



Down Syndrome
Western Australia

Supporting a Life of Possibilities



Quick Links

Association Updates

[CEO's Corner](#)

[Meetings and Association Notes](#)

What's On

[Calendar](#)

[Step Up and Dance](#)

[Darlington Arts Festival](#)

[Open Employment](#)

[Life Skills Lab](#)

Get Involved

[Support DSWA this EOFY](#)

[Family Support](#)

[Parents & Bubs Morning Tea](#)

[Fathers Day Darts](#)

[Playgroups](#)

[Kids Club](#)

[School Age Disco](#)

[Teens and Adults](#)

[Aim High Hikes](#)

Stay Connected

[Good Health App](#)

[Arts and Disability Grant](#)

[Lots of Socks Competition](#)

[Compliments and Complaints](#)



Dear Members,

With the rain falling June feels like a month of energy and renewal. This month the team has delivered the fabulous Life Skills Lab Forum 1 with great success and very positive and constructive feedback. This is an exciting project, and one we believe will deliver genuine outcomes for our Adult community and those transitioning to Adulthood. I want to acknowledge Alyssa's contribution to DSWA during her short time with us. She is embarking on a new life in Brisbane with her partner. We welcome Kern Routley to our team. Kern brings significant project management experience to DSWA, and his energetic and passionate manner are welcomed to the Life Skills Lab project.



The Family Support team have been continuing their delivery of services at PCH, in homes and via phone. There is so much planned for the rest of this year, we look

forward to seeing you more this year and to your feedback to help us continue to grow and develop what you need. I look forward to seeing so many of you at the How to Train your Dragon movie on the weekend.



Book Now

Bring your family and friends to the movies to see How to Train Your Dragon – Live-Action! Join us for a afternoon of fun, and community. Enjoy the movie and a chance to connect with others in a supportive, inclusive atmosphere.	DATE	Sunday 29th June 2025
	TIME	1:30pm for 2pm start
Must be a member of DSWA to attend (or be attending with a DSWA member.)	VENUE	Reading Cinemas Belmont Cnr Knutsford Ave, Fulham St Belmont
Limited seats available. Book now to avoid missing out	Booking:	https://www.trybooking.com/DBELY
We can't wait to see you there!	Price:	\$20pp includes Small Popcorn & Small Drink (sorry no companion cards)





I had the privilege of travelling to beautiful Albany to deliver some regional outreach services to the Great Southern families for the Family Support Team. It was a fantastic few days that included a meeting with the St John Ambulance Great Southern Team and Manager Toni Melia, visits to a number of GP services in the Great Southern, joining a presentation at the Rural Clinical School to a group of 4th year doctors. The presentations by parent Jean Elliot and DSA Health Ambassador and DSWAAN member Naomi Lake were empowering and moving. Thanks to you both for your time, honesty and passion. You had a profound impact on those student doctors. The trip ended with a wonderful celebration with families from across the Great Southern at Handasydes café. It was a beautiful afternoon with 12 families attending and over 25 people.



As we round out the financial year, I am working closely with our accounts team and the board to find ways to bring about a balanced budget this year. We run a very lean organisation, and deliver a huge range of projects within what we have available. We have worked diligently to diversify where our funds come from, and our income now shows much more balanced income streams, however we will always need fundraising and donation to allow us to deliver our services to you. This year we launched an End of Financial Year fundraising campaign. If you can make a donation, however big or small, we would be very grateful for your donation. It is important to remember that donations of over \$2 are tax deductible. Small amounts make a huge difference and we appreciate every donation and the impact it allows us to have and the change we continue to make. Some services we offer, such as advocacy, Down Syndrome Regression Disorder support, Arts Festivals and others are unfunded, and your help to keep these critical projects up and running would be greatly appreciated.

<https://www.mycase.com.au/page/373756/>



Warm regards
Cassandra

Cassandra Hughes
ceo@downsyndromewa.org.au



Upcoming Board Meetings

21st July

18th August

22nd September

What's On

29 June DSWA Mega Movie Outing	30 June Playgroup South	3 July PCH Outreach
3 July Playgroup East	4 July Playgroup North	10 July PCH Outreach
11 July Playgroup North	17 July PCH Outreach	22 July Toileting Workshop
23 July Parents and Bubs Morning tea	25 July Teens and Adults Basketball Event	5 Sep Aim High Hike Tomato Lake
5 Sep Father's Day Darts	12 October Step Up and Dance	1 and 2 Nov Darlington Arts Festival

SAVE THE DATE!

Down Syndrome WA's Biggest Annual FUNDRAISING Event is back! Get ready to Step UP and DANCE for Down Syndrome!

🌸 Date: Sunday, October 12, 2025

📍 Location: Taylor Reserve, Victoria Park Foreshore.

Join us for an incredible day filled with:

- A daytime Dance Disco for all ages
- Live interactive dance performances.
- Market Stalls
- Opportunities to connect with other families and the community

This year, we're aiming for our biggest fundraising year to date, and we need YOUR support! Stay tuned for more information on how you can get involved, make a difference, and be part of this incredible event.

Save the date, spread the word, and mark your calendars! Let's come together as a community to raise awareness, shout the worth of, and support individuals with Down Syndrome and their families. ❤️ 🙌

Expressions of Interest for Performers at Step UP!

We are seeking expressions of interest for interactive dance performances for the Step Up and Dance for Down Syndrome event on the 12th of October 2025. This will involve a performance on stage by your group, with an interactive aspect for the crowd to learn some movements and join in.

Please complete the form below with your interest 😊

<https://forms.office.com/r/ppbpaD8p4T>



Calling Artists and Craftspeople with Down Syndrome in WA!!!

We are so excited to announce that DSWA staff will again be volunteering to set up and run an exhibition stand at this years Darlington Arts Festival. Last year was such an outstanding success for our artists that we are doing it all again.

We hope many of our artists will join us this year. The event runs on 1 & 2 November, in Darlington in the beautiful Perth Hills, just 30 minutes from the city centre. It is a very popular and busy festival. If you are one of our amazing creatives, maybe you have a microbusiness selling things you make, we would LOVE you to join us.

Here is the expression of interest form link: <https://forms.office.com/r/6kfbm5JiCN>

It would be wonderful to expand the number of artists participating this year. For more info please contact Cas, our CEO ceo@downsyndromewa.org.au



Open Employment Program

Ready for Work Program – Expressions of Interest Now Open

We are currently inviting DSWA members to get involved in our Ready for Work program. This exciting initiative is a fantastic opportunity for members to learn about employment, workplace expectations, and how to prepare for entering the workforce.

The program is designed to help build confidence and provide practical experience, making the transition into work more comfortable and successful.

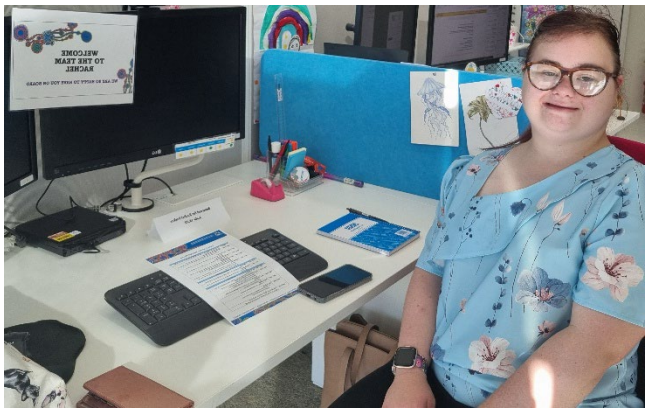
At DSWA, we believe work can be a meaningful and empowering experience. Our Ready for Work program ensures our members feel supported, prepared, and confident as they take this important step.

If you're interested in taking part, we'd love to hear from you at employment@downsyndromewa.org.au

Employment Success Story: Congratulations, Rachel!

We are thrilled to share some fantastic news from our Employment Program at Down Syndrome WA.

A big congratulations to Rachel, who has recently commenced employment as a Clinical Support Officer at Perth Children's Hospital. This exciting opportunity is part of our commitment to supporting inclusive employment through our Open Employment Program.



Rachel has hit the ground running and is already making a great impression in her new role. Her dedication, enthusiasm, and professionalism shine through, and we couldn't be prouder of her achievements.

We're also incredibly pleased to welcome Perth Children's Hospital as one of our newest employment partners. It's inspiring to see organisations like PCH embracing inclusive hiring and providing meaningful opportunities for people with Down syndrome.

Rachel is an exceptional addition to the team, and we can't wait to see all she achieves in this new chapter.

Join Our Employment Program

We're excited to welcome new members to our Employment Program at Down Syndrome WA.

Employment offers our members a chance to be part of a community, gain independence, and build valuable life skills. It's an opportunity to grow, learn, and be involved in something meaningful and rewarding.

If you or someone you know is interested in joining, we encourage you to get in touch! Our Employment Coordinator, Lara, is here to help guide you through the process. You can reach her at employment@downsyndromewa.org.

At DSWA, we believe employment is a vital part of life that brings a sense of purpose and success. We're here to support our members every step of the way in finding meaningful opportunities.

Let's build a more inclusive and empowered community—together.

Warm regards,

Lara

employment@downsyndromewa.org.au

Life Skills Lab 2025

Dear Community,

After months of planning, we held our much-awaited Life Skills Lab Forum on Saturday, 7 June 2025.

We kicked off the morning with registration and coffee, and a presentation from our CEO. The day was filled with insightful sessions exploring the meaning of independence, goal setting, and future planning.

Participants engaged in group activities, heard from panels on housing, responsibilities, and legal topics like Wills and Power of Attorney by Erin Taylor from Future Living, and took part in discussions on staying healthy—covering personal hygiene, mental health, relationships, and nutrition where we heard from the members of our DSWAAN.

The forum wrapped up with a physical focus session on personal safety by Maggie de Jong and team from Jan De Dong Martial Arts, a final Q&A, and a survey to reflect on the day.

Thank you to everyone who attended and made the day so meaningful!

Stay tuned for more events and workshops coming soon.



Program Update

As my time with the Life Skills Lab comes to a close due to having to move over east, I want to take a moment to say thank you.

It has been an absolute privilege to work alongside such a passionate team, inspiring participants, and dedicated partners. Watching this project grow—from an idea to a thriving program supporting independence and confidence—has been one of the most rewarding experiences of my career.

To everyone who joined our forums, workshops, and activities—thank you for your energy, your stories, and your commitment to learning and growing. DSWA's work has always been about people, and it's been an honour to walk part of that journey with you.

Though I'm moving on, I'll carry the lessons and memories from this role with me. I'm excited to see where the Life Skills Lab goes next—and I'll be cheering it on from afar.

That being said, I would love to make way for our awesome new coordinator, Kern Routley. I am sure that he is going to be great addition to this team

Hi my name is Kern, I'm proud to be your new Adult Project Coordinator.

A little about me, I love surfing, snorkeling, martial arts and cooking.

It's a great time to be part of Down Syndrome WA as there is so much going on. I hope I can have a positive impact on all our members.

I'm looking forward to making workshops and events fun and helpful.

I will be meeting the DSWAAN members soon to introduce myself and plan the year ahead 😊



Our EOFY Campaign – How You Can Help

As the end of financial year approaches we need your support!

- ☒ Make a donation – Every dollar supports DSWA to keep doing what we do
- ☐ Share the message – Can't donate right now? Help us spread the word by reposting and promoting our campaign on [Facebook](#), [Instagram](#), or [LinkedIn](#).

Together, we can step into the new one with purpose. ♥

<https://www.mycase.com.au/page/373756/>



PCH Outreach

Just a reminder, Nikki will be at PCH on Thursdays. If you are there for an appointment or on the ward, be sure to reach out to her for a visit, coffee, something to eat and a chat - familysupport@downsyndromewa.org.au or 0480 311739

Key Word Sign

We're thrilled to share a recap of our recent Keyword Signing (KWS) session held on 28th May, which brought together 7 engaged participants eager to strengthen communication skills.

💡 What We Learned

During the session, we covered:

- ☒ The principles and purpose of KWS
- ☒ How signing supports receptive and expressive language
- ☒ Core strategies for implementation:
 - Consistency in using signs during daily routines
 - Modelling signs rather than expecting immediate use
 - Encouraging a natural, pressure-free communication environment



Parents & Bubs Morning Tea

South

Come and join our Family Support Team Nikki and Paula, for a relaxed gathering centred around fostering connections and enjoying a coffee together.

This event is for both Mums and Dads of children with T21 from ages 0 to 2 years. We look forward to seeing you and your bubs there!

Date: Wednesday, July 23rd

Time: 10am to 12pm

Location: Ellie's Café, 3/397 Warnbro Sound Ave, Port Kennedy, WA

Register for free: <https://www.trybooking.com/DCBDQ>

New Parent Morning Tea

We invite new parents (both mums and dads!) of bubs with T21 to join us for a beautiful morning tea. This is an opportunity to connect with other parents at a similar life stage to you as well as to meet the DSWA Family Support Team



DATE Wednesday 23rd July

TIME 10:00am to 12:00pm

VENUE Ellie's Cafe
3/397 Warnbro Sound Ave,
Port Kennedy WA 6172

RSVP Trybooking link



Down Syndrome
Western Australia

Father's Day Darts

Dads' Night Out – Connect, Relax & Throw Some Darts! 🎯

Are you a dad connected to Down Syndrome WA? We're inviting you to a child-free evening to unwind, connect with other dads in the community, and enjoy a friendly game of darts.

When: Friday 5th September

Time: 6.30pm

Venue: Flight Club Perth

More details and Booking link coming in the next Enews and on our socials.



Toileting Workshop

Steps to Success- Toileting Workshop- ONLINE

Guest Presenter- Annie Hansen- Continence Nurse Consultant at Steady Steps Continence

Join us for an informative workshop designed for family members, support workers, and caregivers.

This session will cover:

- Essential information about bladder and bowel functioning
- Recognizing key red flags
- Provide helpful training tips to support toilet training at home or in care settings
- Steady Steps Toileting Pack included

Date: Tuesday 22nd July

Time: 7pm-8.30pm

Venue: Online (you will be sent a teams link)

Cost: \$10 per family

RSVP: <https://www.trybooking.com/DCWJL>

For any questions please contact Nikki and Paula on
familysupport@downsyndromewa.org.au



Online

Steps to Success Toileting Workshop



DATE: Tuesday 22nd July

TIME: 7pm - 8:30pm

VENUE: Online (you will be sent a teams link)

Cost: \$10 per family

RSVP: **Booking essential via**
<https://www.trybooking.com/DCWJL>

Join us for an informative workshop designed for family members, support workers, and caregivers.

This session will cover

- essential information about bladder and bowel functioning
- recognizing key red flags
- provide helpful training tips to support toilet training at home or in care settings
- Steady Steps Toileting Pack included

For more details contact Nikki or Paula
familysupport@downsyndromewa.org.au or
08 6182 3690



Playgroups

Playgroup East

Supported by



**City of
Belmont**

A huge thank you to the wonderful Karina and Zali, who ran a Farm themed session for Playgroup East this month.

Our toy selection from Belmont Toy Library included a ride-on tractor, wheelbarrow, hedge trimmer, barn complete with farm animals and so much more.

It was lovely to see families having so much fun with their sensory play, colouring, nursery rhymes and taking the time to chat and connect.

I can't wait for our next session at 9:30am on Thursday 3rd July at the Rivervale Community Centre. Our theme is COLOURS. Hope you can join us!

Anita
playgroup@downsyndromewa.org.au



Playgroup South



What a beautiful start to winter we've had at Playgroup South, we've had fun with our musical instruments, we've made cereal necklaces and crafted our warm beanies and hats xx

Love from your playgroup team Renee and Nicole xx
playgroup@downsyndromewa.org.au



Playgroup North



Playgroup North has had a Juggernaut June!

Thanks to Telethon this month we joined the sensational Sensorium Theatre on a Bear Hunt adventure. We went through long, wavy grass, splashed through the deep, cold river, braved a dark gloomy forest to a cave in which we found a..... BEAR!

Finishing off Term Two we will be having NAIDOC celebrations, and will be making our own damper and creating dot paint artwork.

Anita and I hope everyone has a wonderful school holiday break and we can't wait to see you all again in Term 3!

Karina and Anita
playgroup@downsyndromewa.org.au



Kids Club

Supported by



STAN PERRON
CHARITABLE
FOUNDATION

June - DSWA Movie Event!

See you at the DSWA community event for a private screening of the new live-action *How to Train Your Dragon*! We've booked out the entire cinema for DSWA!

School Age Kids Disco

What a night! Our Kids Club / Friends for Life – All Ages Disco was an absolute hit, filled with music, dancing, laughter, and fun for everyone involved!

The energy was high, the dance floor was packed, and smiles were everywhere as families, friends, and support workers came together for a joyful evening of connection and celebration.

It was heartwarming to see kids, teens, and adults letting loose, making new friends, and truly enjoying the moment together. These events help build confidence, friendship, and belonging — and that's what it's all about!



Teens and Adults

June - DSWA Movie Event

See you at the DSWA community event for a private screening of the new live-action How to Train Your Dragon! We've booked out the entire cinema for DSWA!

July event - Basketball!

DSWA are teaming up with Dannie from All Abilities Hoops WA (AAHWA) for a night of basketball fun!

Come along to learn new skills, hang out with friends, and play some games. We will be splitting Aim High and Friends for Life into their age groups to make the most of the time.

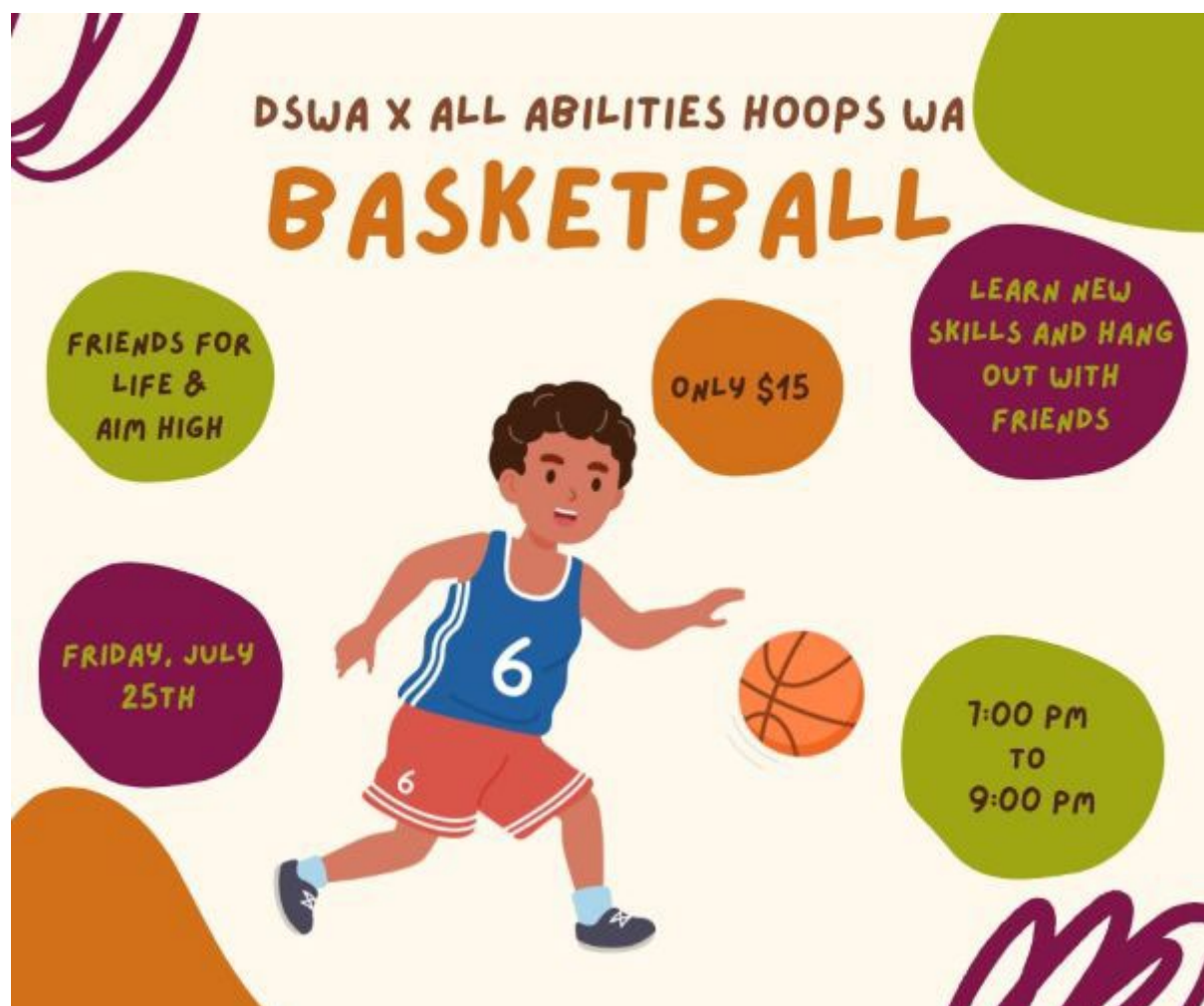
Date: Friday 25th July

Venue: Loftus Recreation Centre, 99 Loftus St, Leederville WA 6007

Time: 7pm-9pm

Cost: \$15

Tickets: <https://www.trybooking.com/DCFQP>





Aim High Hikes

Our Aim High group is invited to join Hike West for a series of 3 guided walks in nature as part of their All Abilities Hiking Program. These events have been created by Hike West specifically for our members. With each walk there is different activities, different scenery and new people. Come along and see what all the excitement is about!

Participants will need to provide their own support. If this isn't a possibility for you but you would still like to attend, please reach out to us and we will see how we can help.

You are welcome to attend all three hikes or just one, what ever suits your schedule.

Closer to the date we will release booking links and extra details about the walks and locations. We will have a maximum capacity of 12 participants (plus supports) for each walk.

Saturday 5 Sept - Tomato Lake - 1.5 km circuit - Nature bingo activity
Start time: 10:30am

Saturday 20 Sept - Kensington Bushland - 1 km circuit - bushland activities based on Nature Play WA's Play Trail for this location.
Start time: 10:30am

Saturday 4 Oct - Canning River Regional Park - 1 km walk with nature art activity along the Canning River
Start Time: 10:30am

Aim High Hikes

Join Hike West for a series of three guided walks in nature as part of their All Abilities Hiking Program. These walks will be lead by the team at Hike West and encourages members to get out into nature .



Saturday 5 Sept - Tomato Lake
1.5 km circuit and nature bingo activity

Saturday 20 Sept - Kensington Bushland
1 km circuit and bushland activities based on Nature Play WA's Play Trail for this location.

Saturday 4 Oct - Canning River Regional Park
1 km walk with nature art activity along the Canning River



Stay Connected

Good Health App

Great news for Android users! The Down Syndrome Australia Good Health App and Health Record App are now available on Android.

The Good Health App is a simple way for people with Down syndrome to keep track of their health.

The Health Record App helps parents and carers store and manage health information in one place.

Both apps are free and easy to use.

You can now download them on Google Play and the Apple Store.



Are you an artist or creative person with disability? You could get up to \$30,000 to bring your arts project to life!

Creative Australia's Arts and Disability grant supports people with disability to create, build skills, work with others and grow their arts career.

Whether you want to paint, perform, write, design, travel or work with a mentor, this is a fantastic chance to make it happen!

Applications close on Tuesday 8 July 2025 at 3.00pm (AEST).

Projects must start after 1 October 2025.

There's Easy English information to help you understand how to apply and what's involved.

Learn more and apply: <https://creative.gov.au/investments-opportunities/arts-and-disability-initiative>



The World Down Syndrome Day 2026 sock competition is here!

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

The competition is open to everyone, so why not get your family, friends and classmates involved and show how creative you all can be.

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

The competition is free to enter, the closing date for submissions is 11th July 2025.

You can check out previous winners and how to enter by clicking the link: <https://www.worlddownsyndromeday.org/losdesigncompetition2026>



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

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<http://downsyndrome.org.au/wa/>

(08) 6182 3690

complaints@downsyndromewa.org.au

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