
Latest News from Down Syndrome WA

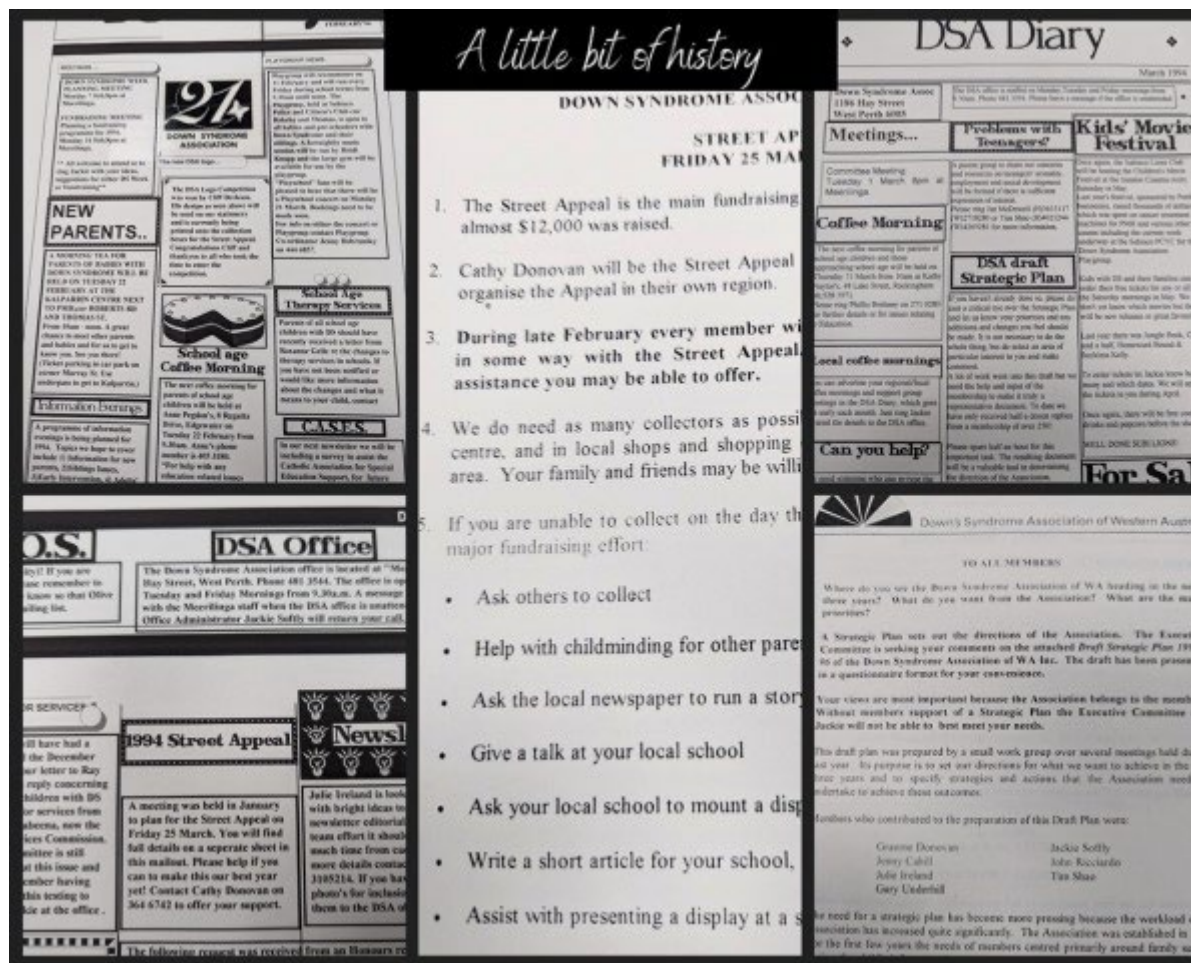


CEO's Corner

It is hard to believe that we are closing another financial year. Time has certainly gone by so quickly this last 12 months. We have another full eNews for you, we hope you enjoy our new Movie Reviews by Greg Carstens and A little bit of History. Thank you all for the support of the association this financial year. It has definitely been a year of both reflection and growth.

A little bit of history.

A couple of months ago I spent some time in our storeroom going through our archived records and found a wonderful collection of DSWA Newsletters from 1994 until 2008. They are a wonderful read, and a testament to the incredible work done to create the association and foster knowledge and support in the community by a dedicated group of parents and supporters. For the next few months, we will bring you "A little bit of history" each month in the eNews. This month it is an excerpt from February and March 1994. The association was run by volunteers, and supported by members, as you can see from the array of activities that the committee and community were working on and delivering.



Website

Across the Federation the DSA and State websites have been under review to improve functionality and access. This first review will attend to some of the most

important agreed improvements with more to follow in the future. DSWA will be adding some new pages and updating all pages on the website. Whilst we are in this process you may come across errors or pages that look incomplete, please bear with us as we create new content and take time to check the information on our site. If you have any specific website feedback, please email admin@downsyndromewa.org.au.

We hope this will provide a better website experience for all.

End of Financial Year

With just a day to the end of the 2023 financial year, this year's EOFY campaign has received \$2936 of donation from 14 members and supporters of the association. DSWA does not charge membership fees and not all of our services and activities receive funding, and grants do not cover operational costs like paying the lease or electricity bill, so your donations support us to be able to continue to provide support and services to the community.

Every small donation is precious and does make a difference. We know not everyone can donate now, and we are so grateful for the support we receive in other ways like sharing our social media posts, supporting us at events and making donations and commitments at other times of the year.

We know that support is required by our members across their lifespan at different times, and now with DSWA expanding our services and information including our support to families experiencing Down syndrome regression disorder and our new Dementia support group, we are continuing to respond to the community as we can.

We have also been incredibly fortunate to receive a donation of \$10,000 from the Perth Mint who are also a very strong supporter of the DSWA employment program. We are grateful to the Perth Mint for their ongoing support of both the employment program and the work of the association.

SLES Program Coming Soon

In response to a number of requests from families of children who finished school last year or are finishing this year, we have reviewed the SLES requirements and are thrilled to announce that DSWA will be formulating and delivering a formalized SLES program commencing in September 2023. We have been delivering SLES to two families this year, and it has worked very well. We will be in a position to offer a range of SLES related services, and Finding and Keeping a Job activities later this year.

We will be formulating the service outcomes over the next few weeks and will be sending out more information soon. To help us design the service for the first group of participants, I have attached an Expression of Interest form for you.

Please complete the form at <https://forms.office.com/r/zwAiaUbYk2>

Cassandra

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

Meetings and Association Events

24th July - Board Meeting
21st August - Board Meeting
18th September - Board Meeting
16th October - Board Meeting
October - StepUP!



Member Story

We had the privilege of welcoming Rachel Parker and her mother into our daughters primary school, during World Down Syndrome Awareness celebrations, to speak with the year five students about what life is like living with Down syndrome.

Rachel prepared a speech and PowerPoint presentation, sharing with the students and teachers what her life was like attending mainstream primary and high school. She shared valuable tips on how best to support a fellow student living with Down syndrome to ensure they are included and valued during their school journey.

Rachel shared what her life looks like now as a busy woman in her twenties working two jobs, volunteering and socialising. She shared her athletic and special interest achievements which include swimming and ballroom dancing.

Rachel presented to three different classrooms with Q&A sessions after each presentation. She also presented to a teachers only group followed by morning tea.

It was an absolute joy to have Rachel at the school. She was very well received and presented with flowers, chocolates and a big thank you from our daughters Teacher.

Rachel is a credit to Down syndrome WA in her advisory and advocacy role representing people living with Down syndrome.

Janette Cook



Welcome to our new Coordinator

We would like to introduce Stephanie – who will be coordinating services for Employment and Pathways.

She comes to us with a background in Public Relations and Marketing, working in various industries in her more than 30-year career including banking, health (including not for profit) and mining.

As well as successfully running her own Public Relations business, more recently for the past 8 years, Stephanie has worked on her own Health and Wellness business.

Her passion is educating people to make healthier choices when it comes to personal care and nutrition. Helping people understand the importance of reading labels, which enables them to make educated decisions on the products they choose to use on a daily basis, in an effort to help minimise the negative impact on their health.

Stephanie can be contacted at stephanie@downsyndromewa.org.au



One of our wonderful member families fundraises for the Association through the Entertainment Book "App".

Look at this fantastic offer. Great for you and wonderful for the association.

<https://subscribe.entertainment.com.au/fundraiser/83m541>

Get a bonus eGift card
valued at

Up to **\$40**

when you buy a Membership*
to The Entertainment App

Support now

Help us reach our fundraising goal
with Entertainment

Buy any 12 or 24 month Membership and
receive a bonus eGift card valued up to \$40*

Plus 20% of your purchase will be donated directly
to us to help support our cause!

Support us and save on everything you love
to do with an Entertainment Membership

Play, dine and save with Entertainment

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.



Lots of Socks Competition

Down Syndrome International are looking for people to enter their sock design competition.

Every year the official #LotsOfSocks for World Down Syndrome Day are created using a winning design submitted by a member of our global Down syndrome community, and this year it could be you!

The winning design will be worn by thousands of people worldwide to celebrate World Down Syndrome Day.

The closing date for submissions is Thursday 6th July 2023 and the winning design will be chosen by the DSI Ambassadors.

Previous winners have used this opportunity to promote themselves which we will support and you will of course receive a free set of socks before anyone else.

Find out more

at <https://www.worlddownsyndromeday.org/losdesigncompetition2024>

Good Luck!

World Down Syndrome Congress 2024



Save the date!

The World Down Syndrome Congress will be happening in Brisbane from 9 - 12 July, 2024

Call for abstracts and registrations open July 2023.

See more information at <https://www.wdsc2024.org.au>

Regional Outreach



Visit Dates

Mid West

Thursday 7th - Saturday 9th September

South West

Thursday 21st - Saturday 23rd September

Great Southern

Thursday 5th - Saturday 7th October (School Holidays)

Nikki is currently planning the regional outreach trips for 2023. The plan for each area is to have a community dinner, workshop and family catch-up.

Currently Nikki is looking into service providers in the area to attend. If you live in the regions, and have any suggestions on who you would like to hear from please contact Nikki on nikki@downsyndromewa.org.au

GREG'S MOVIE REVIEW

Movie review by DSWA
member Greg Carstens

MARVEL GUARDIANS OF THE GALAXY UNIVERSE

Once Upon a Time
in Gotham City

Peter Quill is a Star Lord he is a
Leader Super Hero in DC Comics
Crossover in Justice League he Meet
Batman working together and
he saw Under the Red Hood Mysterious
a Good Gentleman he makes an Good
effort... Always on time a Good Problem
Solver before in the Past Peter
Quill girl friend Ghost in the Mind
to take her down Time travelling
win her back into the future
will Return no longer a Celestial
in the Universe himself is dead
long time ago in History is Called
Good man kind just like Romeo
and Juliet in 1996 in Dirty Dancing
was Alive then his dad does
insist Part Guardian of the
Galaxy also to in the future

The

End written by
Greg Carstens 24/2/2023

New Parents Morning Tea and NDIS Information Session



We had a lovely morning on Wednesday at our Term 2 New Parent Morning Tea and NDIS information workshop.

Cassandra, Nikki and Tracy were joined by 4 babies and their families. It was great to welcome two new mums and their babies that hadn't been to an event before.

We shared NDIS information, with Tracy (our parent co-facilitator) going through the different services and resources that she has been able to access for her son. It was great to see new friendships and networks forming. Thank you to Telethon for their continued support in providing this vital service for our members.

Keep an eye out for the date of our Term 3 NPMT.





2023 DSNSW Annual Health and Ageing Conference: **Healthy, Wealthy and Wise(r)**

Wesley Conference Centre, Sydney + Online
10 - 11 JULY 2023



Dates

10 – 11 July 2023

Location

In Person or Online

About the event

Our Annual Down Syndrome NSW Health and Ageing Conference 2023 will be held at the Wesley Conference Centre, 220 Pitt Street, Sydney on Monday 10 July to Tuesday 11 July 2023. Full program will be released soon.

“Healthy, Wealthy and Wise(r)” will feature speakers from government, health professionals, the NDIA, parents and people with lived experience, as well as interactive age based workshops, networking drinks and canapes on the evening of Monday 10 July from 5-7pm.

This conference is for:

- Parents
- Carers
- Siblings
- Grandparents
- Adults with Down Syndrome
- Support Workers
- Disability Service Providers
- Government Departments
- Support Coordinators
- Local Area Coordinators

For further information and register at <https://events.humanitix.com/dsnsw-annual-health-and-ageing-conference-healthy-wealthy-and-wise-r>



NORTH METRO PLAYGROUP

Playgroup North has had a lot of very cool visitors this term! Thanks to our generous Telethon grant we have been able to offer some exciting incursions at our centre. We welcomed Girl Guides WA to teach us some fun camp fire songs that involved movements and signs. We also got into some nature flower painting with Girl Guide leader and member Kim and Eve.

The amazing team from Messy Mat Perth put on a very fun and colourful sensory experience for our kids. They enjoyed playing with the wet and dry mixes of materials. We put on our dancing shoes on for an in-house dance workshop from the team at Ambiance Dance studio. Parents and kids all got involved and learnt some ballet and acro moves, we discovered we definitely have some rising stars amongst our group!

Term two will finish up with an informative in-house speech session from the wonderful Kate at Little Sparks Therapy Perth. We are excited to gain some more knowledge and dive into the exciting world of therapy for our kids.

Tracy and Danica

playgroup@downsyndromewa.org.au



SOUTH METRO PLAYGROUP

What a beautiful month we've had at playgroup South this June.

We welcomed 2 new families and had a visit from our lovely Nikki. We've painted, crafted and explored our new foam climbing shapes.

One of the highlights of the month was having the awesome Chantelle from Messy Mats come along. The children and babies enjoyed using their senses to explore different tastes, textures and smells.

That's us all wrapped up for term two. We can't wait to do it all again term 3.

Renee and Nicole
playgroup@downsyndromewa.org.a



Kids Club

The KiDS Club had a wonderful time at our June event, a Music Workshop Jam session with Martin from Rhythm Fix!

Drumming, singing, and dancing filled the afternoon with lots of fun (and noise). The workshop involved bass drums and sticks, hand drums, bongos, bells, woodblocks, tambourines and shakers. Children got a turn at all instruments, switching between them throughout the 1-hour workshop. The session ended with games and dancing. Congo lines, dance-offs, and solos galore!

It was great to see everyone get involved, trying out the instruments and showing off their dance moves to the group.

Check out the KiDS Club calendar for our upcoming events.

https://docs.google.com/document/d/1SEfA4cro7BU3kN5dVOpDM_NpcLssK5iU_uwsEyEtBaX8/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.



Friends For Life

On the 18th of June the amazing Friends for Life group met up at the Astor Theatre in Mount Lawley, we were all very excited to see the Circus Quirkus show.

We all walked as a group up to Grilld. Each participant with the help of our wonderful volunteers ordered their own lunch. While at Grill'd we all chatted to

one another about what we had been up to since we last saw one another. After our yummy lunch we headed back down towards the Astor, the theatre was bustling and we couldn't wait to see what acts were in store. It was fantastic to see the smiles on all the participants faces and the amazement of when there was a wacky trick.

Thank you to all the Friends for Life group that joined us at this month's event, I cannot wait to see you at next month.

Daisy
daisy@downsyndromewa.org.au
0422 795 160



Next Event - Bowling!

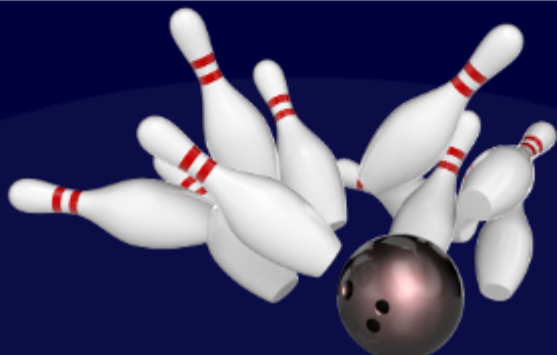
Book at <https://www.trybooking.com/CJJVS>

ZONE BOWLING

CANNINGTON



Where: Zone Bowling Cannington
When: Saturday the 22nd of July
Time: 11:00am - 2:00pm
Pick up/drop off location: Manning Rd
& Burton St, Cannington WA 6107
Lunch: Bring some money for lunch



AIM HIGH

On Sunday the 18th of June the Aim High group all met up to see the Circus Quirkus show.

The show kicked off with a bang and lots of laughter! Participants enjoyed the juggling and plate balancing act.

After the show, the group headed up to Grilled for dinner. Participants independently ordered their dinner, everyone enjoyed their yummy meals. The conversations and banter amongst the group was great, we were all laughing and chatting away to one another, talking about our weeks and activities we had gotten up to. Once again the conversation cards were a hit, these cards are a great way to engaged in conversation with people we may not know much about yet.

Thank you to the awesome Aim High participants that could make it to this month's event, I look forward to seeing you next month and at the July getaway!

Daisy
daisy@downsyndromewa.org.au
0422 795 160



Next Aim High Event - Footy

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

Footy at Optus Stadium

When: Saturday the 22nd of July

Where: Optus Stadium

Times: 4:45pm - 8:45pm

Bounce down: 5:40pm

Drop off/pickup location: Mciver Train Station




VS



Aim High Getaway

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

Woodman Point Recreational Camp 2023




Join Us

In July we will be going to Woodman Point Recreational Camp for our July Getaway.

Woodman Point Camp strives to be inclusive through its programs and facilities.

This camp will be a fantastic way to get to know each other. Build independence, learn skills to assist daily living and try new activities

I cannot wait to go on this camp and making some amazing memories.




Camp Activities

- Archery
- Geocaching
- Kite Making
- Ultimate sports
- Flying Fox
- Rock climbing

Important details

When: Friday 28th - Sunday 30th July
Where: Woodman Point Recreational Camp

How to book: Follow the try bookings link in the caption or scan the QR code



Aim High 3 Month Planner



Compliments and Complaints

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



Copyright @Down Syndrome Western Australia, All rights reserved
{{msdyncrm_contentsettings(9345d3f5-4a4a-eb11-a812-0022480fea01).msdyncrm_addressmain}}
(08) 6253 4752
admin@downsyndromewa.org.au

You are receiving this email because you have previously indicated that you would like to receive updates from Down Syndrome Western Australia.

[Unsubscribe](#) or [contact us to opt out](#)
