now with the support of a DES provider Sarah works 8 hours a week and loves it. Catching up with Sarah, she spoke of the many great things about her new job:

I really enjoy working in the bakery in the morning. I wear my Foodies apron and hygiene gloves. When the cookies are cool I pack them and put them on display. After lunch I work on the checkout and I am really starting to recognise all the different types of apples that we sell. I like to help pack the customers bags. I really like the people I work with as they are cool and are nice to me and make me feel part of the team. I really like having my own bank account and earning my own money. I have to share that I love nail polish. I don't wear nail polish at work but when I get home the first thing I do after washing my hands is to put on my nail polish!

**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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