

May 2023

Latest News from Down Syndrome WA



CEO's Corner

May has been a full and rewarding month for the DSWA team. The 2023 Gala Dinner was held last Saturday and was a wonderful success. With 282 tickets sold, and a full and brightly coloured room, we all had a lot of fun. It was wonderful to see so many adults with Down syndrome attending the Gala, and to see and meet so many new and returning members of our community. I hope we can continue to build the interest in the Gala, connecting members and celebrating all our community offers.



The WA Down Syndrome Regression Group is making headway in connecting with Drs and Researchers and together we will very shortly be submitting an application for a research grant. This is a very positive step forward. The parents in this group have found it very helpful to share their concerns and be supported by one another. If you have any concerns about your child having behaviour, social or emotional changes, you are welcome to join this group. The next group meeting is on Saturday 1 July – 10am at the DSWA office in Crawley. Please reach out to me if you would like to join us, or chat further about the group or the research.

This month I have received a number of calls in regard to Dementia in our membership. Three of these parents would like to catch up and meet, again to create a group where they can support one another, share information and ask questions. If your family member with Down syndrome is affected by Dementia, I would love to invite you to join me for a coffee catch up, at our office. Please let me know if you would like to join us so I can find the most appropriate day and time of the week.

I am delighted to welcome Stephanie Bryant to our team assisting to Coordinate both Employment and the Pathways – Workshop Series. We will have a great workshop series coming up, starting with Relationships in late July – for participants Relationships will run for 6 weeks (on a Saturday afternoon) and for parents we will be running a 2 week information sessions prior to the course starting in the evening. Relationships are a key human experience, and as DSWA deliver strong adult (and teen) social programs, relationships become evident through our programs. We look forward to a great response to these workshops. More information will be emailed to families of adults with Down syndrome.

Nikki and I will also be commencing some NDIS workshops, helping parents across each of our age groups to understand what is available and how to incorporate this into your NDIS plans and when you should start thinking about each life transition stages.

The first session is for New Parents, see the New Parent Morning tea information later in the eNews. In June we will also be running an online session for families with teens, Wednesday 21 June at 7.30pm – please reach out to admin@downsyndromewa.org.au for the link to the online Teams meeting.

My heartfelt thanks to everyone who attended the Gala, and to our amazing staff and volunteers who all volunteered their time to setup, organise and deliver the Gala. What a night celebrating with our community.

Cassandra

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

DSWA GALA DINNER

DSWA celebrated at our annual Gala on Saturday 27th May. It was an absolutely amazing event. Thank you to all our donors, supporters, volunteers and fabulous guests for making it so special!



Upcoming Meetings and Association Events

19th June Board Meeting
17th July Board Meeting
21st August Board Meeting

Down Syndrome Australia Survey

Have your say in the National Information Survey!

Attention family members, parents, carers, and anyone with a role in supporting people with Down syndrome.

We want to hear from you about how we can best provide information to people with Down syndrome, families, and supporters across Australia.

<https://www.surveymonkey.com/r/Q37SDHH>

The survey will take around 7 minutes to complete.

This survey is run by the Down syndrome federation which is made up of Down Syndrome Australia which provides national information and advocacy, and the state and territory Down syndrome associations which provide local supports and services. This includes Down Syndrome WA.

Member Story

Melita shared a story about her son Greg, a DSWA Aim High member, for the e-news this month.

Sam has known Greg many years as both a family friend and a wonderful support/mentor to Greg, as he transitioned out of home to live independently from his parents.

Greg wanted to help Sam get a teaching job now he has completed his Masters at Uni. And compiled the reference below for Sam whilst hanging out together. Greg gave it to Sam when they shared their usual Sunday evening mentoring/buddy night.

JAM CALLOW THE AMAZING TEACHER

he is Young men of many
telled's very Good Cooking Life
Skills and Shopping Experience
Education My Name is Greg
Carstens Support Volunteering

Teacher Work R Add Help him to Past
his test I Like to be Supporter and
↳ Nuturiser

Gregor



Sam the
Teacher



Vote
for
the
Amazing

Made
by Greg
2023
30th
Sundy

Greg did an amazing reference and picture for Sam and it will be a great bonus to have this in his CV when he interviews for teachers jobs. We mentioned to Sam he should laminate it and put it in his CV for job applications.

It has brought a smile to our day and we wanted to share this through our DSWA families.

From Gregs Mum
Melita Carstens



Photo: It has Sam in there (The Amazing Teacher and Luke Johnson (Greg's good mate from Duncraig High school ESC) and Greg. Sam mentors individually both Luke and Greg, this night they all caught up for a mates game of pool.



Whats on!



4 June

Drum Workshop
Kids Club

9 June

North Metro
Playgroup

12 June

South Metro
Playgroup

16 June

North Metro
Playgroup

19 June

South Metro
Playgroup

18 June

Circus Quirkus
Friends for Life

18 June

Circus Quirkus
Aim High Club

3 - 14 July

Teens School
Holiday Program

28 - 30 July

Getaway
Aim High



Welcome to our new Aim High and Friends for Life Coordinator

We would like to introduce Daisy – our new Aim High and Friends for Life Coordinator.

Daisy has been working as a support worker and is also working as an Employment Mentor for DSWA.

We are delighted that Daisy has joined DSWA.

When I asked Daisy what she was looking forward to most, she said, “meeting all the participants”! So if you haven't met her already, we hope to see you at the upcoming events for Aim High and Friends for Life.

Daisy can be contacted at daisy@downsyndromewa.org.au or 0422 795 160.



New parent morning tea and NDIS Information session

Nikki (senior coordinator) will be joined by Tracy Bicker, Mum of 3 gorgeous kiddos, her youngest Elliot is 6 and has T21. They will be chatting about NDIS services and resources in these early days of your journey.

This is a free morning tea in a casual, relaxing environment. It is a great opportunity to not only learn more about NDIS, but to meet other families that are going through the same stage of this amazing journey as you are.

Please RSVP through the Trybookings link for catering purpose at <https://www.trybooking.com/CIUCY>



Down Syndrome Western Australia

PROUDLY SUPPORTED BY **telathon**

New Parent Morning Tea and NDIS information session

Join DSWA's Senior Coordinator Nikki for morning tea.
This is a great opportunity to meet other new parents of children with T21.
Nikki will be discussing NDIS services and resources.

Date: Wednesday 28th June
Time: 10am-12pm
Venue: Zamia Cafe
50 May Drive, West Perth (Kings Park)

Register here <https://www.trybooking.com/CIUCY>



RSVP at <https://www.trybooking.com/CIUCY>

International Visit

DSWA had a surprise visit from Zelna Barend from [Zenisha's Play and Learning Centre](#) (ZPLC) in Niekerkshoop, South Africa.

ZPLC is a non-profit organisation in South Africa's Northern Cape that supports children with intellectual or physical disabilities by educating them through play.

Our CEO, Cassandra was delighted to meet Zelna. They caught up for a cup of tea and a chat about services in South Africa and Australia.

You can see more about [ZPLC on their Facebook page](#).





DSWA will be running our Teens School Holiday Program this July school holiday.

This is a NDIS service with a small activity cost each day. All participants must have a NDIS service agreement with DSWA. If you do not yet have a Service agreement, please contact Nikki on nikki@downsyndromewa.org.au before registering on trybookings.

Days: Mondays, Wednesday and Fridays.

Time: 8.30am-3.30pm

Venue: Perron Place, 61 Kitchener Ave Victoria Park.

Monday 3rd July - In House Movie

Wednesday 5th July - Music Rocks Excursion

Friday 7th July - Dance workshop
Monday 10th July - Yoga and mindfulness
Wednesday 12th July - Dogman the Musical
Friday 14th July - Cooking

The centre will also be set up with crafts, games and of course music every day.

BYO lunch. DSWA will provide a healthy morning tea and afternoon tea on the non-excursion days. Please provide your own morning tea on the Wednesdays when we are out at excursions.

Places are limited so register your teen now.
Book here <https://www.trybooking.com/CIQCI>

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.





Easy Read guides to starting a business

Produced by Down Syndrome Australia

<https://www.downsyndrome.org.au/resources/employment/easy-read-guides-to-starting-a-business/>

Emotional Well-Being

Produced by Down's Syndrome Association (UK)

Includes easy read and audio/video resources

<https://www.downs-syndrome.org.uk/about-downs-syndrome/health-and-wellbeing/emotional-wellbeing/>

SUPPORT COORDINATION

My name is Dannie and I am part of the Support Coordination team at DSWA. My role is to support people to make the best use of their NDIS plan.

I can assist to build capacity which will 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,
- help people to make the best use of their supports in plan.

I can also provide quotes for DSWA programs, to be used as supporting evidence at NDIS reviews.

For further information or to discuss please contact me on 0422 795 160 or support_coordination@downsyndromewa.org.au

Security Alert!

DSWA have experienced some attempted IT breaches in the last month. Please note we will never ask for bank account details. And all emails from us will come from an address ending with @downsyndromewa.org.au.

If you're ever in doubt please contact us - 08 6182 3690 or admin@downsyndromewa.org.au



NORTH METRO PLAYGROUP

Wow what a fun first half to term two we have enjoyed at playgroup north. Our kids enjoyed starting the term with some sensory slime play. We took the chance to celebrate the Kings coronation with an English high tea for our families. Mother's Day was made special with some candle decorating and a memorable picture with mum. We were also lucky enough to have Girl Guides WA host a session for us that involved campfire songs and some flower brush painting that our kids thoroughly enjoyed.

The fun keeps on coming in term two with our upcoming Messy May Perth session, guest speech pathologist Kate and the crew from Ambiance Dance studio joining us to show our little and big ones some groovy moves!

Danica and I hope you can all join us for some of these fun and active sessions. All of these events would not be possible if it wasn't for the help of Telethon. Our playgroup and families are forever grateful for their support.

Tracy and Danica
playgroup@downsyndromewa.org.au



SOUTH METRO PLAYGROUP

This month we've done lots of craft and made lovely presents and gift bags for our Mums.

We've also had so much fun enjoying the new foam mats that we purchased thanks to Telethon.

Next month we'll have Messy Mat visiting on the 19th June and a yoga session on the 26th June.

We look forward to seeing you in June.

Renee and Nicole

playgroup@downsyndromewa.org.au



Kids Club

The KiDS club enjoyed a morning of dancing for our May event. The kids showed off their dance move to their favourite songs, whilst parents caught up.

In the coming months we have a dance class, a drumming session, and a circus workshop. For more information and to sign up to the events head to the KiDS Club

calendar https://docs.google.com/document/d/1SEfA4cro7BU3kN5dVOpDM_NpcLssK5iUuwsEyEtBaX8/edit?usp=sharing

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.

Book now at <https://www.trybooking.com/CGWIX>



DRUM WORKSHOP

JOIN US FOR A DRUM CIRCLE WORKSHOP WITH RHYTHM FIX. CHILDREN GET A TURN AT ALL INSTRUMENTS, SWITCHING BETWEEN THEM THROUGHOUT THE 1-HOUR WORKSHOP. THE SESSION ENDS WITH GAMES AND DANCING. CONGO LINES, DANCE-OFFS, AND SOLOS GALORE! ARRIVE AT 1:15PM FOR A 1:30PM START. THE WORKSHOP RUNS FROM 1:30PM-2:30PM.

\$10 PER CHILD

AFTER THE WORKSHOP ENJOY A PLAY AND PARENT CATCH-UP AT BRAITHWAITE PARK (ATTACHED TO THE VENUE). BYO AFTERNOON TEA.



 SUNDAY 4TH OF JUNE

 1:30PM-3:30PM

 MOUNT HAWTHORNE LESSER HALL
(197 SCARBOROUGH BEACH RD,
MOUNT HAWTHORN WA 6016)

For more information contact Siobhan at kidsclub@downsyndromewa.org.au

Book now at <https://www.trybooking.com/CGWIX>

Friends For Life

The disco and karaoke night provided a social and interactive environment where the teens reconnected with each other and made new friends.

13 members joined the night and had a great time showcasing their singing and dancing talents as well as playing some games together.

The energetic vibe was strong all night.



If you have a child aged 11 to 17 years old with Down syndrome and would love to attend our events, please contact Daisy - friendsforlife@downsyndromewa.org.au

Circus Quirkus Show

In June we will be going to lunch and seeing the Circus Quirkus show! Circus Quirkus is a relaxed performance for children and young adults who might require a more flexible environment when going to the theatre. We will enjoy the live performance experience with a casual attitude to audience noise and movement.

Before the show we will be going to Grill'd for lunch where we will do some conversation starter cards and get to know each other better. I look forward to seeing you there - Daisy

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

A promotional poster for the Circus Quirkus show. The background is dark red with a white and red striped awning at the top. In the center, the words "CIRCUS QUIRKUS" are written in a large, green, stylized font. Below this, the text reads: "JOIN US FOR LUNCH AND THE AMAZING CIRCUS QUIRKUS PERFORMANCE", "WHEN: SUNDAY THE 18TH OF JUNE", "WHERE: ASTOR THEATRE - MOUNT LAWLEY", "TIME: 12:30PM - 3:10PM", "PERFORMANCE START TIME: 2PM", "WE WILL MEET OUT OF THE FRONT OF THE ASTOR THEATRE AND WALK TO GRILL'D FOR LUNCH BEFORE THE SHOW. SHOW START AT 2PM.", and "Book through try bookings now!". On the left, there is a yellow arrow pointing right with the word "FUN!" inside. On the right, there is a cartoon illustration of a blue elephant standing on a red and white striped drum. In the bottom left corner, there is a QR code with the text "Try bookings QR Code" below it.

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

AIM HIGH

On Saturday the 20th of May the Aim High Participants meet up at Rosemount Bowl for some bowling fun!

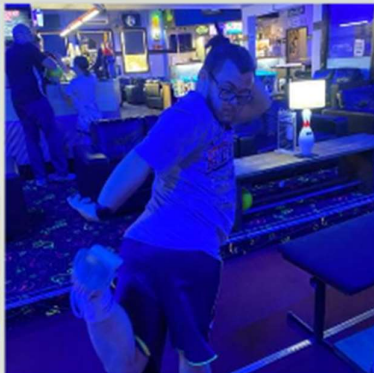
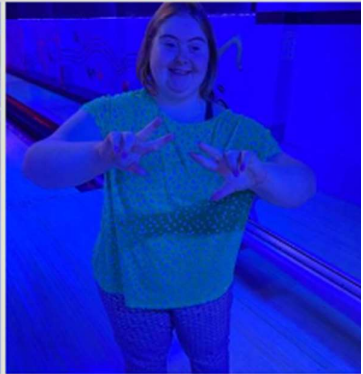
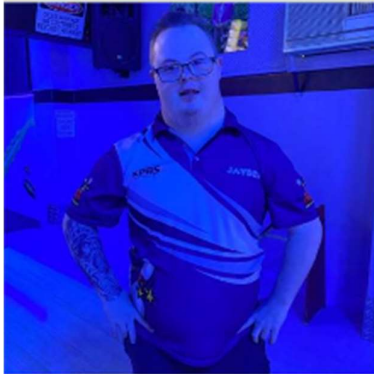
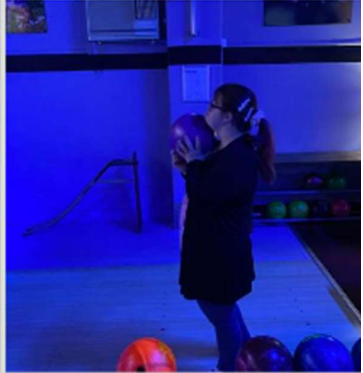
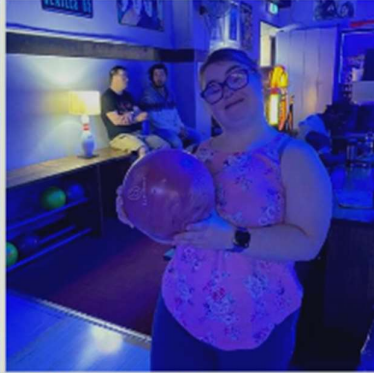
It was my first event as coordinator and was fantastic to finally meet this amazing crew.

At this event we saw some pretty awesome bowling skills, everyone gave it a red-hot crack. We had some impromptu dancing when a good song came on over the speakers, which lead to lots of smiles.

We introduced conversation cards, this way we can get to know each other more at each month's event. Conversation cards will be an activity incorporated into most events. While the cards were used to support participants to start conversations, there was also some singing that went along with them.

Thank you to the participants who gave feedback on the event and gave suggestions of activities they may like to do in the future. I look forward to meeting more participants at future events.

Daisy
daisy@downsyndromewa.org.au
0422 795 160



Aim High June Circus Quirkus event

Join us at Circus Quirkus for a contemporary take on your favourite, traditional circuses of ages past.

Over the many years Circus Quirkus have brought a mix of Circus acts from all over the world. Circus Quirkus have enjoyed internationally renowned Clowns, Jugglers, Acrobats, and more as they have delivered funny, hugely engaging and sometimes death-defying acts of unbelievable skill.

After the performance we will be going to Grill'd for dinner to chat about the awesome show we watched.

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

A promotional poster for the Circus Quirkus event. The background is dark red with a white and red striped circus tent canopy at the top. The text is centered in white and green. A QR code is located in the bottom left corner.

**CIRCUS
QUIRKUS**

JOIN US FOR THE AMAZING
CIRCUS QUIRKUS
PERFORMANCE AND DINNER

WHEN: SUNDAY THE 18TH OF JUNE
WHERE: ASTOR THEATRE - MOUNT LAWLEY
TIME: 3:45PM - 6:30PM
PERFORMANCE START TIME: 4PM

WE WILL MEET OUT OF THE FRONT OF THE
ASTOR THEATRE. AFTER THE SHOW WE WILL GO
TO GRILL'D FOR DINNER.

Book through try bookings now!

Try bookings QR Code

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

Freo Getaway

Aim High Club had a great time visiting Fremantle for the Getaway Camp.



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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