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David Guhl is an award-winning artist with Down syndrome. David began exhibiting his work in 2001. His passion and dedication to expanding pathways for other artists quickly propelled him to being an ambassador for artists with disabilities taking him and his artworks all over Australia and internationally. His work and contributions to the arts have been recognised by the Disability Services Commission, and Down Syndrome WA, among others. His works are held in numerous private and public collections.

The relocation of the Special Needs Dental Clinic to the present location provided a unique opportunity to plan and deliver a space that supports and celebrates people with special needs.



In choosing the painting Land of Many Colours by local Perth artist, David Guhl, to feature in their reception and waiting areas, the Special Needs Dental Clinic honours the creativity, diversity, and richness of people with special needs.

In David's own words about his approach to art making, "I am a visual artist, and I am best known for the vibrant Western Australian landscapes, because they mean a lot to me. The colour and the light. I like to create large pieces of art in acrylics with strong bold colours as they reflect how I see life."



## CEOs Corner

Dear Members,

It has certainly been a wet winter, but it hasn't dampened the spirits or energy of the team putting on some fantastic activities this month.

Playgroups continue to thrive, Kids Club played scientist with Einstein Australia, and both the FriendS 4 Life and Aim High groups sang their hearts out at karaoke. The Life Skills Lab is continuing its impressive program of workshops and upskilling for our Adult cohort. The Life Skills Lab is playing an important part in developing leaders in our adult group. This month I was able to visit the Personal Safety course, and it was fantastic to see the confidence and skills growth in our members.

Employment continues to be a key focus for Lara who now runs the employment program. I attended the DAWA (Disability Assembly WA) Employment Summit which was the culmination of 12 months of work on Employment and what is needed to support further growth in the employment of people with disabilities. There was positive input from the Government, and employers, and DSWA want to thank Dylan King, General Manager at The Boxman, who have employed a number of our members over the last 2 ½ years. Dylan shared their experience which spoke warmly to the employers in the room. This month I also had a chance to drop in to PCH to visit one of our members now working with the T21 Clinic. It was great to see the positive interaction and impact she is having.

Strategically, we have just begun working on the next strategic plan for DSWA and will be engaging with you in the next 6 months to have your say on our future direction. It is an exciting time as we start future activities and deliver the strategy in what will be our 40th year. 2026 will mark the 40th Anniversary of DSWA and throughout the next 6 months, we will be connecting with members across all ages for your input, and particularly with founding and early families to speak to the history of this incredible association that was formed by their love and dedication.

We continue to apply for grants, seek philanthropic partnership and to form greater partnerships with employers, volunteers and community partners to continue DSWA's exciting growth and development. True partnership within and outside our community is critical. If you have skills, services or ideas to contribute or are looking for something to develop a sponsor opportunity please reach out.

As always, I enjoy the opportunity to engage with members, and look forward to seeing many of you over the coming months.

Warm regards  
Cassandra

Cassandra Hughes  
ceo@downsyndromewa.org.au

## Meetings & Association Notes

### Upcoming Board Meetings

22nd September  
17th November  
15th December

## Board Nominations

### Reminder!

Board nominations close Monday 1 September 2025 at 4pm.

Interested? Please see the email which was sent on the 11th August or visit our website - <https://www.downsyndrome.org.au/blog/2025/08/11/dswa-board-nomination-advertisement-2025/>



# DSWA Board Nominations

# Open Now



# What's On



## Step UP and Dance

### StepUp and DANCE for Down Syndrome 2025

Down Syndrome WA's biggest annual fundraiser is back!

 Sunday, October 12, 2025

 Taylor Reserve, Victoria Park Foreshore

Join us for a fun-filled day with:

- ✦ Live interactive dance performances
- ✦ Market stalls
- ✦ Community connection
- ✦ Food stalls

Help us make 2025 our biggest fundraising year yet!  
Support, dance, and celebrate with us!

Register and book your tickets:

Early bird tickets \$15 per person until the 16 September

After 16 Sep tickets \$20 per person

(Under 2 free)

<https://www.mycase.com.au/events/stepupanddance-DSWA>



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

We are so excited to announce that DSWA will have an exhibition stand at this year's Darlington Arts Festival. The event runs on 1 & 2 November, in Darlington in the beautiful Perth Hills, just 30 minutes from the city centre.

We have 6 of our talented artists joining us so far. If you are one of our amazing creatives, maybe you have a microbusiness selling things you make, we would LOVE you to join us.

Please fill in the expression of interest form: <https://forms.office.com/r/6kfbm5JiCN> or contact Cas, our CEO [ceo@downsyndromewa.org.au](mailto:ceo@downsyndromewa.org.au)



Lotterywest Filming



DSWA had an exciting day last month when a film crew visited, to create a promotional campaign for Lotterywest.

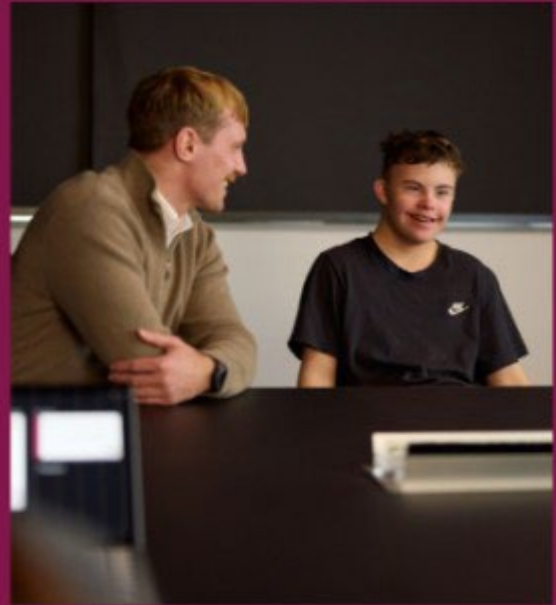
You can watch the videos here:

<https://www.facebook.com/share/v/1CwxrZq3Pg/>

<https://www.facebook.com/share/v/1AroMJYT5S/>

Look out for the promotion on TV, at newsagencies, on YouTube and in the Lotterywest newsletter.





# Get Involved

## Family Support



### PCH Outreach

It's been a quiet month for visits – we'd love to see you!

If you're in hospital or just want to say hi, Nikki and Paula are here for a visit, a chat, or a coffee. You can now find us in the Family Area at Ronald McDonald House.

Either Nikki or Paula will be at PCH every Thursday on a rotating (alternate) schedule – so there's always someone available each week.

✉ Email: [familysupport@downsyndromewa.org.au](mailto:familysupport@downsyndromewa.org.au)

☎ Nikki: 0480 311 739

☎ Paula: 0435 831 085

## Keyword Sign Workshops

Unfortunately, this event has been cancelled due to low registration numbers.

Keep an eye out for an Intermediate KWS workshop coming in November.

# Key Word Sign Workshops

We are pleased to offer two Key Word Sign Workshops this year.

Introductory key word sign course, you will learn about the principles of key word sign and gesture, who it can be used with and how it can be used alongside other ways of communicating

## What does the workshop cover?

- Principles of Key word Sign and gesture
- How sign helps communication development and support verbal communication
- Which signs to teach
- Basic vocabulary of signs to use everyday

## Who is the workshop suitable for?

- Parents
- Carers
- Family
- Teachers
- Support workers
- Anyone supporting someone with hearing or speech challenges.

## Can I use my Child's NDIS funds to attend?

- Self managed or plan managed!
- Parents/carers build your capacity and skills to help your child achieve their goals.

## Included

- Morning and Afternoon tea (NO Lunch)
- Key Word Sign booklet
- Certificate of completion.

## Can I attend if I don't have a child on NDIS?

Yes, you can choose the 'Public' ticket option.

Date: Wednesday 17th September 2025

Time: 9:30am - 4pm

Venue: Treeby Community and Sports Centre  
1 Torwood Avenue, Treeby WA

Cost: \$200 pp

Registrations close on the 3rd September 2025

For more details contact: [familysupport@downsyndromewa.org.au](mailto:familysupport@downsyndromewa.org.au) or call 08 6182 3690



## Father's Day Darts

Father's Day- 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

Where: Flight Club, Perth CBD

Who: Dads of young kids, Dads of adults, if you are a dad to a kiddo with Down Syndrome you can come

Cost: \$30 Per person

RSVP: 31st August 8pm

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





## Down Syndrome WA Dads Fathers Day Catch Up

**Date: Friday, September 5th**  
**Time: 6:30pm**  
**Flight Club Perth**  
**Cost: \$30 per person**

## Barefoot Bowls

Caring for Carers- DSWA Barefoot Bowls

Thanks to a grant from Carers WA, DSWA is holding a fun filled event for Parents and Carers of a person with Down syndrome.

Join us for a couple of hours of barefoot bowls, nourishing food, quality chats and some dedicated time deigned to care for carers.

We hope to see you there.

Bookings open now- <https://www.trybooking.com/DFDLP>



# Caring 4 Carers

Carers Week 2025

DSWA is holding a fun filled event for Parents and Carers of a person with Down syndrome.

Join us for a couple of hours of barefoot bowls, nourishing food, quality chats, and some dedicated time designed to Care 4 Carers.



Proudly supported by:



**DATE** Friday 17<sup>th</sup> October

**TIME** 4 - 6pm

**VENUE** South Perth Bowling Club  
2 Mends St, South Perth

**Tickets** \$20 each  
purchase via TryBooking  
by 30 September



Down Syndrome  
Western Australia



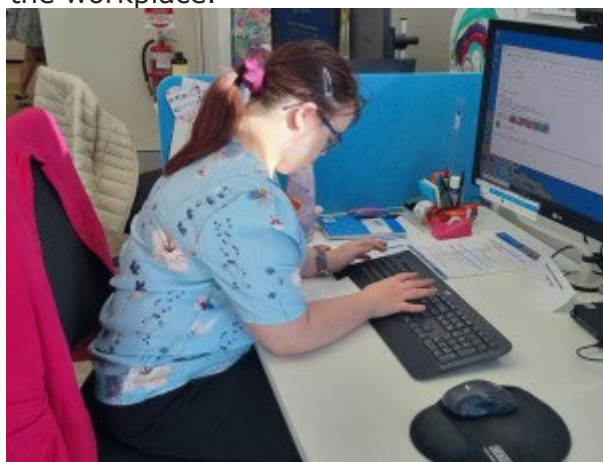
## Open Employment Program

### Ready for Work Program

At DSWA, we're passionate about supporting our members on their journey to employment. That's why we offer our Ready for Work program—designed to build confidence and prepare you for success in the workplace.

This program covers everything you need to get started, including:

- Exploring what kind of work suits you
- Writing resumes and cover letters
- Learning how to act professionally at work
- And much more!



Get in touch with Lara at [employment@downsyndromewa.org.au](mailto:employment@downsyndromewa.org.au) to find out more or to register your interest.

We're currently looking for members who are interested in joining the next round of Ready for Work.

Ready to take the first step?

This is an NDIS service.

Get in touch with Lara at [employment@downsyndromewa.org.au](mailto:employment@downsyndromewa.org.au) to find out more or to register your interest.

Let's get ready for work—together!

### **Become an Employment Mentor**

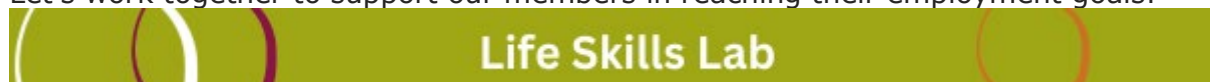
We're currently looking for Employment Mentors to join our team at DSWA and support our members as they work towards independence in the workplace.

This is a truly rewarding role—mentors get to witness firsthand the growth and confidence our members gain as they thrive in their jobs and become more independent in their chosen careers.

If you, a family member, or a friend are looking for a meaningful employment opportunity and would love to make a difference, we'd love to hear from you!

To express your interest or learn more, please contact Lara at [employment@downsyndromewa.org.au](mailto:employment@downsyndromewa.org.au)

Let's work together to support our members in reaching their employment goals!



On Wednesday 27<sup>th</sup> August we were lucky enough to have ScamNet WA provide an online webinar for us on Scams and how we can all be safer online. ScamNet WA talk to lots of different organisations about scams and are keen to reduce the number of incidents across WA by sharing ready to use tips that you can apply right away.

The session provided members an insight into the types of scams that exist and how they are part of everyday life, from texts claiming you have missed a parcel to emails with someone pretending to be your bank.

Most people reading this have probably seen a scam in the past year, the best way to protect yourself is by being aware and not falling for the urgency or rush that scammers try to make us feel by saying things like "act now your bank account has been hacked".

Important information can be found here [The eSafety Guide | eSafety Commissioner](#) if you are looking for tips and tricks to stay safe. Additionally, Down Syndrome Australia have lots of information in their resource hub under "technology" [Resource Hub – Down Syndrome Australia](#).



August for the Life Skills Lab has seen the start of our Self Defence Course, provided by Jan de Jong Martial Arts. Our participants are learning practical skills that they can use to feel more confident when out in public.



We invite you to our Goal Setting Workshop on:  
Thursday 18th September  
2:00 pm – 4:00 pm  
Belmont Hub - 213 Wright Street Perth, 6105

In this workshop, we will:

- Learn how to make plans
- Talk about setting goals
- Set a goal
- Practice how to achieve them

It will be fun, friendly, and a great chance to learn new skills!

Click below to sign up today and save your spot. Spaces limited to 10 participants.

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

If we receive more interest we will run multiple sessions.



Set Goals  
Make step by step plans  
Achieve your dreams

18th September  
2pm - 4pm  
Belmont Hub - 213 Wright  
Street, 6105



### **Playgroup East**

Supported by



What's coming up at Playgroup East?

In September we'll be celebrating Father's Day and then it's all about dinosaurs in October!



See you there

Anita

[playgroup@downsyndromewa.org.au](mailto:playgroup@downsyndromewa.org.au)

# **PLAYGROUP EAST**

## **FATHER'S DAY**

Thursday 4th September  
9:30am - 11:30am

Rivervale Community Centre





### **Playgroup South**



August has commenced on a high note at Playgroup South, where we have been focusing on the letter B via key sign, activities and crafts.

We have also been experimenting with fake snow, which has been a treat for the senses.

Playgroup South meets every Monday during the school term in Baldivis. We extend a warm welcome to all new families and look forward to the rest of Term 3.

Love from your playgroup team Renee and Nicole xx  
[playgroup@downsyndromewa.org.au](mailto:playgroup@downsyndromewa.org.au)



## Playgroup North



We've had an Awesome August at Playgroup North!

Our beautiful kiddos learned all about their teeth and how to care for them, cared for some very poorly dollies and teddies and had loads of fun making jungle masks.



To finish off August (and to celebrate upcoming Father's Day) we are making gorgeous Father's Day footprint craft for our kiddos to give to their Dad's on the special day.

We hope to see you there.

Karina and Anita

[playgroup@downsyndromewa.org.au](mailto:playgroup@downsyndromewa.org.au)



**Kids Club**

Supported by



STAN PERRON  
CHARITABLE  
FOUNDATION



For our August event, the Kids Club channeled their inner scientists for a fun filled Science Workshop with Einsteins Australia. From making stretchy slime, instant snow, and erupting volcanoes, it was great to see everyone gets hands on. It was a blast - literally!

The next Kids Club event is Capoeira on Sunday Sunday, 14th of September, 2:00 PM – 4:00 PM.

For more information and tickets, click the link below:

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

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](mailto:kidsclub@downsyndromewa.org.au) for registration details.



**KIDS CLUB  
CAPOEIRA**

*Free for members with DS, \$5 for siblings*

 **SUNDAY THE 14TH OF SEPTEMBER**

 **2:00PM-4:00PM**

 **CAPOEIRA AUSTRALIS**  
1/301 SELBY ST N, OSBORNE PARK WA 6017





## Friends for Life

Our Friends for Life group had a great afternoon at Karaoke in Carousel.

There was a wide mix of music from Katy Perry to Elton John.

It was so great to see everyone having fun and socialising with each other.

Keep an eye on our socials for the September event!





## Aim High

The August Aim High event was full song and dance - Karaoke at its finest with 15 adults coming along, choosing their favorite songs and showing off their skills. It was a fun filled afternoon full of surprises!

Whilst Aim High is operating in a trial format, we are still holding events every month. We were scheduled to start our fantastic short (walk) hike series this weekend, but unfortunately numbers were very low. These events have been rescheduled to commence in Mid September. This hike series is part of a great initiative with Hike West to create more inclusive hikes(walks). The events designed for DSWA are at popular, flat local parklands, with some fun activities included. I hope you will join us and keep the Aim High spirit alive.



In September and October we are heading outside for some easy walks with some post hike activities. This is a series of walks, hosted by Hikes West as a part of their All Abilities Hiking Program. This series features three walks at three different locations. You are able to attend as few or as many as you would like. This isn't just a walk in the park, it is much more.



**Walk 1** - Saturday 20 September 1:30 - 3:00pm - [Kensington Bushland](#) (meet at the entrance on Etwell St near the Cricket Club)



**Walk 2** - Saturday 4 October 1:30 - 3:00pm - Canning River Regional Park (meet at the [Kent St Weir carpark](#))



**Walk 3** - Saturday 18 October (or 18 October) 1:30 - 3:00pm - Tomato Lake (meet at [Carpark 2](#))



# Stay Connected

## Free Tickets - AWESOME Festival

Free tickets - AWESOME International Children's Festival!

Show: The Quadrangle

Ages: 8+

Dates: 3/10-4/10

Show: Aliwar Bardinar! (Look Out Rosella!)

Ages: all ages

Dates: 30/9 - 2/10

Show: Reasons to Stay Inside

Ages: 7+

Dates: 30/9-2/10

Show: Caity & the Crocodile

Ages: 5+

Dates: 30/9-4/10

To book your tickets please email [brianna.wotzko@barkinggecko.com.au](mailto:brianna.wotzko@barkinggecko.com.au)

For show

information: <https://airtable.com/app0mApMjnfvMPZUF/shrsIROrbF0VknT3O/tbl7q3A60IBOUJZKf>



## Health Services Survey

Can you help?

The Kids Research Institute is looking for parents and carers of people with an intellectual disability, aged 5 to 30 years old. They will ask you to complete a survey which takes about an hour.



If you're interested contact [rachel.skoss@thekids.oeg.au](mailto:rachel.skoss@thekids.oeg.au) or scan the QR code below.

# Help us make health services work better for people with ID



## Our study

We want to learn from the health service experiences of families of children and young adults with an intellectual disability.

This information will help us design useful tools and resources for young people with intellectual disability, families, clinicians, and health services.

## Who are we looking for?

Carers of people with an intellectual disability aged 5 to 30 years old.



## Are you interested?

Contact Dr. **Rachel Skoss**  
[rachel.skoss@thekids.org.au](mailto:rachel.skoss@thekids.org.au) or  
Professor **Jenny Downs**  
[jenny.downs@thekids.org.au](mailto:jenny.downs@thekids.org.au)

OR register via this QR code...



## What it involves

You will complete an online survey, taking about 1 hour.

Approval to conduct this research has been provided by the University of Western Australia with reference number 2025/ET000641, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Human Ethics office at UWA on (08) 6488 3703 or by emailing to [humanethics@uwa.edu.au](mailto:humanethics@uwa.edu.au). All research participants are entitled to retain a copy of any Participant Information Form relating to this research project.

## Kids n Music

Kids n Music have four Professional Development Music Workshops scheduled for 2025.

Our workshops are tailored for educators and professionals working with children aged 0–8, and are packed with practical, engaging content that can be used straight away.

Workshops are based on the You Gotta Get Up series and include original songs that support therapy goals set by speech therapists, occupational therapists, physiotherapists, psychologists, kinesiologists, and yoga instructors.

Our workshops are mainly based in Perth and surrounding areas:

- RIVERVALE 9th August 2025 2-4pm PLACES STILL AVAILABLE!!!
- JURIEN BAY 24th August 2025 12-2pm
- MOUNT HAWTHORN 6th September 2025 2-4pm
- MOUNT HAWTHORN 1st November 2025 2-4pm

Visit the website for more details: [www.kidsnmusic.com.au](http://www.kidsnmusic.com.au)

## Compliments and Complaints

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

## Thanks for reading!



Down Syndrome  
Western Australia