



Latest News from Down Syndrome WA



CEO's Corner

Here we are at the end of the 10th month, and what a busy month it has been. October, being Down Syndrome Awareness Month has been a busy one for the association with a number of opportunities for us to engage with the community and raise awareness and much needed funds for the association.

The festivities of this month started with StepUp! 2023, and what a beautiful day it was. The weather turned it on with a mild and sunny morning for us all to take part in the adventure walk and continue walking the lapathon. Our market stall holders displayed their beautiful art and creative products, and the vendors and activities were outstanding. I wish to thank Tracy Bicker and Danica Bowes for taking on the organisation of this years event, and also to Nikki Schwagermann for her continued support of this event.

This year in the lead up to Telethon, we were privileged to meet with the Premier Roger Cook, and have him meet some of our families to learn more about the impact of Telethon funding on our association. Channel 7 covered the event on the 7 News and the West Australian published an article about DSWA which were both wonderful opportunities to speak to the broader community about Down syndrome. The team then attended the Telethon family fun day setting up a stand in Charity Lane, which was very busy this year, seeing our Volunteer team engage with hundreds of members of the public. Our thanks go to Telethon7 for their continued support of two Playgroups, Regional Outreach and Family support, without their help, visits and support to families would not be possible.

To continue October's theme, Over 100 members were invited to attend a beautiful morning tea with our joint Patrons His Excellency the Governor of Western Australia and Mrs Dawson at Government House. This was a beautiful event and one that bought together members from across the ages. Each year a different group of members are invited to this major event, which last year was held on World Down Syndrome Day. Thank you to everyone that attended, and special thanks to His Excellency and Mrs Dawson for their support and their engagement with every member that was present. (Read the Government House article)



On Tuesday 24th, the association held its AGM and welcome new Board Member Jemma Henderson. Jemma had been coopted to the board last year and was filling the role of treasurer. We are all delighted to have Jemma

appointed to the board. The board also farewelled two members, Sebastien Malinge who served the DSWA community for 4 years, and was invaluable to the board in the area of research and to Holly Weinbrecht, serving three years, Hollys experience in the NDIS space was so important. On behalf of the board, our deepest thanks to both Holly and Sebastien for their service.

As CEO I have also met with two more new or returning families with adults with Down Syndrome who are over 45. We are delighted to be welcoming back so many older families and I look forward to working directly with you all to learn more about what supports we may be able to offer you. I was also fortunate to attend the workplace meeting with Braden Wake and his employer WireAid where Brayden has now begun working independently. It is fantastic to see another member fully engaged in meaningful work and be remunerated at the appropriate award wages. Congratulations Brayden.

I was very fortunate to be invited to the launch of the Perth Glory Season with our partners DLA Piper, who are a key sponsor of the Glory Women's team. Through this partnership there will be a number of opportunities for members to attend Perth Glory games this season. Keep an eye on the DSWA Family Support network page for when tickets are available. It would be great to support the generosity of the DLA Piper team by filling all seats we are awarded. This month I have also met with the new CEO of Siblings Australia and attend a Disability Sector engagement meeting.

Our Team enjoyed another workshop in our Leadership series, presented by the fabulous Phil Preston, Keynote Speaker, Facilitator and Author from Sydney, who spoke to the team about how to share our message to have impact. A wonderful and enlightening session and many thanks to Phil. You can learn more about Phil at https://philpreston.com.au We are very fortunate to have such a generous and skilled range of presenters sharing their knowledge with our team at no cost to the association. The team is now also half way through the Dare to Lead program by Dr Brene Brown which is expanding us all.

Looking forward, Nikki and I will be visiting the Great Southern Region for their regional outreach visit in early November, it is not often that I can join a regional outreach visit, but this visit we have a Educators workshop and major presentation to give at the hospital. We are looking forward to both events, and sharing more with education and health professionals on Down Syndrome and creating a life of possibilities for their students and patients with Down syndrome.

We have a Down Syndrome Regression group meeting on Saturday 28th October at 10am and a final Dementia Support Group meeting at 10am on Friday 1st December.

On Monday Nov 1st, we will be attending the Belmont and WA Small Business Awards dinner where DSWA is a finalist in 4 categories. Corporate Social Responsibility, Business Improvement, Business Woman of the Year and also the Karl Farrel Inspiration award. We are grateful to again have been nominated and now to be finalists.

We have now received formal notification and publicity about our success in the Synergy Community Giving funds round for this year, being awarded \$10,000 for the commencement of a Down Syndrome Advisory Network, which will bring together a group of adults with Down Syndrome of all abilities to work together, build their leadership skills and to give presentations, attended key consultative processes and speak about their lives, as people living with Down syndrome. I am personally very excited about this project, which we will need to seek additional funds to continue, but this is a key starting point for this very important new Advisory network. More information on how to lodge an expression of interest will be sent out to members who are over 18 years in the coming months.

Finally from me for October, I am delighted to announce that the 2023 DSWA Christmas party is a whole of association event. I am committed to bringing together our membership and we would love to have you all join us to celebrate our year and give thanks for the extraordinary community that we are all part of. There is more on the Christmas party later in the eNews but you can book on Trybookings, there is no cost, but we will need to know numbers for the catering of afternoon tea. This will be a wonderful event, with family games, lots of opportunity to catch up, there will be music, facepainters, bubbles and Christmas craft. Please support this event, and come together and join us to celebrate.

Warmest Regards Cassandra

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

Meetings and Association Events

27th November - Board Meeting9 December - DSWA Christmas Party

Congratulations

Congratulations to Nia Parker, Chair of the DSWA Board. Nia has been appointed to the Ministerial Advisory Council on Disability and to the board of the Disability Service Commission (DSC).

The board is the governing body of the DSC and is responsible for the performance of the Commission's functions under the Disability Services Act 1993.

The Advisory Council provides advice to the Minister for Disability Services and State Government on all matters relating to people with disability in Western Australia. For more information, visit https://docsm.au/3tBiNJm



DSWA Christmas Party

DSWA Christmas Party Saturday 9 December.

This year we are holding an all of association Christmas Party and we would love you and your family to join us. We will be celebrating at the Adam Armstrong Pavillion in Dalkeith where there is a beautiful grassed area, shaded pavilion and lots of room for us all.

Come along and enjoy some Christmas craft, Bubbles, Family games, Face painting and music. Afternoon tea will be provided.

You can book for this FREE event on

Trybooking: https://www.trybooking.com/CMODA

Bookings are essential to ensure we can cater and setup up games and activities for everyone.



RSVP at https://www.trybooking.com/CMODA

Toby's Team

Family and friends of our lovely member Toby, showed their support for DSWA by running a cup cake stall. Their incredible community donated time and hundreds of cupcakes.

Toby's Mum, Ji, started a small cup cake stall in front of her house in 2020. Now Toby's family hold it every year in October for Down Syndrome Awareness Month and it's grown so large it has moved to a park.

This year the team baked 500 cup cakes and fundraised throughout October. Toby's Team raised a grand total of \$3000 to support DSWA. Amazing!





Employment

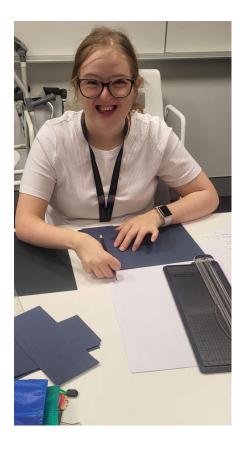
What an exciting time for one of our members Sian King.

Moving from SLES into the world of employment. Sian worked with a mentor to learn new skills including answering the phone, how to use word, and excel. She learnt how to create documents in Canva as well as many other things.

Sian had the opportunity to visit a number of different office environments including a fashion design office, an accounting office, an electrician's office and a settlement agency.

She applied for a job at Curtin University in their Allied Health Learning Centre, went for an interview and was successful.

On 10th October, Sian commenced her role as administrative assistant for the Learning Centre for the school of Allied Health at Curtin University.



Sian said, since leaving school it has been my dream to be independent and work in an office. "I work with Ana, Marg and Trish – I get to welcome students, help them find the things they need, I help keep the learning space clean and tidy, I help make up resource kits and file books away.

I love my job and am saving to go on a holiday to Ireland with my family.



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



Upcoming Workshops

Becoming a Teenager

Down Syndrome WA is hosting a FREE online workshop Becoming a Teenager on Wednesday 15 November 2023.

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 covers some of the key administrative changes you will need to carry out for your teenager."

If you would like to participate in our workshop, please click here to register https://www.trybooking.com/CMEXJ



Foot Health Workshop

Dr Burke Hugo, Specialist Podiatric Surgeon and Associate Professor at UWA together with Paul Cummings, Managing Director of Orthotics Made Easy have kindly offered to run a workshop about everything Foot Health for Down Syndrome WA members and their families.

The workshop will be held on Wednesday 22nd November at 6pm (venue details to follow). If you are interested in attending, please click here to register https://www.trybooking.com/CMVEX



All children deserve the opportunity to learn social skills, bond with others, and figure out what works for them.

Ocean Heroes offer 2 great programs:

Free Events Programs - Ocean Heroes hosts free surfing events all around Western Australia. These events cater for all levels of participants and are run by highly experienced staff and volunteers to ensure safety and inclusion for all. To register, follow our social media (Instagram & Facebook, Ocean Heroes) and keep an eye out for upcoming events in your area soon!

Surf Experience Program - The Surf Experience program is a 1:1 surf experience based in Perth, Monday to Saturday year round (weather permitting). Each 1 hour session is catered to the participants NDIS goals based are community participation and social interaction. If you're self or plan managed you should be able to access funding for these sessions. To enquire please email Luke@oceanheroes.com.au.

Playgroup Calendar

Christmas is all sorted..... the 2024 DSWA Playgroup Calendar is now for sale. This beautiful calendar is perfect for those who love to keep our lives organised the analogue way! And there is truly no more beautiful way to record what is happening in your life each month.

You can buy calendars online and collect them at the DSWA office, Playgroups, or any of the other social groups. Or, you can have them posted to you.

Go to our MyCause Merchandise Page https://www.mycause.com.au/events/dswamerchandise



World Down Syndrome Congress 2024





World Down Syndrome Congress 2024

What is it?

The WDSC is an 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. Down Syndrome Australia are the National hosts for the WDSC 2024.

Where and When is it?

The Congress will be held in Brisbane from 10-12 July 2024, with some pre-congress events on the 9th July.

What Happens at WDSC?

The Congress program contains sessions for parents, professionals and researchers, with keynote speakers and the opportunity to choose sessions which interest you from a range of topics. There wil also be performances, poster presentations and an exhibition space.

There are sessions that will be suitable for people with Down syndrome (18+), and for younger people with Down syndrome and any other siblings there will be school age and childcare programs available in addition to the Congress program, there is a Health Day for healthcare professionals and researchers, and a Self-advocacy Day for adults with Down syndrome.

There are also numerous social events during the Congress from a Welcome evening, to a Gala Ball at the end of the Congress, and many other social opportunities.

Why People Attend

- · Sharing experiences with other parents.
- · Being part of a world-wide Down syndrome community.
- Watching new friendships develop amongst people with Down syndrome.
- · Great opportunity to meet leaders of large Down syndrome networks/organisations
- Content, information and knowledge gained during the three days.
- Being able to network with people from different cultures and countries and be able to develop a bigger network.
- Face to face interaction with world renowned speakers.
- Local performances during the congress.

How Can I Get Involved?

If you are interested in speaking, presenting or performing at the Congress, you can submit an abstract to be considered by the organisers.

How Can I Find Out More?

To find out more, go to the website at wdsc2024.org.au, or contact us at info@wdsc2024.org.au.

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

Ready for Work

Our formalized SLES program is ready to kick off with our Ready for Work Course.

Join us for a nine week Ready for Work' course which will run weekly commencing on Wednesday 8th November from 10am – 12pm.

The course will cover goal setting, preparing a resume, preparing for work, looking for work and interviews amongst other things.

This may be funded through SLES so check your NDIS plan today to see if you are eligible.

If you wish to participate, please click here to register https://www.trybooking.com/CMQXK

Discovery

As part of our SLES program, to ensure we create an individual SLES plan that meets the goals and desires of each participant, it is essential that members participate in a one-on-one Discovery process.

Discovery is the process of understanding more about the participant, their strengths, talents, interests and goals. It also, helps to recognise areas that may need some extra support or training.

If you wish to undertake our Discovery process, please contact employment@downsyndromewa.org.au to register your interest.

Ready for Work

Join us for a 9 week course including:

- Goal setting
- Preparing your Resume
- Preparing for work
- Looking for work
- Interviews

Commencing 10am - 12pm Wednesday, 8th November 2023

Wonil Hotel 21 Hackett Drive Crawley WA

For more information email: employment@downsyndromewa.org.au





Down Syndrome

Disability Legal WA is part of Legal Aid WA.

Disability Legal WA is for people living with a disability who need assistance from Legal Aid WA.

Our role is to help people living with disabilities have the same access to justice as everyone else in the community.



A disability can be anything that significantly impacts your ability to function. This includes physical disabilities, sensory disabilities, learning disabilities, mental health disabilities, and more.

Please contact us if you are a person with a disability who may need legal help. We can help you figure out what legal help you need, and will work with you to access that legal help.

If you have a lot of legal matters happening at once, or you need a lot of support, Disability Legal WA can also assign you a support worker to help you with the process.

Fine more information at https://www.legalaid.wa.gov.au/about-us/dlwa



The Western Australian chapter of SibConnect is delighted to host their inaugural SibConnect event for siblings of people with disability/chronic illness. Peer group leader, Jacinta and back-up leader Belle would love you to join them for afternoon tea on Sunday, November 5, from 2pm until 4pm. To find out more details about the event, register here

SIBCONNECT

hosted by



for siblings of children and adults with disability/illness

SibConnect is Sibling Australia's national, state based, peer support program. SibConnect provides opportunities for siblings to connect, exchange experiences and provide mutual support, whether that be over dinner, coffee or game of bowling.

Recognising that, sometimes, 'no-one understands a sib like another sib', the program provides opportunities for siblings to connect with others, who have lived experience of being the sibling of someone with a disability.

Siblings Australia are currently re-activating the Western Australian chapter of SibConnect and welcome new siblings to the group.

If you are interested in joining
SibConnect, please sign up by scanning
the QR code below, or alternatively
you can contact SibConnect Project
Lead (and sibling) Natalie, via email
at natalie@siblingsaustralia.org.au



World Down Syndrome Congress 2024 Scholarships

DSA are offering some exciting sponsorship and scholarship opportunities for Congress, thanks to the Sherry Hogan Foundation.

The Together We Can Scholarship package is open to any person living in Australia with Down syndrome whom would like to undertake mentoring and Leadership training and participate in a leadership role at World Down syndrome congress 2024. Applications are now open and will close November 30th - Together We Can Application (google.com)

5 x recipients will be chosen by a selection committee and notified in January to commence training with Liz Wills (Congress Coordinator)in February 2024.

Our Second round sponsorship opportunities - Celebrate Diversity and Inclusion Sponsorship applications will open in December and will be open to any person living in Australia whom would not typically be able to attend congress due to financial, travel and location constraints. Funding will be available provide travel/accommodation and congress program tickets to a person with Down syndrome and their support person. This funding is targeted at persons living in a rural and remote areas in Australia. This sponsorship package provides opportunities to attend congress in person which will enhance the recipients ability to connect and make new friends with a community of international people, gain education and insights to take back to their home town and will provide social connections with an amazing program on offer.

For further details see:

<u>Together We Can Scholarship Application Easy Read</u> <u>Together We Can Brief</u>





Great Southern Regional Outreach

Its your turn for our annual visit, and we are hoping, that having left it a bit later in the year, we will be blessed with some beautiful Great Southern Sunshine.

We will be visiting the region from the 9th to the 11th of November. The visit

will involve two opportunities for the community to catch up. Friday night Dinner (Venue TBA) and Saturday morning at 9.30 at Eyre Park.

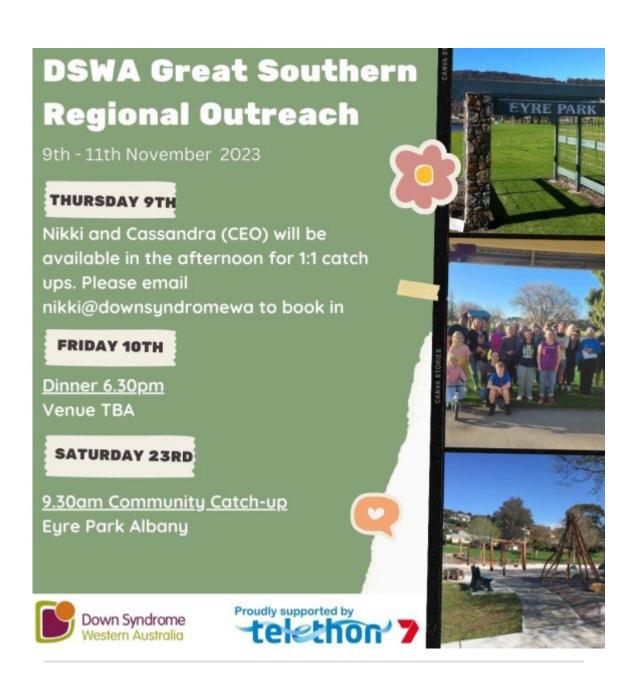
If you are unable to make either of these, but would still like to meet with us, we will be available for 1:1 catch ups on Thursday afternoon. Please email nikki@downsyndromewa.org.au to organise.

While in the region, we will be presenting to medical professionals at the hospital with Naomi Lake.

Bethel Christian College Early Learning Centre have invited us to run a Teacher PD morning at their school on Friday the 10th. 8am-12pm. They are generously opening their doors to any other Early years teachers and EA's from other schools in the area to be involved. If you have a child with Down syndrome in Primary school and you think their Teachers would like to come along, please email Nikki on nikki@downsyndromewa.org.au with the name of the school and she will send out some further information.

We are looking forward to catching up with as many of you as we can while in the Great Southern.

Nikki and Cassandra





GeneEQUAL is an inclusive research team, including co-researchers with lived experience of intellectual disability.

What GeneEQUAL has done

The GeneEQUAL team have co-produced an online Educational Toolkit to assist with accessible discussions about genetics with people with learning difficulties or intellectual disability, funded by NSW Health. This was informed by the recommendations of people with intellectual disability who had accessed genetic services in NSW and the ACT.

National Project and Your Support

We are now funded by the NHMRC as a national project, and are keen to hear from people with intellectual disability who have and who have not accessed genetic testing and/or services, as well as their families and support people and health care professionals. This will help us to continue to co-produce resources to spread a more inclusive, person-centred and respectful model of genetic health care for people with learning difficulties and intellectual disability.

Families and Support People

Currently we are keen to recruit families and support people of individuals of any age with an intellectual disability to speak about their experiences accessing genetic health care for that individual, any challenges or good experiences they had with that experience, and any recommendations for how genetic health care could be improved or what resources may be needed.

See the GeneEQUAL website for more information - https://geneequal.com/

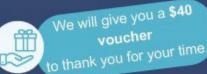
Are you a **family member** or **support person** of a child or adult with intellectual disability?

Are you interested in working together to develop a better model of inclusive, person-centred and respectful genetic health care?

If so, **email us** to organise a **30-minute interview** to share your ideas and stories.

This study is for people

- living in Australia
- who are over 18



Gene EQUA



email the GeneEQUAL Tean

Interested in finding out more?



geneequal@unsw.edu.au



02 9348 1601



Interviews can be

- in person
- · on the phone
- via video conferent



GeneEQUAL is

- an inclusive research progra which includes co-researche and consultants with intellectual disability in the team
- funded by the National Healt and Medical Research Coun (NHMRC).

Why think about taking part in this research study?

The information gathered through this research will help us work with people with intellectual disability to develop guidelines and resources to make sure people with intellectual disability



- get the best possible genetic health care and
- have a voice in making health care better for then



Want to find out more Use the QR-code to go to the GeneEQUAL website



Safe & Found WA is an initiative introduced by Western Australia Police Force (WA Police Force) and Australia Medic Alert Foundation.

Safe & Found supports people living with dementia, autism or a cognitive impairment who might be at risk of becoming lost or reported as missing, by ensuring Police have immediate access to critical information to assist when undertaking search operations

Visit the website for further information https://www.safeandfound.org.au/



NORTH METRO PLAYGROUP

Playgroup North has returned for term 4 and it was lovely to see so many families come to our first week back. Our kids enjoyed celebrating Andre's first Birthday with songs and cakes. Our Down Syndrome WA teddies also got lots of love and cuddles from our kids.

Danica and I can't wait to create a very special term 4 for our families as we move towards the festive season. Halloween themed days, Messy Mat Perth sessions and all the Christmas fun will be in the mix!

We hope to see all our families enjoy the next 9 weeks of playgroup fun with us.

Tracy and Danica playgroup@downsyndromewa.org.au



SOUTH METRO PLAYGROUP

What a great few weeks back at Playgroup South we've had. We've enjoyed Messy Mats and sensorium. They kids enjoyed getting messy and interacting with each other through play and music xx

Renee and Nicole playgroup@downsyndromewa.org.au







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.



Book at https://www.trybooking.com/CJLMY



On Saturday the 30th of September the Friends for Life Program all met up at Menzies Park Pavilion for an afternoon full of dancing, singing and a whole lot of fun!

Superheros was the theme, everyone looked awesome! It was fantastic to see so many happy faces through out the event, friendships blossomed once again.

A massive thank you to our wonderful supports and volunteers for all your help on the day and for getting into costume too.

Daisy daisy@downsyndromewa.org.au 0422 795 160



It was fantastic to see so many participants at the September Aim High event, our Opshop Disco! The outfits worn by all participants were awesome, it was great to see everyone get around the theme.

We had 15 wonderful participants at this months event, I love seeing the program numbers increase month after month and I thank you all so much for coming. We enjoyed pizza and had some sore feet by the end of the night but all left with hearts full of happiness.

Thank you to our staff for joining us, I appreciate all that you do and could tell you also had a fantastic night.

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 <u>online form</u>.











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