

September 2023

Latest News from Down Syndrome WA



CEO's Corner

September brings the excitement of our big event of the year StepUP! For Down Syndrome 2023. The team have been planning a wonderful event for the community on 8 October. StepUP! is for all families young and old, new and long standing members. We would love to see you there on the day. For those that have begun your fundraising teams, thank you. To date, fundraising is at 12% of target and we have 76 registrations. Last year the event was a wonderful family day with 350 people attending. The team are working hard to bring you and your loved ones a wonderful day and one that raises funds for the association.

The board and I were invited to lunch at Parliament House with the Honorable Kyle McGinn, Parliamentary Secretary to the Minister for Regional Development; Disability Services; Fisheries; Seniors and Aging; Volunteering. It was a wonderful opportunity for the board to speak about the challenges and opportunities for the Association going forward.



Each year DSWA has the opportunity to present to the second year Medical Students at Curtin University. This year Rachel Parker, her mum Nia, and myself (filling in for Nikki) presented to over 70 students. Rachel Parker, WA Health Ambassador presented on how best to speak to a person with Down syndrome about their health. It was a great presentation to a wonderful group of very engaged medical students. A huge thank you to Rachel and Nia for giving up their time to present.

I was very fortunate to meet with Victoria Park Lions to tell them a little more about what DSWA does. My thanks go to their members for the time they afforded at their recent meeting. We are very grateful for the \$300 donation they have made to DSWA.

We have completed the end of financial year reporting and are in the process of finalising the 2023 Annual Report. This years report will be provided in a digital version. We have found that in the past 2 years less than 10 printed copies have been requested, this will save precious funds for the organisation and support our commitment to reducing waste.

We are looking forward to an outstanding World Down Syndrome Month in October, with StepUP!2023 leading the way. The team will also be attending the 2023 Telethon Family fun day, and we hope that if you are visiting Telethon you might drop in and say hi.

I invite you to read the member story for this month. Eve Bicker (10) held her annual Cup Cake Fundraiser for DSWA on the weekend. Eve has been making cupcakes to fundraise for DSWA since she was 4 years old. This year Eve was joined by her brother Isaac (8) with his Lemonade stand. Eve and Isaac want to support their little brother Elliot (6) and others living with Down Syndrome. This amazing sister and brother combination raised \$1000 for the association this year, bringing Eve's total fundraising to over \$2500. Congratulations Eve and Isaac, we are so proud of you and very grateful for the donation you have raised.

Cassandra

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

DSWA Annual General Meeting

Tuesday
24th October 2023, 7pm
at
DSWA Office, Cygnet Hall
17 Hackett Drive, Crawley

Please note the AGM will be held on Tuesday 24
October, not Wednesday 25 October as stated in
the Nominations notice.

Meetings and Association Events

8th October - Step UP! for Down syndrome

24th October - Annual General Meeting

27th November - Board Meeting



ANNUAL MEMBERSHIP RENEWAL



DSWA does not charge fees for membership, however we do need to ensure that each year we check in with members to ensure we have the correct details on file. To keep your membership current, please complete the Annual Membership Renewal Form.

So far about 18% of members have renewed their free membership. To ensure your membership remains current, please complete the Annual Membership Renewal form. Follow this link: <https://forms.office.com/r/kWQamFmppL>

The form takes just a few minutes to complete. If you are the primary carer of a person with Down Syndrome, you can also fill in their details. Family members can also fill in the form. This ensures all members of your family keep their membership are update. It would be great to see us reach 100% membership renewal. Non renewed memberships may be archived.

StepUP! 2023!



The fundraising and family fun day event of the year

8 OCTOBER

09.30AM – 1:00 PM



StepUP! for Down Syndrome is a national event, fundraising and raising awareness of Down syndrome, held during Down Syndrome Awareness Month - October. It celebrates the significant contributions people with Down syndrome make to our communities.

WA's event is being held on 8 October 2023 at Taylor Reserve in Victoria Park on the river foreshore. Funds raised in WA stay in WA to support our community. An event for all ages, and all families and their supporters.

Plan to walk the adventure walk, or take it further and make it a lapathon and get sponsors for your walk. The walk/run fundraiser is followed by an amazing family fun day.

Choose how you will participate and if you can't make it but want to fundraise for our community choose "your way" which might be a bake stall, push up challenge or what ever inspires you and your friends and family. See you there!

<https://www.mycause.com.au/events/stepupwa2023>



Whats on!



30 September

Aim High
Op Shop Disco

30 September

Friends for Life
Superhero Disco

5 October

PCH
Outreach

8 October

StepUP!

9 October

Playgroup
South Metro

12 October

PCH
Outreach

13 October

Playgroup
North Metro

15 October

Kids Club
Yoga

16 October

Playgroup
South Metro

19 October

PCH
Outreach

24 October

DSWA AGM

1 November

Free Workshop
Becoming a
Teenager

9-11 November

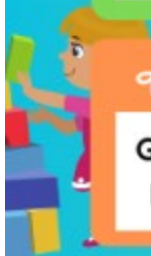
Great Southern
Regional Visit

29 November

Free Workshop
Behaviour Mgmt

9 December

Christmas
Party



Member Story

Eve and Isaac's Cupcake and Lemonade stall.

Eve and Isaac are Elliot's big sister and brother. Read about their amazing fundraising efforts for Down syndrome WA below, as written by their mum Tracy.

This year marks 7 years since Eve held her first cupcake stall for Down syndrome WA.

I still remember the little girl, who at 4 years old, asked me if she could do something to help her little brother and all his friends just like him. She made a plan to put together her first stall and she has never looked back.

Big brother Isaac decided to join the fun this year with his first lemonade stall. He was so excited to also raise funds for DSWA and hand out his lemon themed cups and straws.

We held the stall in our front yard on a beautiful spring Sunday morning. Thanks to everyone's very kind generosity, Eve and Isaac raised a grand total of \$1000!

This year was such a huge success and it's all thanks to our local community and a brother and sister combo who wanted to make a difference for Down Syndrome WA.

We are so proud of our big two kids for stepping up and showing such a level of maturity beyond their years





Down Syndrome
Western Australia

EMPLOYMENT MENTORS

Apply Now!

Role: Mentoring and Coaching a participant in the workplace to becoming independent in their role

REQUIREMENTS

This role is a casual position

- Hours dependent on participant requirements
- Lived with or work experience with people with disabilities is highly regarded.
- Experience in coaching or mentoring preferred
- An interest in supporting a life of possibilities
- Enjoy working with young adults
- Must undertake NDIS worker screening.



Send a Resume and Cover letter to;

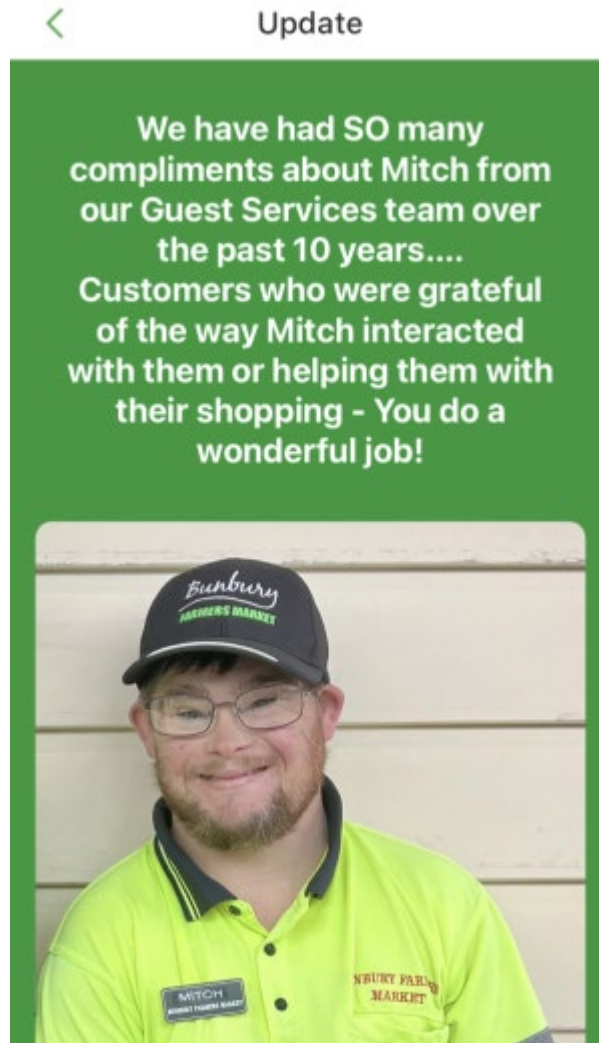


employment @downsyndromewa.org.au

**APPLICATION CLOSING DATE EXTENDED:
MONDAY 2ND OCTOBER**

Mitch celebrates 10 years at Bunbury Farmer's Market

This is the acknowledgement from Mitch's employers, the Bunbury Farmer's Market. Mitch celebrated 10 years of working for Bunbury Farmers Market. He will be using his Long Service Leave to travel to Canada for his cousin's wedding.





Free Workshops hosted by DSWA

Down Syndrome WA hosts regular workshops aimed at providing essential information on a wide variety of topics for people living with Down Syndrome and their families/supports.

Watch out for our upcoming workshops and save the date.....

Becoming a Teenager

Wednesday 1st November:

Becoming a teenager is an exciting time in a young person's life. It is a time filled with growth and increasing independence as they step away from

childhood and move toward adulthood. This age can also be a time of huge change and administrative challenges for parents and supporters. This workshop will cover the key administrative changes you will need to carry out for your teenager.

Behaviour Management

Wednesday 29th November:

Identifying and understanding concerning behaviour, how to better respond, implementing strategies to support those with behavioural concerns, how to best communicate with those with complex communication needs.

If there is a specific topic you would like us to consider for a workshop, please reach out to us at employment@downsyndromewa.org.au.

The pathways project is part of a National Capacity Building Program created by Down Syndrome Australia and funded by the Australian Government through the Information Linkages and Capacity Building (ILC) Grant program.

Siblings Australia Visit

DSWA was visited by new Siblings Australia CEO Dr Shannon Schedlich. Cassandra and Shannon met to discuss how our organisations can work together to support and celebrate siblings of people with Down Syndrome.

We would also like to thank Shannon for the lovely basket, Siblings Australia donated, for StepUP! 2023.



Siblings Australia Online Workshop

The workshop will explore the importance of the sibling relationship, and how nurturing this from a young age can support well-being, social inclusion and safety for a person with disability.

Join Siblings Australia Chief Executive, Dr Shannon Schedlich, as she outlines these existing resources and talks about the support Siblings Australia can provide.

Register online at <https://us02web.zoom.us/meeting/register/tZcoce-upjouHNammvuGLgtK3xMXgYcJgNKR?fbclid=IwAR0aBvgUyiPK0CEouoBhCpZmqKsO9e9JdHSva4nPB3lluo0Qisw5IvQ0Dtg#/registration>



Siblings Australia Online Information Session

October 18, 2023
7.00pm - 8.00pm AEST

The relationship between siblings is often the longest of a lifetime. If this relationship is strengthened and nurtured from a young age it can set up better outcomes for both people going forward. A strong relationship between siblings can enhance the well-being, social inclusion and safety of a person with disability.

Siblings Australia runs a series of programs for siblings, parents and support workers, working across the age spectrum.

Join Siblings Australia Chief Executive, Dr Shannon Schedlich, as she outlines these existing resources and speaks to future plans for the organisation to expand its services.



Preorder your 2024 Playgroup Calendar



Preorder yours

at <https://www.mycause.com.au/events/stepupwa2023/merchandise>

Calendars can be picked up at StepUP! or the DSWA Office. For those needing postage please click the postage option on the merchandise page.



What is Down Syndrome Regression Disorder?

Nia Parker (DSWA Board Chair) has written an article in the current Medical Forum journal.

Read it at <https://www.downsyndrome.org.au/wa/wp-content/uploads/sites/11/2023/09/DSWA-Whats-is-Down-Syndrome-Regression-Disorder-Nia-Parker.pdf>

Down syndrome: The Essentials online course

This free online short course was developed by Down Syndrome Australia. It is accredited by the RACGP for 6 CPD points. This e-learn is designed for anyone working or studying in health.

It provides the learner with a single place to access much of what is needed to be able to provide the best health care to people with Down syndrome. The e-learn also invites and equips the learner with information and tools to challenge bias and stigma towards intellectual disability and to advocate for a more inclusive society. 'Down syndrome: The Essentials' is an action towards positively influencing the current appalling health statistics for people with intellectual disability in Australia.

<https://study.unimelb.edu.au/find/short-courses/down-syndrome-the-essentials/>

Health Screening Tool

This resource provides information on some of the more prevalent health conditions that people with Down syndrome may experience and the health screenings that should be made available.

<https://www.downsyndrome.org.au/services-and-supports/professionals/health-screening-tool/>

All the DSA federation resources can be found at <https://www.downsyndrome.org.au/resources/>



We're looking for volunteers to help with data entry in October.

If you have sound computer skills and would like to help, send us an email at admin@downsyndromewa.org.au

Employment

It has been another busy month with our Employment Project.

DSWA's Open Employment platform is about supporting people living with Down Syndrome to get jobs that suit/fit their skills so they can be independent. DSWA work with businesses to create roles that fill a need for

the business and at the same time assist our members in achieving their life goals.

We are currently working closely with two of WA's big universities with the possibility of multiple job opportunities, a golf club, a cleaning company, a settlement agency, an accounting firm, an electrical company amongst others.

One of our members has recently successfully completed a job interview, and two others have accepted job offers, pending onboarding of employment mentors.

To enable us to support our members looking to work, it is imperative we have suitable mentors to work alongside them in their place of employment. You might be someone who has a couple of days a week free, or maybe you are available school hours. A great mentor has life and work experience, and either lived or work experience with a person with a disability. If you are interested in becoming an employment mentor, if you know of anyone that may be a good fit or you would like further information, please reach out to Stephanie at employment@downsyndromewa.org.au.

World Down Syndrome Congress 2024



The World Down Syndrome Congress 2024 will be held in Brisbane, Australia from 9 - 12 July 2024. It is an unmatched opportunity for people with Down syndrome, families, advocates, professionals and researchers to meet, and share knowledge, insight and experience with others from different countries and environments around the world. Those who attend once rarely miss it again!

Registrations are now open - <https://www.wdsc2024.org.au/registration.html>

Call for Presentations Proposals

- <https://www.wdsc2024.org.au/presentation-congress.html>

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

Regional Outreach



We are so grateful that the Regional Outreach program is proudly sponsored by Telethon7 Perth.

The month of September was very busy, with visits to the Midwest and Southwest regions.

In the Midwest I was joined by two families for dinner at The Mad Mexican. It was great to catch up with long time members and meet face to face, a family that I have only ever connected with online. I then spent Friday delivering DSWA Resource packs to GP and hospital services in Geraldton, which were very well received. I also met 1:1 with Sue and Penny and delivered Penny one of our Telethon Teddies which put a big smile on her face. I finished my visit with Breakfast at the Dome, discussing Christmas party options with the regional representative Emily.



The Southwest visit started with a couple of meetings and then lunch with long time members. It was great to chat about the types of services that have existed and ones that are needed for the future. Friday was spent delivering resource packs to GP and hospital services, which once again, were very well received. Friday night I was joined by 5 families at Froth Bunbury. There were 18 of us all up. The kids had a great time playing in the activity section, while us adults took the time to meet new people and reconnect with old friends. There were lots of discussions for future catch-up and I look forward to seeing this community grow.



Our next visit is on the 9th – 11th of November to the Great Southern region in Albany. I am looking forward to connecting with the community while I am down there.

Nikki Schwagermann
nikki@downsyndromewa.org.au



Down syndrome. Your guide to breastfeeding.

Free seminar presented by the Australian Breastfeeding Association.

Learn about breastfeeding your baby with Down syndrome at our 1.5-hour webinar. A mum will share her experience and tips. You can ask anything you want to know in the Q&A segment.

Register at <https://www.breastfeeding.asn.au/products/down-syndrome-your-guide-breastfeeding>



Australian
Breastfeeding
Association

Down syndrome. Your guide to breastfeeding

Wednesday 25 October, 7pm AEDT

What's covered

- Getting started – including positioning and attaching a baby with low muscle tone
- Information on supporting additional health needs of a baby diagnosed with Down syndrome – including sleep and medical needs
- Steps for a comfortable feed
- How to tell when your baby is hungry
- Signs that your baby is getting enough milk
- What's normal for newborn feeding and common baby behaviours
- Where to go for help and support

FREE webinar

Learn about breastfeeding your baby with Down syndrome at our 1.5-hour webinar. A mum will share her experience and tips. You can ask anything you want to know in the Q&A segment.



Book now!

[aba.asn.au
/bps-down](https://aba.asn.au/bps-down)

2024 Trisome Games - Antalya Turkey 19-26 March

[Sport Inclusion Australia](#) is calling for expressions of interest from athletes, coaches and managers for the upcoming Trisome Games.

The Trisome Games is for athletes with Down syndrome and provides competition across 7 sports; Athletics, Basketball, Futsal, Gymnastics, Judo, Swimming, Table Tennis, and Tennis

If you would like to be consider for the Australian team in any of the above sports please lodge an Expression of Interest at: <https://drct-sportinclusionaustralia.prod.supporterhub.net/pages/2024-trisome-games-eoi>

For more information on the Games please email sport@siasport.org



NORTH METRO PLAYGROUP

North Metro playgroup has been a buzz of activity this month. We had a very busy two weeks of photo shoots for both North and South playgroups. Our theme for our 2024 Playgroup calendar is "Life is Sweeter with You" and it certainly is! Our beautiful models turned on all the smiles to make for a very special calendar next year.

We have also enjoyed a visit from the team at Bright Bunch therapy. The wonderful Nat and Shelby treated our kids to some OT sensory play and a signed story time session.

Danica and I have been busy behind the scenes planning all things Step up. We are very excited to showcase all the fun events and attractions that will take place on the 8th of October. This is such a wonderful opportunity for families to come together and celebrate all our kids and our community. Our dream is to see as many families come along and register a team to make this event as successful as possible.

Danica and I would like to say a big thank you to all our families for attending playgroup this term and we wish you all a happy and safe holidays

Tracy and Danica

playgroup@downsyndromewa.org.au



SOUTH METRO PLAYGROUP

What a beautiful September at playgroup South we've enjoyed a test run on our Halloween crafts, we've relaxed to mums and bubs yoga therapy, played with our sensory toys and most importantly networked and socialised with our parents and bubs xx ♡

Renee and Nicole

playgroup@downsyndromewa.org.au



Kids Club

Supported by



STAN PERRON
CHARITABLE
FOUNDATION

Supported by the generous grant from the Stan Perron Charitable Foundation, the KiDS club had a wonderful morning at the Cannington Leisurelex indoor playcentre for our September event. We had the play centre all to ourselves, and everyone had a blast. It was great fun to see everyone gaining courage to try out the slide! We finished off the event with some morning tea.

The KiDS Club October event is a Yoga Class with Sacred Yoga!
Check out the KiDS Club calendar for more information, and for our other upcoming events:

[KiDS Club 2023 timetable](#)

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.



Next Event - Yoga

The class will involve breathing, yoga shapes, and sound therapy. After the class enjoy a parent catch-up whilst the kids have a play in Braithwaite Park, afternoon tea will be provided.

DATE: Sunday 15 October, 10:30 - 12:30
LOCATION: Mount Hawthorn Lesser Hall
197 Scarborough Beach Rd, Mount Hawthorn WA 6016

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

YOGA CLASS WITH SACRED YOGA!

The class will involve breathing, yoga shapes, and sound therapy. After the class enjoy a parent catch-up whilst the kids have a play in Braithwaite Park, afternoon tea will be provided.

DATE: Sunday 15 October, 10:30 - 12:30
LOCATION: Mount Hawthorn Lesser Hall
197 Scarborough Beach Rd, Mount Hawthorn WA 6016

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

Friends For Life

I would love your ideas of activities you may like to do in 2024, you can let me know through the this link: <https://forms.office.com/r/hpp2VSPwzf>

Daisy
daisy@downsyndromewa.org.au
0422 795 160

AIM HIGH

On the 8th of September the Aim High Program Headed off to the Pinjarra Mandurah area for our Getaway.

We started our trip at the Dwellingup treetops course where our wonderful participants climbed throughout the trees for the afternoon. It was burger night for our first dinner of camp, thank you to our wonderful participants for cooking!

Into Mandurah we went on our second day of camp where we boarded the Mandurah Cruises boat to check out the dolphins through the canals. Amaze Miniature Park was where we put our golf skills to the test, we had the best time walking through the park and ended our day with some ice cream. Meeting the kangaroos at Ranger Reds Zoo was a highlight of the trip, it was fantastic to see so many happy faces while there.

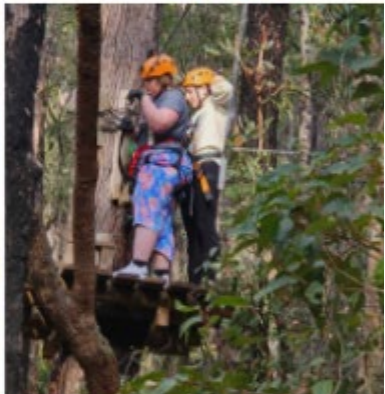
Thank you to our awesome support staff and volunteers, your encouragement and support for our participants never goes unnoticed.

A massive thank you to our participants! We had 8 participants on this camp, it is fantastic to see our Getaway numbers growing and seeing you all have so much fun.

Daisy

daisy@downsyndromewa.org.au

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](#).

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.



Down Syndrome
Western Australia





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