
Latest News from Down Syndrome WA



CEO's Corner

As we close out November it is with crossed fingers. Tonight we are attending the Rise WA Awards, sponsored by Business News. This is our second award nomination this month. DSWA is nominated in the best Not for Profit space. We are excited to be nominated and will let you know how we go.

This month I have met with the CEO of Dementia Australia Maree McCabe to discuss how our two organisations might work more closely together in the future, it was an excellent meeting and will assist our families on the dementia journey.

I enjoyed meeting with Jim Ellis to chat about Down syndrome and aging, and how we might bring the community together. See our article on Aging in the DSWA Spotlight.

It has been a busy month of planning for 2024, and we have planned next years calendars including the 2024 Gala which will be held on Saturday 18 May 2024 at Mineral Resources Park Lathlain.

During this month, we also had two staff attend jury duty in consecutive weeks, which is of course quite a drain on our small team. As a result, I was lucky enough to head off to one of my favourite place in the world, Albany to deliver presentations to the Bethel Christian College on inclusive education and to doctors at Albany Regional Hospital. Such a rewarding day and wonderful to be joined by Naomi Lake Ambassador DSA and DSWA.

And the joy of my month, was receiving the gorgeous images of Cy Payne and David Guhl catching up after many years. See our article later in the eNews for all the details.

Warmest Regards
Cassandra

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

Meetings and Association Events

9 December - DSWA Christmas Party

12 noon Thu 21 December to 9am Wed 3 January - DSWA Office closed
27 January - Board Meeting
26 February - Board Meeting



Ageing in the DSWA Spotlight

Here at DSWA we recognise that ageing is an area that we can grow and develop services for our members. As your family members with Down syndrome have aged, we may have lost contact with your family.

Recently Mr Jim Ellis, a long standing member of the association, an early board member, and father of Anne who has Down syndrome has volunteered to join with me to reconnect with older families.

Specifically we;

- are very interested to learn what services, supports and resources you would like.
- intend to start a social group for the over 40's in early 2024 and would love to know what our adults with Down syndrome would like in a social program.
- will also be looking to run workshops and education to support older members and their families and again would love your input.



It is also possible that we do not have information on your family member with Down syndrome such as their date of birth, and in some cases, may not even have their name in the system. Throughout the years, parents were registered as the member and details of the person with Down syndrome may not be in the data base. We am very keen to update our database so that we have all of your families' details, which means we can update you with tailored emails specifically for this age group. (If you recently updated your details this is the same form)

I would greatly appreciate it if you could use this link, <https://forms.office.com/r/MhY0PHDWZ4>, to update your details in the data base.

We are very excited about this project and want to connect with as many people with Down syndrome and their families over the age of 40. If you

know someone who may be interested but isn't a member, please feel free to send through our information.

Please reach out to me at ceo@downsyndromewa.org.au

Cassandra and Jim



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. RSVPs close at 4pm on Monday 4th December.

A festive poster for the DSWA Christmas Party 2023. The background is a light green watercolor wash with illustrations of pine branches and red berries at the top and bottom. The text is centered and reads: "DSWA Christmas Party 2023" in large, bold, dark green letters. Below that, "Saturday December 9 - 2.00-4.30pm" is written in a smaller, bold, reddish-brown font. The next line says "We are having a Christmas Party, at Adam Armstrong Pavilion in Dalkeith." in a smaller, dark green font. This is followed by "You will enjoy Christmas food, Live DJ, Facepainters, Christmas Craft, Bubbles, Games and more for all ages." in the same dark green font. At the bottom, "Please join us for this whole of DSWA community event" is written in a large, bold, black font.

DSWA Christmas Party
2023
Saturday December 9 - 2.00-4.30pm

We are having a Christmas Party,
at Adam Armstrong Pavilion in Dalkeith.

You will enjoy Christmas food, Live DJ, Facepainters,
Christmas Craft, Bubbles, Games and more for all ages.

**Please join us for this whole of DSWA
community event**

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

Free Transition to School Workshop!

Register at <https://www.trybooking.com/CNJWG>

Transition to School

FREE online workshop

7.30pm
Wednesday
13 December 2023

Register now
Online



more info
admin@downsyndromewa.org.au
61823690

Choosing a school

Your legal rights

School systems

Getting your child
ready for school

How to work with
the school



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.

Welcome to the DSWA team Laura

Hi Everyone, I'm Laura. I have a dog named Fizz and a rabbit called Benny, I love the beach in the summer and I coach junior hockey at Dale Hockey Club. I am super friendly and down to earth. I embrace my Leo traits of natural leadership abilities, warm heartedness, humorous and loyal. If there is a way to make it fun I will!

Please join us in welcoming our newest team member Laura. Laura joins us as our new Aim High and Friends for Life Coordinator.

Laura comes to us with experience in disability support work and education assistance and loves experiencing the positive impact you can have on people.

You can contact Laura at laura@downsyndromewa.org.au



PCH Outreach
DSWA's Senior Coordinator
Nikki Schwagermann is at PCH every Thursday.



Contact Nikki for a visit
and support on
0480311739
or
nikki@downsyndromewa.org.au

PROUDLY SUPPORTED BY
telethon 7

Interested in a Microbusiness?

Are you looking to work? Have you considered starting a microbusiness?

Not everyone wants to, or is cut out, to work for someone else. For some of us the option of having our own business is something worth considering. The term microbusiness, also known as a microenterprise, refers to a small business that employs fewer than 10 people.

DSWA member Viktor Strizek has had his own microbusiness, "Recycleman Perth," since December 2021.

Viktor's mum Sue said. He started his business because he didn't quite fit the mould of working in a structured environment for an employer. He liked the process of recycling and after some consideration, "Recycleman Perth" was launched.

Recycleman operates in the Western Suburbs (City Beach, Mosman Park, Wembley, Subiaco, West Perth and all suburbs in between). People simply register with Viktor to have a recycle bin at their home and he and his team will collect and empty the bins. Vik enjoys working for himself, as it helps him achieve his goals.

Viktor's business has grown in leaps and bounds and he recently won back-to-back Individual Changemaker" of the Year at the Containers4change Changemaker awards. Congratulations Vik, a great example of how starting a business doing something you are passionate about can bring success and reward.

You can find Viktor on FB at <https://www.facebook.com/recyclemanperth>



Creations by Callum is the name of the microbusiness of another member of DSWA Callum Spickett.

Callum sells prints and other products that feature his artwork. Items including

cards, hand screen-printed tea-towels and bags, coasters and magnets are among his arsenal.

Callum's mum Tara said Callum has had a flare and love for drawing since he was little. I didn't have a battle to teach him to hold a pencil or paint brush as he took to it quite naturally.

"I believe that he really enjoys producing his artworks and that he loves seeing others enjoy his artwork as well. She added. "Seeing his joy when he receives positive feedback and encouragement is priceless."

Callum has art sessions twice a week with his art teacher Lisa which gives him the opportunity to work on his works for his business as well as the chance to draw the movie and cartoon characters that he loves – Marvel and Kung Fu Panda.

Callum sells his products at community markets, and through his Creations by Callum FB page <https://www.facebook.com/profile.php?id=100083314756413> and you can also find him on Instagram at creations_by_callum



Examples of a micro business include:

- Gardening business
- Jewellery design
- Gift card design
- Disc Jockey (DJ)
- Recycling business
- Artist

Down Syndrome Australia (DSA) has some resources to help you with starting your own business or working for yourself <https://www.downsyndrome.org.au/resources/employment/easy-read-guides-to-starting-a-business/>

Also another source of reference <https://waindividualisedservices.org.au/resources/starting-a-small-business/>

You can also find more information on the Australian Government website business.gov.au.



Down Syndrome WA Merchandise

Who doesn't like shopping. Jump online and check out our DSWA merchandise.

From t-shirts, to pens, socks and hats. Maybe pick up a couple of calendars as stocking fillers for Christmas. Who doesn't need a 2024 calendar at home or at the office?

Click on the link to place your order and help support DSWA to continue its great work in our community. <https://www.mycause.com.au/events/dswamerchandise>



Workshops

More than 9 families registered to participate in our online Becoming a Teenager workshop held on 15 November 2023.

Down Syndrome WA CEO Cassandra Hughes, together with Parent facilitator Nikki Schwagermann, shared insight on what changes come to play and how to manage administrative challenges for this new era as a parent or supporter of young children becoming teenagers.

Things including online safety, travel cards, health records, bank accounts, school leavers employment supports, Medicare and more were on the table for discussion.

DSWA member and parent of a teenager, Kylie White said she found the workshop very useful. "It gave me a clearer understanding of some significant admin changes I need to implement, to ensure I protect our interests into the future."

Transition to School workshop

Down Syndrome WA will be holding a FREE workshop "Transition to School". It will be held on 6th December 2023 and will be both a face to face and online event.

This workshop is designed to help you work through the decisions you need to make about schooling. The topics covered will include; choosing a school, your legal rights, school systems, getting your child ready for school, how to work with the school and advocacy.

Workshops

Our pathways program 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.

Through this funding, DSWA endeavours to program and facilitate workshops on topics that are relevant and helpful for our member community.

We have put together a plan for the next 10 months so make sure you pop them in your schedules.

2024

WORKSHOPS

24 JAN	BEHAVIOUR MANAGEMENT Identifying, understanding, supporting and reducing behaviours For: Parents & carers
28 FEB	HOUSING Making housing decisions, Mainstream options, NDIS housing supports For: Participants, parents & carers
27 MAR	RELATIONSHIPS An overview of participant workshop For: Parents & carers
30 MAR	RELATIONSHIPS (6 sessions) Types of relationships, private and public spaces, health v unhealthy relationships, staying safe and reporting abuse For: Participants
29 MAY	TOILETING STRATEGIES Practical strategies for parents and carers For: Parents & carers
26 JUN	SUPPORTED DECISION MAKING What is it? The right to make decisions. Concepts and strategies. For: Participants
24 JULY	AGEING WELL For: Participants
28 AUG	NAVIGATING FUSSY EATING Practical strategies for parents and carers For: Parents

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



Call for presentations is now open!

There are many options you can choose from, including:

- Oral Presentation
- Poster Presentation
- Workshop Presentation
- Artistic Performance
- Artistic Display
- Health and Professions and Research Day Meeting

If you want to share a presentation idea, all you have to do is submit an abstract through the Congress website.

The Call for Presentations (Abstracts) is due to close on Friday 2 February 2024.

Read more at <https://wdsc2024.org.au/presentation-congress.html>

School Leavers Employment Support (SLES)

After a great deal of planning, our official School Leavers Employment Supports (SLES) program was implemented with the first course commencing on 8th November 2023.

A Ready for Work course kicked off with four participants signing up to gain some integral skills to help them on their way to reaching their goal of getting a job.

Goal setting, references, resumes, how to look for a job, workplace expectations and interviews are just a few of the topics that will be covered throughout the nine-week course.

Meanwhile, a couple of our members have commenced one on one discovery sessions. Discovery is the process of understanding more about the participant, their strengths, talents, interests and goals. It also helps to highlight areas that may need some extra support or training, as they too work towards their goal of getting ready for work and moving towards employment.

Matilda is thriving through one-to-one discovery

Matilda Geoghegan is an extremely enthusiastic and capable 21-year female who is working towards her term goal of moving into the workforce. She enjoys art, cooking, music, animals and playing basketball. She loves

being social and interacting with others. Her goal is to one day work with animals.

Matilda has been working one-on-one with her mentor Mariana on things like growing her confidence, expanding her skills and researching and discovering what kind of work she would ultimately like to do.

Matilda's mum Inna said, "the one-to-one mentoring has opened up new opportunities for Matilda and exposed her to new challenges.

"She is now excited about getting out and about. she added. "Matilda will from time to time prepare family dinner, she plans what to cook, shops for the ingredients she needs, and produces delicious meals.



This program has been great for Matilda and her confidence. It has provided the opportunity to visit various kinds of business and through this discovery process is now very clear on her goal and is gaining the skills she needs to reach her ultimate dream of getting a job.

If you are interested in one-to-one discovery, please contact employment@downsyndromewa.org.au

Sign up for Employment Discovery!

Are you nearly finished school? If you are in year 12 and looking to upskill with a goal to eventually move into the workforce, we can help.

It is required that every new participant to School Leavers Employment Services (SLES) with DSWA, undergoes our 9-week discovery process.

This is important to establish clear goals, and understand your needs, wants and desires together with your current skills and capacity.

From here we can create a unique plan and establish a program that best works to bridge the gap between current skills and ultimate goals.

In the circumstance that you have already been through a discovery process of some kind, it would still be a requirement to go through some form of discovery, the level and depth of this would depend on how recently this process was previously undertaken and the content of the process.

A lot can change in a year or two, goals and desires can move and grow, and funding may have changed.

If you are interested in undergoing our 9-week Discovery process, reach out to us at employment@downsyndromewa.org.au.

Member Story

The meeting of old friends

Through a conversation at the Dementia Support group it became apparent that these two lovely men had been very close friends in their younger years, staying at each others family homes and sharing activities and fun together.

Recently, David Guhl and Cy Payne reconnected after more than 20 years and it was a heart warming and moving moment.



Regional Outreach



Christmas Parties!

DSWA MID WEST SUPPORT GROUP



*Thanks to Telethon and the DSWA Regional Outreach Program
we are having an end of year catch up!*

Join us at Stow Gardens on the Geraldton Foreshore.

Food will be provided.

Please bring your own drinks and a picnic blanket or some
chairs to sit on.

Sunday 3rd December 2023

**Please RSVP to
Emily on 0493 090 541
for catering purposes**

3.30 - 5.30pm





Proudly supported by
telethon

DSWA Great Southern Christmas Party

Thanks to DSWA's Regional Outreach program,
funded by Telethon, we are having a Christmas Party

Day: Sunday
Date: 17th of December
Time: 9.30am
Venue: At one of our families houses.

Catering provided

Please RSVP to Regional Representative Wendy Townsend by 11/12/23:
townsendwendy@yahoo.com.au
Please include any dietary requirements
You will receive a reply with the address of the venue





Great Southern Regional Outreach Visit

We wrapped up our 2023 Regional Outreach visits with a trip down to the beautiful Great Southern region.

The visit started with Cassandra (CEO) and Naomi Lake (DSWA member and Down syndrome ambassador and local) presenting a workshop on Inclusive education at Bethel Christian School.

The Early Learning Coordinator reached out to us in August when she saw that we would be visiting the region. She asked if we could do an inhouse Teacher Professional Learning session and welcomed other schools to join. Cassandra presented to 26 Educators from Bethel Christian School and Lake Grace District High School.

The workshop centered on inclusive teaching practices and strategies for effectively educating children with Down syndrome. It delved into the core principles of inclusive education, emphasizing the importance of creating school cultures, that celebrate diversity and cater to the unique needs of every

student. Participants gained insights into the various learning styles of children with Down syndrome and discovered practical strategies to adapt teaching methods for optimal engagement and understanding.

Naomi Lake, ended the day with a presentation on her experience of Inclusion during her school years.

Cassandra and Naomi then Presented at Albany Hospital to 11 Doctors using the DSWA fact sheets about Communicating with people and their families and 10 tips when treating someone with Down syndrome. The Dr's then asked questions about intellectual disability and explained that they don't get a lot of information in their training. Naomi then spoke about how she likes to be treated when visiting a Dr or the hospital.



Great Southern Breakfast in the Park

We had our first DSWA breakfast on Saturday 11th November.

Cooked by the fantastic chefs Zearben and Naomi. Sunny weather, tasty food and fantastic company!



Employment

November saw a number of puzzle pieces fall into place, and as a result, a few of our members started new employment placements.

Brayden Wake accepted a role at The Boxman as a general hand, adding two days of work a week to his already two days working at WireAid. Brayden is looking forward to working alongside his friend Jack McKeivitt.

The Boxman also offered Verity Cope a role as Administrative

Assistant working one day a week. Verity started her job on November 17th, she is learning new skills and is up for the challenges that lie ahead.

Sian King is thriving at her new role at Curtin University which she commenced on 10th November 2023. After just three weeks, the team at Curtin was super impressed with Sian's capabilities and therefore expanded her role to include more challenging tasks. She is now working in the administration team. Congratulations Sian.



Thank you, thank you, thank you Country Women's Association (CWA) Cockburn

We were thrilled to receive a phone call from Noeline Locke, Treasurer of the Country Women's Association in Cockburn, offering a generous donation of \$500 for Down Syndrome WA to use in our regional projects. This is such a kind gesture, and we are so grateful. It is donations like this that enable us to continue the great work we do and allow us to provide ongoing support for our regional members.

The CWA is a not-for-profit, volunteer operated, women's organisation which aims to improve the welfare and wellbeing of people everywhere, especially in country and regional areas by promoting courtesy, cooperation, community effort, ethical standards, and wise use of resources.

Thank you, CWA Cockburn.





Camp Opportunity is a week-long live-in camp for young adults, or 'Campers', living with disabilities in Western Australia. We cater for adults with physical and intellectual disabilities, aged between 18 to 35 years old, and offer a medium support camp.

While at Camp Opportunity, Campers are paired with a volunteer support worker, or 'Buddy', for the week, who provides the Camper with social and emotional support and encouragement as they navigate this week of fun and challenges.

The Campers and Buddies engage in many and varied activities including; Archery, Flying Fox, Ten Pin Bowling, Water Sports, swimming and Arts and Craft. In addition to trips to the Perth Zoo, Adventure World and Dinner at the Atrium

Camp Opportunity is a wonderful experience for all who attend. It is a program that has been running for over 40 years with only positive reviews, with many attendees wishing to re-attend and loudly singing their praise for the experiences that they have had. In the past, families and friends of attendees have been delighted to see their loved ones return from Camp Opportunity excited, with new skills learnt, and some challenges overcome.

For further information contact - campopportunityrotarywa@gmail.com

CAMP OPPORTUNITY IS A MEDIUM SUPPORT CAMP RUN BY VOLUNTEERS. CAMPER'S ARE PAIRED WITH A BUDDY, WHO GIVES ENCOURAGEMENT AND SOCIAL SUPPORT DURING ALL ACTIVITIES.

CAMP OPPORTUNITY SCHEDULE

 CAMPOPPORTUNITYROTA@GMAIL.COM
 PATRICIA CANNING 0448 801 444
 FACEBOOK.COM/CAMPOPPORTUNITYROTA/

PLAYGROUPS



NORTH METRO PLAYGROUP

Playgroup North has been full of fun and messy play this month. Our kids had a blast when Messy Mat Perth came for a fun sensory filled session. We have been reading our "Harmony the forgetful hen" over the last two weeks and crafting our cute chickens.

The last few weeks of playgroup will be filled with Christmas crafts, story times and a magical playgroup party to finish off our year. We hope we can celebrate with all our playgroup families then.

Tracy and Danica
playgroup@downsyndromewa.org.au



SOUTH METRO PLAYGROUP

What a lovely few weeks at Playgroup South we've had. We have welcomed our new volunteer Anna join us. We've had the wonderful Sensorium Theatre have their final visit with us for this year. And celebrated Halloween, birthdays and each other xx

We are now starting on our Xmas crafts ready for end of term Xmas Playgroup party 🎅

Renee and Nicole

playgroup@downsyndromewa.org.au



Kids Club

Supported by



STAN PERRON
*CHARITABLE
FOUNDATION*

The heat on the day of this months event didn't scare our club off! The KiDS club had a wonderful morning at the Jo Wheatley All Abilities Playground. It was so great to see everyone that could make it.

Make sure you get your tickets for the last event of the year. This year we are holding an all of association Christmas Party and we would love you and your family to join us.

The DSWA Christmas Party is on the 9th of December, and you can get your ticket for this event [here](#).

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

In October Friends for Life members had a fabulous time participating in a session of arts and crafts.

They displayed their artistic talents and sketched and coloured their impression of their activity partner. The result was a scintillating display of flair.

Make sure you get your tickets for the last event of the year. This year we are holding an all of association Christmas Party and we would love you and your family to join us.

The DSWA Christmas Party is on the 9th of December, and you can get your ticket for this event [here](#).

Daisy
aimhigh@downsyndromewa.org.au



AIM HIGH

October Event

In October Aim High Life participants had a fabulous time participating in a session of arts and crafts.

The Aim High crew gathered in the morning session, and the young Picasso's drew and painted wonderful portraits of one another. The level of talent was inspiring.

Make sure you get your tickets for the last event of the year. This year we are holding an all of association Christmas Party and we would love you and your family to join us.

The DSWA Christmas Party is on the 9th of December, and you can get your ticket for this event [here](#).

Daisy

aimhigh@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](#).



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