



Dear Members,

Another full and inspiring month has passed us by, and now with only two months of this calendar year left we have a lot to celebrate.

Our celebration of Down Syndrome Awareness month has seen some beautiful, inspiring and moving stories shared by our community. Thank you to everyone that contributed to 31 Stories. You have reminded us all how important it is to share our stories to continue our vision that All people are welcomed in an inclusive society where their contribution is valued and they are supported to live a meaningful life of their choice. Awareness raising, comes from telling stories, and continues to build the foundations of an inclusive society. The 31 stories campaign has seen very positive engagement generating 43 Shares, 506 Likes and 123 Comments.

October has been full of activities and I wish to thank our incredible DSWA team for their amazing effort in delivering StepUp 2024 and the DSWA stand at the Telethon Family Festival. Both events were incredible and showcased the importance of both our community connection and of those that support us.

Telethon7 Perth is a generous and engaged sponsor of Down Syndrome WA, supporting the delivery of Family support 0-17 years, 2 playgroups, 1 day per week of outreach at PCH and our Regional Outreach program. Without Telethon's support we would not be able to answer the enquiries of any of our families and we would not have our amazing family support team. We have also been generously sponsored by the Stan Perron Charitable Foundation for the past three years, they have been incredible in sponsoring all activities and staffing for the KiDS Club and again without their support KiDS club would not exist and the critical bridge between early years and highschool would be lost.

We have recently been successful in obtaining a Lotterywest grant to upgrade some of our technology, which is very needed. As our events and activities have grown, so has the need for better equipment. We are deeply grateful to Lotterywest for this amazing opportunity to purchase some new equipment for our programs.

StepUp 2024 was a huge success in connecting our members, and providing a fun and engaging day for those of all ages. 350 people attended StepUp this year and it was truly an exceptional day. We loved having DJ Incredible – our very own Cara Baldwin perform at the event for 2 hours. We also saw so many of our members up on stage with their dance schools, performing and shining on stage. Thank you to everyone that attended, the team have a great post following with all the StepUP details. In terms of the financial outcome, the fundraising platform that we use, MyCause had a technical glitch on their site, and the displayed amount that we could all see, that had us all so excited, had actually been doubling since the first donation. This was obviously devastating news to all of us, and frankly embarrassing as we had announced the total to date (so we thought) at StepUP of just over \$37,000. We have had multiple lengthy conversation with mycause, who have provided financial information. I have also contacted a number of our fundraising teams to verify that the fundraising totals we actually have for them are correct. So with that said, to date, the total raised at StepUp is \$28,000. This is our gross income, and expenses will be deducted to give us our total fundraising. We know there are a couple more community activities set to happen in October and look forward to giving the final outcomes in the November newsletter. We are looking for an alternate fundraising platform and will keep you updated. Thank you again to our team, and to all of you that attended, raised money, made donations for the raffle, helped out on the day and to our market stallholders. Everything you each did contributed to a wonderful, family day.

We have a lot coming up for you with the Darlington Arts Festival on 2 and 3 November where some of our fabulous artists and craftspeople will display and sell their work. Also in November is our inaugural Teens Camp. We are excited for this event, generously sponsored by Telethon7 Perth providing a huge subsidy for families. The camp to be held at Ern Halliday recreational camp will be a wonderful experience for 20 teens, to try new things, meet new friends and challenge themselves. Thank you to Nikki for coordinating the camp, it is going to be a wonderful event. Finally we will end our year with our community at the All of Association Christmas Party at Forster Park in Belmont.

Finally thank you everyone who came along to the Triathlon to support me in my challenge, and help me raise almost \$10,000 for DSWA. This incredible community inspired the challenge.

Cassandra

Cassandra Hughes

CEO Down Syndrome WA

0432 407 527

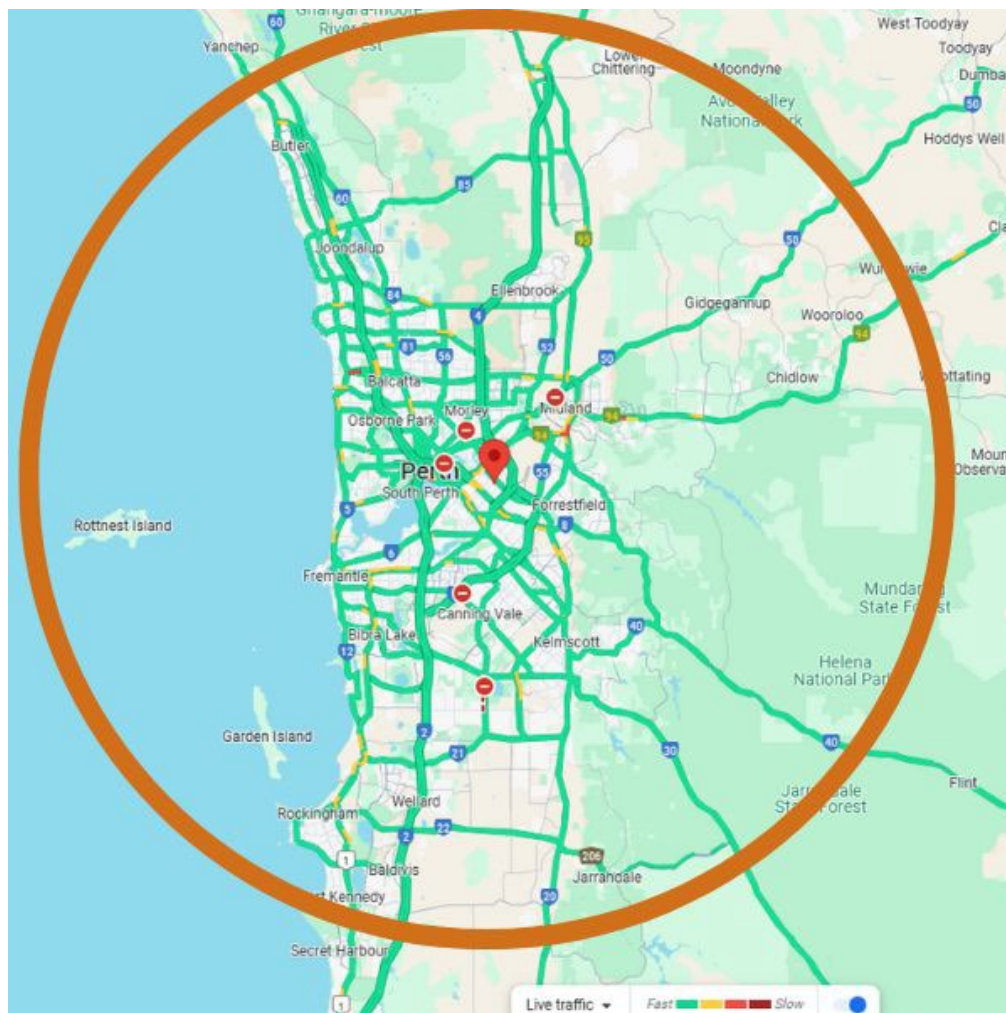
ceo@downsyndromewa.org.au

Meetings & Association Events

19 November - Board Meeting

7 December - Whole Association Christmas Party

New Office Location



In the last few years for different reasons DSWA has moved locations, incrementally better each time, all the while looking for a place we could more permanently call home. We moved from South Perth in 2020 due to rising cost for the association, to share with the Nulsen Disability team at People Kind in Cannington. It was a fantastic location, and provided us exceptional support, peer engagement and great facilities which were affordable. As the Nulsen disability team grew, it was time for us to find an alternative home. In 2023 we were so fortunate to move to our current Crawley location, sharing with the incredible team from Nature Play WA. It is a lovely spot here, looking over the beautiful Derbarl Yerrigan – Swan River each day. As we have offered more programs and events, this space, is now not able to offer all we need.

So, we have some wonderful news. We have now secured a lease for 5 years at the Belmont Hub. A stunning modern facility based in Wright Street Belmont with a floor dedicated to Community Organisations. It offers a fully accessible building, 4 meetings rooms, a Café downstairs to have meetings and new parent morning teas. We also are provided with a storage cage which will be perfect for our needs. The building is fully accessible for all members and we will be sharing with a number of organisation that work in the disability sector. This new facility also provides us access to a wide range of other wonderful facilities offered by the City of Belmont. I want to express our gratitude to both Nulsen Disability Services of the People Kind Group, and to Nature Play WA for their outstanding generosity, hospitality, collegiate support and the friendships we have each made. Your support of DSWA each at times when we needed you is deeply appreciated. With a long lease, and wonderful facilities, we are very excited to be moving to the Belmont Hub, sharing spaces with other Not for Profits and engaging ourselves in the amazing facilities and community in Belmont.

Annual Report

The Annual Report provides a complete overview of DSWA's achievements in the 2023/2024 financial year. To read the Annual Report please click the link below.

<https://www.downsyndrome.org.au/wa/about-us/dswa-corporate-documentation/annual-reports/>

What's On



🎄 ✨ DSWA Annual Christmas Community Party! 🎄 ✨

Have you Registered Yet?

Join us for a magical, fun-filled afternoon as we come together to celebrate the past year and welcome the new one! This FREE event is for all Down Syndrome WA members and family, all ages—perfect for families new and old to connect, play, reflect and make lasting memories. 🎉👥 (Whilst this is a free event, registration helps us ensure we are prepared for the right number of guests)

📅 Date: Saturday 7 December 2024

📍 Location: Forster Park Community Centre Forster

🕒 Time: 2:00–4:30pm

Enjoy an afternoon packed with:

🎵 DJ spinning all your favourite tunes

🎨 Face painting

🏆 Picnic games for the whole family

Bring along a picnic to share, relax, and enjoy the festivities! 🎁 🎄

☀️ BONUS: Register via the link by 30th November and receive a special afternoon tea snack box to enjoy! 🍪 🍉

☀️ Register Here

<https://www.trybooking.com/CWDGT>

Let's celebrate the year that's been and look forward to all the joy and memories in 2025 together! ❤️ 🍷

JOIN DSWA
FOR AN END OF YEAR CELEBRATION

ALL AGES

Christmas
PARTY

SATURDAY, 7 DECEMBER

2:00 PM - 4:30 PM

**FORSTER PARK COMMUNITY
CENTRE**

**130 KEANE STREET
CLOVERDALE**

**REGISTER
NOW**

Playgroup Calendar

LAST CHANCE:

Pre-Order Your 2025 Playgroup Calendar

Pre-Orders close October 31st!

Orders for the Playgroup Fundraising Calendar are ready to CLOSE!. Calendars can only be purchased by preorder, as DSWA is not in a position to order additional copies.

This year's theme, "The Beauty of Our Children Shines Brightest in an Enchanted World of Wonder and Joy", celebrates the magic and joy that our children bring to the world.

Pre Order here: <https://www.trybooking.com/CURYB>

Price: \$25 per calendar

Postage: Available within Western Australia at an additional cost (to be billed

separately)

Pick-Up Locations:

Down Syndrome WA Office - Crawley (Until the week of December 9th, then it is Belmont)

Playgroup North - Gwelup

Playgroup South - Baldivis

This calendar is more than just a beautiful keepsake—it's also a wonderful way to support Down Syndrome WA. All proceeds go towards our ongoing efforts to support families and children in our community.

A huge thank you to our amazing Down Syndrome WA Member, Playgroup Coordinator, and talented photographer, Tracy Bicker, for capturing these enchanting moments.

Don't miss out on this limited opportunity! Secure your copy today and treasure these beautiful memories all year long.

2025 Playgroup Calendar



**Pre Order
Now**

Step Up Summary



What a day! A huge thank you to all participants, donors, and volunteers who made Step Up and Dance for Down Syndrome 2024 an unforgettable success! It was incredible to see our community—of all ages, new and familiar faces alike—come together to celebrate, raise awareness, and, of course, dance!

This year, we swapped the usual walk for a full day of dancing, and what a hit it was! The Wasamba drummers kicked off the day with a high-energy performance, leading into amazing routines from All About Dance, Sparkle and Shine, Emma's Zumba, and Esteem Dance Company, capped off by an epic DJ set from DJ IncredAble. Each performance showcased inclusion and got the whole crowd grooving. It was a blast to see everyone, from toddlers to grandparents, showing off their moves!

A special shoutout to the Dads from Fathers with Kids who have Down Syndrome for running the sausage sizzle, adding that extra bit of community and camaraderie we love. A big thank you to Richie from Cuppa Time for keeping us energized with coffee and tea, plus the team at Super Whipp for the delicious ice cream treats!

Our DSWA social program coordinators also brought fun for all ages with soft play, giant bubbles, face painting, and animal cuddles at the Playgroup, KiDS Club, FriendS for Life, and Aim High Tents. Both kids and adults enjoyed the interactive activities at Rugby WA's tent and our small but mighty selection of market stalls, featuring creations from Creations by Callum, Lilacs Cakes and Cupcakes, Boho by Renee, and Bright Bunch Therapy.

Thank you to the generous support and incredible and creative fundraising efforts in the lead up to Step Up and throughout Down Syndrome Awareness Month. From clothing stalls to cupcake sales, the variety of creative ideas this year showed the dedication and passion of our community and every dollar is ensuring that Down Syndrome WA can continue providing valuable services to families and individuals in our community. Here's to dancing, inclusion, awareness and community! Let's keep this momentum going, and we can't wait for next year's celebration!



Telethon Summary

This years Telethon Family Festival was an amazing day of fun, connection and community.

DSWA's theme was 'Then and Now' to showcase our members over the years that Telethon has been supporting our Family support and Playgroup programs.

Many of our members sent in photos of their bubs when they started attending DSWA playgroups or events, and then photos of them now. We had a beautiful gallery of photos where our members could come and spot their own pictures.

It was great to see so many of our community, and meet others that would like to connect in with DSWA services.

A big thank you to all of our Parent Volunteers who helped on the stall with Cassandra and Nikki.

We would like to say a huge Thank You to Telethon for their continued support of these vital programs.

This year West Australians raised an amazing \$83,264,216.



Get Involved

Darlington Arts Festival

Come along and connect with our vibrant community at DAF! six talented DSWA artists will be showcasing and selling their unique creations, offering a variety of artistic styles, including knitting, painting, screen printing, and more.

This event is not just an exciting opportunity for these artists to share their work—it's also a chance for you to immerse yourself in a day filled with creativity and good vibes. Enjoy the beautiful surroundings, explore the festival, and experience a family-friendly day out among nature.

We can't wait to see you there — support local talent, soak up the atmosphere, and make some wonderful memories!



 Down Syndrome
Western Australia

JOIN US AT THE DARLINGTON ARTS FESTIVAL

Art for display and sale by DSWA members

Rachel Parker
Callum Spickett
James Hooper
Anna Collis
Martin Cahill

Beautiful community event
Great festival atmosphere
Loads of stalls to capture your imagination
Live performances
Food and drinks
Roving artists

**Awesome
family day
out!**

**Saturday Nov 2 - 10am - 5pm
Sunday Nov 3 - 10am - 4pm**

Darlington Oval - Pine Terrace - Owen Road
Darlington

Family Support



This month has been filled with new connections and meaningful support. Our Family Support Team has responded to numerous referrals and calls, with Nikki warmly welcoming multiple new babies and their families into the Down Syndrome WA community. This support has included important visits to the hospitals, homes and NICU, offering guidance and comfort to families during these critical early days.

Supporting Families and Schools

In addition to welcoming new families, our team has worked closely with some parents and school staff to ensure students receive the correct support in their learning environments. We are committed to helping children thrive by advocating for the necessary resources and assistance they need within schools.

WEEKLY VISITS AT PCH




Final Parents and Bubs Morning Tea for 2024


We are thrilled to announce that, based on feedback from our last event, we will be hosting our final Parents and Bubs Morning Tea for 2024 in a new east location! This is a wonderful opportunity for us to reach more families and extend the important connections throughout our Perth Community

Why Attend?

If you have a child aged 0-2 years our Parents and Bubs Morning Teas offer a unique space for parents to come together, share their experiences, and form valuable connections with others who understand the journey of raising a child with Down syndrome. These gatherings are more than just social events—they foster community, provide emotional support, and create lasting friendships. Siblings are more than welcome to join.

Event Details

 **Date:** Monday 18 November

 **Time:** 10:00 AM - 12:00 PM


 **Location:** Miles Park Community Centre, 289 Belgravia Street, Cloverdale


We are excited to extend this important event to a new location and reach even more families. We look forward to seeing you there and continuing to build this strong, supportive community together!



We are thrilled to see the Great Southern Down Syndrome community taking the initiative in organizing regular meet-ups! These gatherings have truly strengthened connections within the growing community, bringing families together for support, friendship, and fun.

Next Great Southern Get-Together

 **Date:** Saturday, 16 November 2024

 **Time:** 2:00 PM

 **Location:** Eyre Park, Garden Street Middleton Beach

So we know you are attending you can register here

<https://www.trybooking.com/CWMWL>


We look forward to seeing everyone there for another fantastic catch-up!



South West Event Announcement

We are excited to announce an upcoming event for our South West families! Whether you have Down syndrome or have a child with Down syndrome, we warmly invite you to join our Family Support Officer Danica and CEO Cassandra for an afternoon of connection, community, and a good feed.

In celebration of Down Syndrome Awareness Month, Eaton Tavern has chosen Down Syndrome WA as the beneficiary of their Beer for Benefits campaign. All funds raised from a special keg will be donated to our cause, and we'd love to celebrate this generous gesture with you!

 **Date:** Saturday, 16 November 2024

 **Time:** 2:00 PM - 5:00 PM

 **Location:** Eaton Tavern, Eaton, WA

Come down, share in the celebration, and enjoy a relaxing afternoon with fellow families and community members. We'll also be receiving Eaton Tavern's donation at

the event—let's make this a special moment to celebrate our community's support!

If are coming along, let us know and register here!

<https://www.trybooking.com/CWPGM>

We hope to see you there!

Stay tuned for more events, and join your regional group to not miss out on this community. Stay connected and engaged with your local DSWA community!

A promotional poster for a 'South West Meet Up' event. The background is green with orange and purple wavy lines. In the top right corner is the 'Down Syndrome Western Australia' logo. The title 'SOUTH WEST MEET UP' is in large orange letters. Below it is a square graphic with the text 'BEER WITH BENEFITS' and 'EATON TAVERN' above two cartoon beer mugs. The event details are listed with icons: a calendar for 'SATURDAY 16 NOVEMBER', a clock for '2:00 PM', and a location pin for 'EATON TAVERN'.

 Down Syndrome Western Australia

SOUTH WEST MEET UP



 **SATURDAY 16 NOVEMBER**

 **2:00 PM**

 **EATON TAVERN**

Stay Connected

Playgroups

Proudly supported by
telethon
7

Playgroup South

We've had a beautiful start back to Playgroup South term 4. We've enjoyed free play, had the lovely Sam from "All about dance" join us for some dance therapy fun. We've enjoyed painting our Halloween crafts and having the wonderful Nikki come and say hello. Lots of warm coffees and conversations to start our term off just nicely. We look forward to welcoming our new members soon

Renee xx



Playgroup North

Playgroup North has started term 4 off with some water play activities and Halloween themed sensory fun.

Our babies and toddlers really enjoy starting their morning off with our hello song and delight in seeing their picture and name when we welcome everyone in song. Playgroup is such a wonderful way to establish these routines for our kids and prepare them for their next step of kindy at school.

Danica and I are looking forward to the end of year season fun with our kids. The Christmas craft and carols are just around the corner, and we can't wait to celebrate with everyone!

Tracy and Danica



PLAY
GROUP

Kids Club

Supported by



The KiDS Club enjoyed a slightly different StepUp this year, with StepUp and Dance.



It was really great to see the community come together bright and colourful, and get their dance moves on. We really appreciate all families getting involved for a great afternoon and raise funds for us to continue to thrive.

The Next KiDS Club event is a trip to DFES 🧑🔥

📅 **Date:** Saturday November 16th

🕒 **Time:** 9:00am-12:00pm

📍 **Location:** DFES Heritage Centre, Murray Street Perth

TICKET COST: FREE for DS members, \$5 for siblings.

Grab your tickets here:

<https://www.trybooking.com/CVOHG>

Check out the KiDS Club calendar for our other upcoming events:

[KiDS Club timetable 2024](#)

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 Painter at kidsclub@downsyndromewa.org.au for registration details.



Friends for Life AND Aim High

DSWA Annual Christmas Community Party!

Join us for a magical, fun-filled day as we come together to celebrate the past year and welcome the new one! This FREE event is for all Down Syndrome WA members and family, all ages—perfect for families new and old to connect, play, reflect and make lasting memories.

Date: Saturday 7 December 2024

Location: Forster Park Community Centre Forster

Time: 2:00–4:30pm

Enjoy an afternoon packed with:

DJ spinning all your favourite tunes

Face painting

Picnic games for the whole family

Bring along a picnic to share, relax, and enjoy the festivities!

BONUS: Register via the link by 30th November and receive a special afternoon tea snack box to enjoy!

Register Here

<https://www.trybooking.com/CWDGT>

Let's celebrate the year that's been and look forward to all the joy and memories in 2025 together!

Next year we have quite a few members transitioning into our next age group/programs so this is a perfect opportunity to come and meet your new friends. It is also a brilliant opportunity for parents to meet each other and talk about what to expect



We wanted to take this opportunity to thank Toby and his family for their support in raising funds for DSWA. Your support and efforts make all the difference to us

The family says

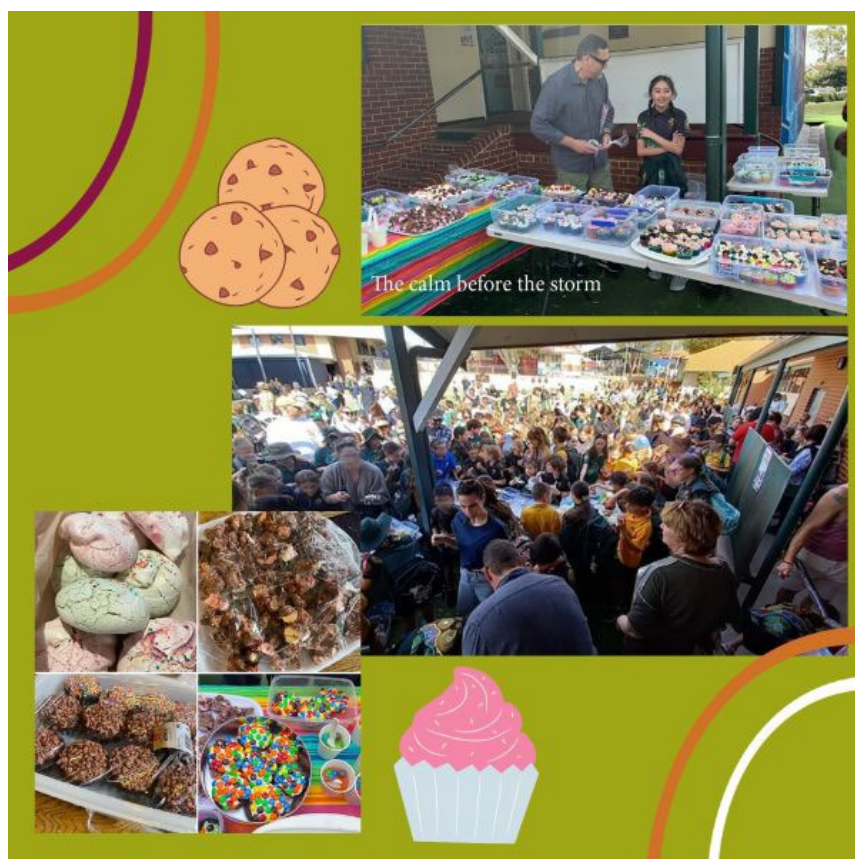
"We are completely overwhelmed by the outpouring of support for our cupcake fundraiser during Down Syndrome Awareness Month. From the bottom of our hearts, thank you to everyone who turned up, baked, volunteered, decorated, and helped in ways big and small. And thank you to the school for supporting this cause. It means the world to us!

We had 400+ cupcakes and 20+ containers of delicious baked goodies, but the demand was so incredible, we sold out in no time! We're truly sorry to those who missed out this year. We'll definitely be baking more next time!

Together, we raised \$1,744 in one day, bringing the total donations to \$3,264 so far. We are so lucky to be part of such a wonderful community, and it's your generosity that makes these moments so special.

Big shout out to "Boss" the cutest cupcake decorator in Mount Hawthorn!"

You can see photos from the day below



DSA's Digital Champion

Are you interested in technology? 💻

Social media? 📱

Do you love going on the internet?! 🤖

You could be our next Digital Champion! 🧑🏻💻

We are looking for people who love technology and want to teach people how to stay safe on the internet!

This is a paid job opportunity for 10 people with intellectual disability to work with us as Digital Champions!

You can read more about the Digital Champions project on the DSA website: <https://www.downsyndrome.org.au/national/digital-champions/>

The website has the position description, FAQ's and how to apply

We are looking for Digital Champions!

Applications close 5 November



x



Aging Survey

Down Syndrome Australia is working on a project to better understand the needs of older people with Down syndrome and their families. They want to hear from families and supporters about their experiences.

This survey is for families of people with Down syndrome who are 35 years or older, or those starting to think about aging issues.

<https://www.facebook.com/share/p/qJTY5RWkK3Aaff3j/>

*Please note the Facebook post does state 45 years and above but it has been reduced to 35.

New Migration Laws

The Australian Migration System has recently undergone significant reforms which will change the way children with disabilities/other medical needs will receive Australian Visas. To learn more about what changes are made and if they might impact you or your friends/family head to:

<https://www.facebook.com/share/p/QhXv5h8YA94DmRS8/>

NDIS List Changes

As you may be aware, the NDIS recently released a list of items that are not longer able to be claimed from the NDIS. For further information on the list please click through to these articles

<https://www.swanautism.org.au/ndis-changes-october-2024/>

Foundational Supports Changes

The Federal government intends to introduce Foundational Supports. For more information and your opportunity to have your say, please follow these links

<https://engage.dss.gov.au/foundational-supports/have-your-say/>

Children and Young People with Disability Australia

Right now, the Australian government is seeking feedback on Foundational Supports.

These specific supports aim to fill the gaps between mainstream services and NDIS supports to help ALL people with disability, their families, and caregivers.

Getting them right is crucial – which is why our friends at CYDA want to hear from YOU!

They're asking young people with disability, and parents/caregivers of children with disability, to take their short survey.

Link here: <https://www.surveymonkey.com/r/7PTZJ7L>

It's a chance to let the government know:

- What you need from Foundational Supports
- What they should include
- Your level of understanding of Foundational Supports
- How you want the government to consult with you

Have your say on



Foundational Supports

Take CYDA's survey



Disabled Surfers Association WA

The Disabled Surfers Association of WA has released the dates for its upcoming events this summer! Everyone, young to old, from all walks of life are welcome.

The first event of the season on December 7th from 8:45am and you can book here <https://events.humanitix.com/dsa-wa-perth-let-s-go-surfing-day-7-december-2024>

You can check out more on their

Facebook: <https://www.facebook.com/disabledsurferswa/>

Instagram: https://www.instagram.com/dsa_wa/

Research Project

The University of Melbourne is looking for NDIS participants aged between 15 to 24 years old with Down Syndrome or intellectual disability to take part in a research project.

The NDIA has asked the University of Melbourne to learn how people are using their NDIS plans to get the help they need, make more choices in their life, and be more involved in their community.

If you'd like to take part, you can provide feedback online.

The feedback session will take approximately 1 hour and you will receive a \$50 gift card to thank you for your time.

If you are interested in this research project, please email ndia-effectiveness@unimelb.edu.au or call (03) 8344 5366.

Resources

Comprehensive Health Assessment Process (CHAP)

The Comprehensive Health Assessment Process (CHAP) tool for annual GP health assessments which includes questions focused on health conditions common in people with Down Syndrome.

<https://www.health.gov.au/resources/collections/comprehensive-health-assessment-program-chap-annual-health-assessment-for-people-with-intellectual-disability?language=en>

Depression Checklist

Addressing mental health challenges is so important, yet is often quite complex. People with intellectual disabilities may be unable to describe their feelings or experiences.

Introducing the Depression Checklist—a valuable tool designed to aid this process. It allows caregivers and support networks to provide critical insights, enabling doctors to screen for issues that might otherwise go unnoticed.

Access this resource for free on the Centre of Developmental Health Victoria website - <https://cddh.monashhealth.org/index.php/depression-in-adults-with-intellectual-disability-checklist>

Compliments and Complaints

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

Thanks for reading!



Down Syndrome
Western Australia