
Latest News from Down Syndrome WA



Updates to Your Subscription

We have recently changed our email platform and are now distributing via our secure client database. You are seeing this email because you have previously indicated that you would like to receive updates from Down Syndrome Western Australia.

If you would like to opt out of the DSWA E-news, please see unsubscribe details at the end of this email.

You can reach us at admin@downsyndromewa.org.au.

CEO's Corner

From our team, we wish you all a 2023 filled with love, joy and success. I hope the festive season was joyful for your family. For me, I finally caught COVID and spent the short festive break at home but thankfully was able to return as expected on Jan 3. Many of our team have enjoyed some well earned time off over the December/January period.

Systems Update: This month our financial system has transitioned over to new accounting software. We believe we have ironed out any issues, but if you should encounter any anomalies or other concerns with invoices, please reach out and let us know.

Grants update: we are delighted to again be a Telethon beneficiary in 2023. This year we were successful in increasing the telethon grant to provide more family support and fund an additional full day per week to support our regional members. This grant is integral to our service delivery, and we are very grateful to be a Telethon beneficiary and be part of the Telethon family.

We have also been fortunate to receive notification that current funding for Information for Life and Pathways workshops is being rolled over. This funding has been reduced by approximately 20%, and covers funding until June 2024. Employment will be refunded from March 2023, with DSWA having a six month gap in funding this critical service. Future federal funding is uncertain with significant funds being redirected to the NDIS. It is important for us to plan for a future without this funding.

2023 Planning: I am very pleased with the efforts of the team to put in place their planning for 2023. Most programs are now planned for at least the next 6 months and the Adult Social Group programs are planned for the whole of 2023. Whilst there may be some changes along the way, we hope that this planning helps our members plan your own activities for the year.

Member & Community engagement: This month I have met with parents and carers of members in the Adult social groups. We had two different meeting times and received some great suggestions and feedback. I am grateful to those parents who contacted me, and to those that were able to

attend the meetings. A communication to members of the Adult social group programs will come out in the next week. Next week, I meet with the group of employers who support our members in full employment. We will be discussing improvements to the program, successes and lessons, and working together to grow the opportunities for adults seeking employment in mainstream industries.

I look forward to meeting more of you at the AGM being held on Wednesday 22 February 2023. It will be great to share the successes of 2022 with you.

Warm regards
Cassandra

CEO Down Syndrome WA
0432 407 527
ceo@downsyndromewa.org.au

Upcoming Meetings and Events

DSWA AGM

22nd February AGM

DSWA Gala Members Dinner

Save the Date: 28 May 2023

Board Meetings

23rd January

20th February

20th March

24th April

22nd May

19th June

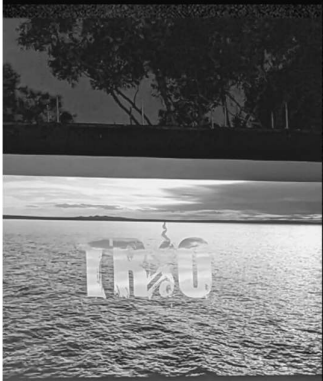
Trio - Australian Premiere

Members of the DSWA board and our CEO, Cassandra Hughes attended the Australian premiere of the Mongolian feature film Trio on Sunday 22nd January. Cassandra had the pleasure of meeting film producer Ganzorig Vanchig before the screening.

50% of all proceeds from the screening were donated to DSWA, and the other 50% to DS Mongolia. We would like to thank Community Cinemas for their support of the

two associations, and the generous donation. It was wonderful to see a large crowd supporting this uplifting film.

Cassandra said, 'this is the start of a new relationship with Down Syndrome Mongolia'. Cas is looking forward to her meeting with Ganzorig next week to learn more about Down Syndrome in Mongolia.

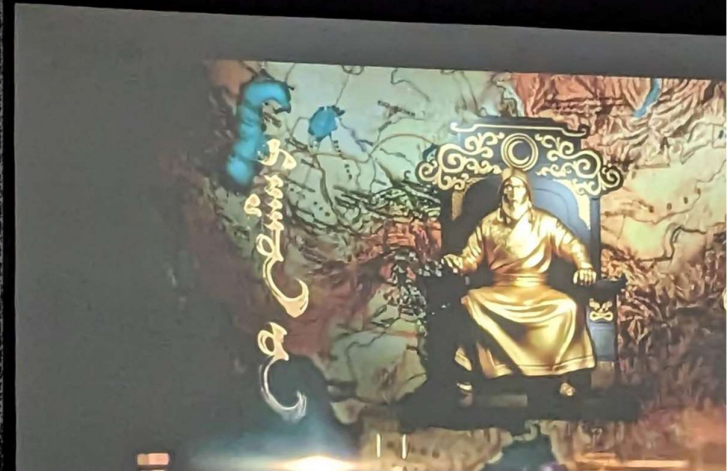


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CANVA STORIES

19

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New CEO for Down Syndrome Australia Federation

The Down Syndrome Australia Federation (DSA) has welcomed Darryl Steff as the new CEO.

Darryl has extensive experience leading Down Syndrome Queensland during a time of significant change and growth. He started as DSA CEO in January this year.

DSWA congratulates Darryl and look forward to working with him in 2023.

[Read more here...](#)

SOCIALS!

DSWA's Social pages have up to date information between newsletters.

We have a range of pages, including our public facing page, and specialty groups for DSWA Family Network, Social Groups; Aim High, Friends for Life, Kids Club, Playgroup, DSWA Employment, Education Support and four rural pages for Rural and Remote, South West, Mid West and Great Southern regions.



Autism Awareness - Back To School Tips

We are sharing this article from Autism Awareness Australia, which we thought would be very helpful for our community. Starting school or going back to school after a long break can be exciting but can also bring along with it anxiety and uncertainty.

See these top eight tips to prepare your child for a successful school year - <https://www.autismawareness.com.au/aupdate/our-top-eight-back-to-school-tips>

PCH Outreach is back

**DSWA's Senior Coordinator
Nikki Schwagermann will be back at
PCH every Thursday from
the 2nd of February**

**Contact Nikki on 0480311739
or nikki@downsyndromewa.org.au**

New Health Apps from DSA

Down Syndrome Good Health App

The Down Syndrome Good Health App supports adults with Down syndrome to keep a diary of their meals, water intake, exercise and daily activities to share with family, support people and healthcare providers.



The app encourages regular use and includes mini-games that are unlocked by daily diary entries.

Download for free only on the App Store:

[Good Health app](#)



Down Syndrome Health Record App

The Down Syndrome Health Record App assists parents and support people of children with Down syndrome to record and monitor their child's health, growth and development.

Download for free only on the App Store:

[Health Record app](#)

Summer Holiday Program

DSWA started 2023 with an amazing Holiday program for teens aged from 12 – 17 years.

We have had a lot of fun doing craft activities, introduction to mixed martial Arts and have been able to feed kangaroos at Caversham Wildlife Park.

The group had had a great time doing all these activities and are looking forward to another week of fun!

Scheduled for this week is science sensory play, tie dye day and a visit to AQWA.

Comments from parents have been:

"This is a great idea, as my other children have been out and about with friends and now my daughter is able to go out with her friends."

"The conversations we are having at dinner are really good and I know my son enjoyed the day."

Comments from participants:

"Thank you we have had a fun today."

"The best part was feeding the kangaroos."

"Can we do this next holidays?"



A decorative background with a yellow wavy pattern. It features several large, solid-colored circles in shades of green, blue, orange, and red. The page is adorned with various icons: a red starburst, a red swirl, a white starburst, a green leaf, a pink flower, a red starburst, a white starburst, a red starburst, a red swirl, a cherry, and an ice cream cone. The bottom of the page has a dark red wavy border.

PLAYGROUPS

North Metro Playgroup

Hello Playgroup Families

Happy new year to you all and welcome back to playgroup for 2023!

We hope you all have enjoyed a restful Summer and are looking forward to some new and exciting activities for your kids this year.

Danica and I have carefully observed what your kids loved doing last year and we are looking at ways to build on their interests and also creating new ones. We are also keen to explore more ways we can help support and be there for our parents physical and mental health.

Our first session back will be a chance for us all to come together to hear about what you all want from playgroup this year. We are all ears to your suggestions and welcome any feedback you may have from last year.

We are so looking forward to seeing you all again and begin an exciting 2023 at playgroup.

Tracy and Danica

playgroup@downsyndromewa.org.au



South Metro Playgroup

Welcome back for 2023!

We have some exciting activities planned for Term 1 including Valentines Day craft, sensory play, water table day and Easter activities.

See you soon!

Renee

playgroup@downsyndromewa.org.au



Kids Club

Welcome to 2023! The KiDS club resolution for the new year is ... "to have fun, fun and more fun!" Are you on board?

This year we have loads of exciting events planned. During term one, you can look forward to Slime Making, Capoeira, and a trip to the Zoo!

Tickets for our Slime Making event on the 12th of February are open NOW! Click [here for more information](#).

Also, the KiDS club have a new way of sharing the calendar this year! The [KiDS Club Calendar 2023](#) google doc will show you the full year, all in one place. Just bookmark the page, and you will see updates as they happen.

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 at kidsclub@downsyndromewa.org.au for registration details.

TERM 1 2023	
SATURDAY 14 JANUARY	PARK AND PLAY
SUNDAY 12 FEBRUARY	SLIMEMAKING
SATURDAY 4 MARCH	CAPOEIRA
SATURDAY 1 APRIL	PERTH ZOO
TERM 2 2023	
SATURDAY 6 MAY	DANCE CLASS
SUNDAY 4 JUNE	DRUM WORKSHOP
SUNDAY 24 JUNE	TBC-CIRCUS OR COOKING WORKSHOP

Friends For Life

Welcome to 2023!

2022 was a fun year of activities and friendships. We attended Fringe Festival, AQWA, visited Optus Stadium, we bowled, went to the cinema, played crazy golf and had a fab end of year Christmas party.

2023 will just be as exciting and fun. Here is what is planned for the next few months.

Saturday 21st January 2023 – Fringe Festival (Northbridge)

Saturday 18th February 2023 – Rock Face (Balcatta) indoor rocking climbing

Saturday 18th March 2023 – Activity to be confirmed

Please don't hesitate to contact Claire to discuss the Friends for Life Programme.

Claire - Coordinator

0416 809 451

friendsforlife@downsyndromewa.org.au



FRIENDS FOR LIFE EVENTS



**Saturday
21 Jan
Fringe
Festival**



**Saturday
18 Feb
Rock Face
Indoor rock
climbing**

**Saturday
18 March

To be
confirmed**



AIM HIGH

Welcome back Aim high 2023! We have started our year off with Bang!
We took a tour of the Swan valley, it had our tasted buds dancing in our mouth. The food and wine was Amazing and we all had a great day.



AHC What's On

AIM HIGH FEBRUARY

4 **LASER KIWI AT FRINGE**
30+

7 **YANCHEP DAY TRIP**
18-30 AND 30+

18 **TO BE CONFIRMED**
18-30

25 **ADVENTURE WORLD**
30+

FOR MORE INFORMATION EMAIL
aimhigh@downsyndromewa.org.au

AIM HIGH MARCH

5

PIRATE SHIP CRUISE

30+

7

PERTH ZOO DAY TRIP

18-30 AND 30+

18

PAINT AND SIP

18-30 AND 30+

25

MANDURAH GIANTS

18-30

FOR MORE INFORMATION EMAIL
aimhigh@downsyndromewa.org.au

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

Dannie

0422 795 160

aimhigh@downsyndromewa.org.au

AHC GETAWAYS 2023

17-19 FEB MARGARET RIVER FOOD AND WINE

MOORE RIVER / YANCHEP **14-15 MAR**

28-30 APR EXPLORE FREMANTLE

FOR MORE INFORMATION EMAIL
aimhigh@downsyndromewa.org.au

If you would like to register for any of these Getaways or events please contact Dannie, Aim High Coordinator on aimhigh@downsyndromewa.org.au or 0422 795 160.

Compliments and Complaints

We always welcome your feedback and suggestions. Send your feedback to admin@downsyndromewa.org.au or use our [online form](#).



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