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# **CEOs Corner**

March has been a busy and meaningful month with opportunities to connect locally and nationally and to celebrate our community together.

A highlight of the month was World Down Syndrome Day on 21 March. This year I had the opportunity to attend events in South Australia to support the local Down syndrome community and to be part of the launch of the new Down Syndrome Community SA Association. It was a very special occasion and an important step forward for families and individuals in South Australia.

A huge thank you from me to Viktor Strizek Taking the Zipline Leap for DSWA on my behalf. Congratulations to the whole team for bringing this fun awareness building and fundraising events together.

Closer to home, I really enjoyed catching up with some of our more mature members at the very first Coffee Club gathering. It was a relaxed and welcoming morning and a great opportunity to connect. I hope many more members aged 35 and over will join these catch-ups, which are currently planned to take place every fortnight on Mondays (not public holidays). Creating spaces for connection at all stages of life continues to be an

important focus for us, and it is wonderful to see new opportunities like Coffee Club taking shape.

The Board met in March where the Board approved Stage One of the DSWA full policy review. Once the full review is complete. DSWA's policies will be placed on the website. This work is part of strengthening our governance framework and ensuring our policies remain clear, contemporary and aligned with best practice, but most importantly, in Easy English to assist with accessibility and readability.

We also continued important conversations about our new Strategic Plan. Following a productive planning session in February and further discussions with the Board in March, who are now preparing for the first round of community engagement. Shortly, members will receive an email inviting participation in consultation sessions. These will be offered in a range of formats, including in-person conversations, online sessions and a survey option. I particularly encourage our founding members and early families to take part. Your experience and perspective are an important part of shaping DSWA's direction for the future.

During March I was also fortunate to participate in several opportunities to share the voice of our community more broadly. I joined Vision Radio's In Plain Sight podcast with Simon Chong, and also spoke with a DSWA member and our DSWA Advisory Network Chair, who hosts his own podcast. These conversations were a valuable way to highlight World Down Syndrome Day and promote the strengths, contributions and priorities of people with Down syndrome and their families across our community.

It was also with great sadness that I attended the funeral service for DSWA member Verity Cope, alongside her employer, the team from The Boxman. Verity had been an active member of the Aim High Club and Adult Getaways. She worked in two jobs, at Woolworths and with The Boxman in Kewdale. Verity was a wonderfully competitive person who loved animals, games and a wide range of music. Among her many favourites, Black Sabbath was at the top of the list.



DSWA pays tribute to Verity and to her contribution to her workplaces and community. On behalf of all of us at DSWA, we send our thoughts and prayers to her dad Ron, (you will always be part of our community Ron), her two brothers and sisters-in-law, and her nieces and nephews and other family and friends. She will be deeply missed by all of us at DSWA who knew her well and admired her straightforward and honest self. Rest in Peace Verity.

Thank you to everyone who continues to support DSWA's programs, events and conversations. Your involvement helps shape a strong and connected community, and I look forward to sharing more updates as the year progresses.

Warm regards

Cassandra

Cassandra Hughes

ceo@downsyndromewa.org.au

## Feedback on Health Care

On 2 April, DSWA will be hosting Julia Hawkins from the National Centre of Excellence in Intellectual Disability Health.

The Centre is doing a national tour - around Australia. They are going to talk about what is working in Health Care around Australia. Morning tea will be provided.

The National Centre of Excellence in Intellectual Disability Health works to make sure people with intellectual disability get better health care. People from the Centre will talk about the Community Connections Tour. The Tour connects with people with intellectual disability, families, supporters and organisations around Australia to talk about health care.

Join the workshop to hear about the work of the Centre and to share your ideas on how health care can improve for people with intellectual disability.

This workshop is especially for people with Down Syndrome and is being held online. It is open to anyone from with Down Syndrome over 18 in Western Australia.

This is the teams link

<https://teams.microsoft.com/meet/49127148561925?p=eldQVEYyLmoVhtwIGk>

## What's On



## Get Involved

### DSWA Gala

It is almost time for the 2026 Gala and we can't wait to see you there.

The event will be hosted at the beautiful Pan Pacific Hotel Perth and we will again be entertained by the fabulous The Drycleaners Band

Early bird tickets are on sale now. \$150 each.

Tickets for Adults with Ds are also now on sale \$115. These are at cost price and only available for those that have Down syndrome. Carers, please purchase a full price ticket. (No companion cards are available for this event)

**Early bird ticket sales close on 4 April.**

Tables can again be reserved by emailing [admin@downsyndromewa.org.au](mailto:admin@downsyndromewa.org.au). Reserved tables can only be held until 18 April if unpaid.

This is an 17yrs and over event.

Book your tickets at <https://www.trybooking.com/DIMTC>



## Tools for Tough Days

### Tools for the Tough Days - Workshop on Emotional Resilience

Date: Sunday 3 May, 1pm - 4pm

Cost: \$10 DSWA Members

For parents and carers

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

This event is being funded by Aimee's fund. Aimee, one of our DSWA parents lost her life in February 2024. Together with donations from Aimee's family, and many donations, as well as our CEO's Triathlon fundraiser, Aimee's fund was created to specifically support our DSWA parent group. This is the first of the Aimee's Fund events.

We're thrilled to welcome Steve Wells, an internationally recognised psychologist and parent of an adult son with Down syndrome here in WA, for a practical and empowering workshop on emotional resilience, designed specifically for you.

If you are feeling stretched, overwhelmed, or worn down by the pressures of parenting or caring this course is designed specifically for parents and carers. This session focuses on real-life challenges—stress, uncertainty, systems fatigue, and emotional overload—and offers clear, usable tools to help you regain calm, clarity, and confidence, even in tough moments.

Steve is known for translating complex psychology into simple, effective strategies you can use straight away. You'll learn practical techniques to manage stress, regulate emotions, recover from setbacks, and build resilience for yourself and your family.

With decades of experience supporting families, educators, and leaders—and a deep personal understanding of the Down syndrome journey—Steve delivers a session that is grounded, relatable, and genuinely helpful. This is a chance to walk away with tangible skills that support not just surviving, but thriving.

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

# Tools for Tough Days

## A Parenting Wellness Workshop

*Practical tools for Parents and Carers to regain their calm, clarity, and confidence, even in tough moments*

Presented by:



**Steve Wells**

International Speaker,  
Psychologist, & Perth father  
of a child with Down  
syndrome

Secure Your Spot!



Light afternoon  
tea provided

only  
**\$10**

Will be held on

- Sunday 3 May ●
- Start at 1:00pm ●
- Venue TBC - Central Location ●



CELEBRATING **40** 1986 - 2026

## World Down Syndrome Day

### Zipline and Community Picnic

What an incredible experience the zipline was! From the moment the first person stepped off the platform, the excitement was contagious. Watching everyone take that leap — some with quiet determination, others with big cheers — made for such a memorable day. There was plenty of laughter, lots of proud moments, and just the right amount of brave faces conquering their fears 😊

A huge thank you to everyone who took part and contributed to the fundraising — we truly couldn't have done it without your amazing support. Because of you, we're already making a difference!

If you've been thinking about donating, there's still time to be part of something special. Every contribution, big or small, helps us continue supporting our community and creating moments like this. Let's keep the momentum going — your support means the world to us. Help us reach \$15 000! <https://www.mycause.com.au/events/taketheleapfordswa>

We also want to thank everyone who came along to watch and celebrate — it was amazing to see our community come together like one big family.

A special thank you as well to all our new members — from prenatal families to brand new mums — who joined us to celebrate their very first World Down Syndrome Day. It was so special to share this meaningful moment together.



A huge thank you to all of our fundraisers & zipliners for making this WDS Day one to remember!

### **Story from Angus**

Angus organised a *Funky Sock Fundraiser* at Cowaramup Primary School to support Down Syndrome WA.

He was inspired by his cousin, Drift, who lives with Down Syndrome and has bravely gone through many life-changing surgeries and procedures. Seeing Drift's strength and joy motivated Angus to do something positive to help others living with Down Syndrome.

Through the fundraiser, Angus and his classmates raised \$302.15 and he visited the DSWA office to drop off the donation. Thank you so much Angus!



### **Story from Belinda Henderson- Mum of Jessica.**

Celebrating World Down Syndrome Day at Bullsbrook Medical Centre

I am the proud parent of a beautiful daughter with Down syndrome, and she brings joy, connection, and purpose into our lives every single day. She is truly the glue that holds our family together.



To honour this day, I held a presentation for our team of 15 doctors and clinic staff. We explored the importance of the language we use in healthcare and how the words of a doctor can profoundly influence a family's experience—especially when receiving a diagnosis during pregnancy.

During the session, we discussed:

- People-first language and why respectful communication matters
  - The NDIS journey, including the support available to families
  - Challenges parents may face, both emotionally and practically
- The immense positives, strengths, and joy that individuals with Down syndrome bring to their families and communities It was a meaningful and heartfelt session.



Many staff told me they walked away with a new perspective and a deeper understanding of life with a family member who has Down syndrome.

I am grateful to celebrate this day and appreciate the opportunity to continue to educate the community, on inclusion, acceptance and the joy that comes from having someone with DS in your life.

## Family Support Team



### PCH Outreach

We welcomed 4 new babies to our community and supported 2 currently families as they were heading to appointments on our day trip to PCH and KEMH on Wednesday 11th March.

Nikki and Paula are at PCH on a rotational basis every Thursday. They'll be so happy to see you if you're attending an appointment or staying as an inpatient on a ward.

If you would like to see us, please don't hesitate to contact us via our mobile numbers or email us at [familysupport@downsyndromewa.org.au](mailto:familysupport@downsyndromewa.org.au).

**Nikki:** 0480 311 739

**Paula:** 0435 831 085

### Online Morning Tea

Parents & Bubs Morning Tea – Our First Online Session! 🗓️ 📺

We're excited to be hosting our first online Parents & Bubs Morning Tea, and we'd love to see both new and familiar faces join us!

This relaxed and welcoming session is a great chance for parents and carers to connect, chat, share experiences, and enjoy a cuppa together — all from the comfort of home.

### Event Details

Date: 1st April

Location: Online

Bookings are essential <https://www.trybooking.com/DKHBK>

We hope you can join us for this special first online catch-up and look forward to spending a lovely morning together ♥



## Info

**Date:**  
April 1st

**Time:**  
10am - 12pm

**Venue:**  
Online via Teams

**Booking essential:**  
<https://www.trybooking.com/DKHBK>

## Parents & Bubs Morning Tea Online



## Regional Outreach

### Great Southern Community Meet up

We would like to invite you to a community catch-up hosted by our CEO, Cassandra.

Date: Wednesday, 15th April  
Time: 10:00 AM – 12:00 PM

[Booking is essential - https://www.trybooking.com/DKKDW](https://www.trybooking.com/DKKDW)

This is a great opportunity to connect, share ideas, and engage with our community in a relaxed and welcoming environment.

Cas will be in Albany from Monday 13th, if anyone wants to catch up individually, please email [ceo@downsyndromewa.org.au](mailto:ceo@downsyndromewa.org.au)



## Peel and Surrounds Community Meet up



If you're around the Mandurah area on Friday 10 April, why not come along to the Mandurah Community Disability Expo!

You can drop by and say hello to Nikki and Cas, who will have a stall there.

Date: Friday 10 April

Time: 10:00am – 1:00pm

Venue: Greyhounds WA – Kanyana Park, Gordon Road, Mandurah

It's a great opportunity to connect with local services, supports, and community members. We hope to see you there!

Then join us later for a Community Event at Caterpillar Playground!

Time: 3:00pm – 5:00pm

Venue: Caterpillar Playground

Booking essential: <https://www.trybooking.com/DKMHG>



### Midwest Community Catch up

We'd love to invite you to a community catch-up hosted by Nikki, our Family Support Coordinator ❤️

It's a wonderful opportunity to come together, enjoy a yummy meal, share stories, and connect with others in the community.

Date: Saturday 4th April

Time: 6:00pm

Venue: Freemason Hotel (BYO meals and drinks)

Bookings essential <https://www.trybooking.com/DKVPY>



The poster features a group of six people (five adults and one baby) standing in the center. The background is orange. At the top, the text 'Midwest Catch up' is written in a large, purple, curved font. In the top right corner, there are two colorful Easter eggs. On the left, a white circle with a green border contains the text 'Freemasons Hotel April 4th 6pm'. On the right, a green speech bubble contains the text 'Join us for some yummy food and good conversation'. At the bottom left is the 'telethon 7' logo. At the bottom center, a white box contains the text 'Booking Essential' and the URL 'https://www.trybooking.com/DKVPY'. At the bottom right is the logo for 'Down Syndrome Western Australia' with the text 'CELEBRATING 40 1986 - 2026' below it.

**Midwest Catch up**

Freemasons  
Hotel  
April 4th  
6pm

Join us for some yummy  
food and good  
conversation

telethon  
7

Booking Essential  
<https://www.trybooking.com/DKVPY>

Down Syndrome  
Western Australia  
CELEBRATING 40 1986 - 2026

### **South West Community Catch up**

We would like to invite you to a community catch-up with Nikki from DSWA.

Date: Thursday 9th April 2026

Time: 12pm

Venue: Treendale Farm Hotel

Booking is essential - <https://www.trybooking.com/DKXCP>

This is a great opportunity to connect, share ideas, and engage with our community in a relaxed and welcoming environment.



THURSDAY 9<sup>TH</sup> APRIL  
12PM  
TREENDALE FARM HOTEL  
(BUY OWN DINNER AND DRINK)



## Open Employment Program



Congratulations Jesse!

We are very happy for our member Jesse Makley.

Jesse has started a new job at Little Creatures at Terminal 1 at Perth Airport.

Jesse is working as a kitchen assistant.

In her job, Jesse helps make food like:

- Toasties
- Ham and cheese croissants
- Sandwiches
- And other tasty food.

Jesse will work 2 days each week.

The Emirates Retail team has made Jesse feel very welcome.

We are very proud of Jesse and her great work. Well done, Jesse!

Would you like to look for a job? Contact Isabelle -  
employment@downsyndromewa.org.au



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## Life Skills Lab

### **Ask the Expert**

We would love you to join our ask the expert session where we will be discussing all things housing and living with Sam Paor, the owner of the growing space.

What is Specialist Disability Accommodation (SDA)?

Specialist Disability Accommodation, or SDA, is a type of housing for people with disabilities who need extra support. It helps people live safely and comfortably.

### **Who Can Use SDA?**

People with Down Syndrome can use SDA if they:

- Need help with daily life, like eating, dressing, or moving around
- Have high support needs

### **What Are SDA Homes Like?**

SDA homes are built with special features to make life easier, for example:

- Safety equipment
- Extra space for helpers
- Can offer shared or private living options

The event is \$5, 6:30pm and will be hosted online – Sign up here

- <https://www.trybooking.com/DJHPV>



### **Coffee club for 35s+**

We have held our first coffee club meeting and it was great fun.

#### **Why Socialising is Important**

- Talking and meeting people helps you feel happy.
- Spending time with friends can reduce stress and loneliness.
- Socialising can help you stay healthy and active.
- Sharing stories and laughs makes life more fun.



Come and make new friends.

Coffee Club Forrest Place 10am every other Monday from 13th April. Sign up here

- <https://www.trybooking.com/DJJAW>

### **Life Skills Lab Forum 2.0**

We're bringing people together for Life Skills Lab Forum 2.0 a full day of learning practical life skills for adults with Down Syndrome and their families.

It helps families and adults with Down Syndrome plan for the future.

You can learn from people who have already travelled this journey hear what worked for them and what challenges they faced.

Talking about important topics like housing, relationships, health, and the NDIS can make planning for life easier and less stressful.

Meeting others helps you feel supported and connected.

#### Details

- Where: Belmont Hub
- When and how long: 2nd May, 6 hours
- Sign up here - <https://www.trybooking.com/DKKEA>

#### What We Will Talk About

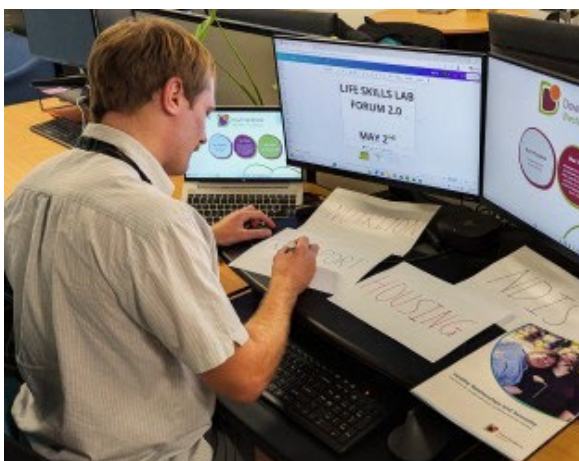
This year we will explore real topics that matter:

- Nutrition and healthy living
- Using public transport
- Relationships and social life
- Housing options
- What a good life looks like
- Understanding NDIS

#### Who Will Speak

DSWAAN peer advocates, guest speakers and people with lived experience will all be sharing their stories.

Come and learn, share your experiences, and get ideas to plan a good life for yourself or your loved one!



**Current Research Projects**

## Research Survey - Siblings in the disability sector

Are you an adult sibling of a person with disability?

Do you work in the disability sector?

How do you think your experiences with your sibling influence the way you do your job?

Researchers at the Centre for Social Impact UNSW are conducting research about the professional contributions of adult siblings of people with disability when they enter roles in the Australian disability sector.

If you agree to take part, you will be asked to do an online survey. It will take about 15 minutes. The survey will ask about background to you and your sibling, your role at work, and how you think your experience with your sibling with disability influences the way you do your job. You can go into the draw to win one of two \$100 gift vouchers.

To take part, visit the survey at:

[https://unsw.au1.qualtrics.com/jfe/form/SV\\_3fpIUUIBe9JmwgS](https://unsw.au1.qualtrics.com/jfe/form/SV_3fpIUUIBe9JmwgS)

For more information, including the benefits and risks of the research, please see the full participant Information Statement and Consent Form at the beginning of the survey.

If you have questions, please contact:

Dr Ariella Meltzer

Senior Research Fellow

(02) 8936 0910

[a.meltzer@unsw.edu.au](mailto:a.meltzer@unsw.edu.au)

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## Playgroups



As we headed into March, our wonderful Playgroup families in the North, South and East were welcomed to Old MacDonald's farm with an E-I-E-I-O!! We loved singing farm-themed songs and our little farmhands were kept busy with cute paper plate animal crafts, making a scarecrow and feeding the animals. Our sensory play activities this month ranged from finding farm figurines hidden in jelly, helping the animals to play in the 'mud' and giving them a wash too!

Playgroup North had a visit from Alex, the 'Ortho Shoe Guy' who brought a fantastic selection of orthopaedic shoes to our session, tailored to each family's specific style/ size/ support requests. He helped each child with fittings and assisted us with purchasing NDIS funds. Now our children are all set with supportive shoes for the coming season.

Our most recent sessions in March have focused around World Down Syndrome Day celebrations with yellow and blue handprint crafts and so many fantastically crazy socks! We created bunting with our crafty creations to display at the World Down Syndrome Day Picnic on 21st March. It has been a joy to teach the children a song called 'I am Special' with tiny hands placed over their hearts as we celebrate how unique and precious they are.

Here is a comment from a Mum who joined a playgroup this year with her beautiful baby!

"We've been coming to Playgroup East since Ruby was 6 weeks old (she's now 12 weeks) and it's been a fantastic thing for us to go to every week. It's difficult to articulate and certainly to quantify just how important connection with other DS families is and I'm excited to see how our kids grow over the coming months and years. The combination of songs, signs, craft and play makes this group such a great place to be and I'm ever so grateful it exists to be honest!" Katherine

Anita and Renee, Playgroup Coordinators  
[familysupport@downsyndromewa.org.au](mailto:familysupport@downsyndromewa.org.au)



# Kids Club

For February's Kid's Club event, we headed out on a Habitat Heroes adventure at Perth Zoo

Even with the heat, it was such a lovely day. Many of the kids got brave and touched a lizard, explored together, and enjoyed a relaxed afternoon picnic. It's days like this that remind us how important it is to come together, share experiences, and create meaningful memories as a community.

If you'd like to stay up to date with upcoming events, make sure to join our Kid's Club Facebook group - <https://www.facebook.com/share/g/1DVqtwi3gL/>

If you have a child aged 5 to 11 with Down syndrome and would love to connect with other families while encouraging peer relationships, social skills, and parent networking, please contact Siobhan at [kidsclub@downsyndromewa.org.au](mailto:kidsclub@downsyndromewa.org.au) for registration details.

We can't wait to see you at our next adventure!



## Friends for Life

Hi FriendDS 4 Life members!

Thank you to everyone who joined us for our Cook, Bake and Celebrate event on Saturday!

It was wonderful to see everyone having fun in the kitchen, learning new skills and making new friends.

A big thank you to Debbie and Daniel from FYI Everybody Cooks for leading such a fantastic event, and to all our participants and families who made the day so special.

# FRIENDS 4 LIFE

## COOK, BAKE, AND CELEBRATE



For our April Friends 4 Life event we will be teaming up with Adaptive volleyball WA and getting some friendly competition on!

Join us for a morning of volleyball fun.

When: 12th of April, 10:00 am – 12:30 pm

Where: The Rise (indoors) 28 Eighth Ave, Maylands WA 6051

Cost: \$15

Booking link: <https://www.trybooking.com/DKPBC>

Afternoon tea picnic will be provided after the volleyball session if you wish to hang around and mingle.

A parent or support person must be present however they don't need a ticket. We can't wait to see you!

Jemma

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

# FRIENDS 4 LIFE

**DATE: 12<sup>TH</sup> APRIL**

**TIME: 10AM - 12:30PM**

**COST: \$15**

**VENUE: 28 EIGHTH AVE,  
MAYLANDS 6051**



STAN PERRON  
*CHARITABLE  
FOUNDATION*

**Aim High**



## **Kings Park Walk and Photos**

Come and join Aim High.

You should come to Aim High as it is a great chance to meet new friends.

Walking in Kings Park is good for your body and mind.

You can enjoy nature, see the trees, flowers, and get some fresh air. It is a great chance to have fun, share laughs, and enjoy a relaxed day with others.

Where and when:

Kings Park - Flame of Remembrance & Pool of Reflection on Sunday 19th April.  
11am to 1pm.

What: A casual walk and taking photos with a Polaroid Camera

Who: Everyone over 18 is welcome.

Sign up here - <https://www.trybooking.com/DKKFP>



## Stay Connected

### WA All Abilities Come and Try Day

The WA All Abilities Football Come and Try Day is on Sunday 29th March. It's a free event for children & adults living with a disability to have a go at footy.



# ALL ABILITIES COME & TRY DAY

**When**  
Sunday March 29  
10am - 12pm

**Where**  
Mineral Resources Park,  
Lathlain

This **FREE EVENT** offers the opportunity for children & adults living with disability to have a go at footy in a fun, safe and supported environment. Participants will be provided the support they may need to have a go at a range of football based games and activities.

**Registration is essential.**

Enquiries: [starkick@wsaafa.org.au](mailto:starkick@wsaafa.org.au)

**REGISTER HERE**



WEST COAST EAGLES | ALL ABILITIES | star kick | telethon

## Ageing well with Down syndrome

Have you had a chance to look at Down Syndrome Australia's Ageing Well with Down syndrome resources?

They are designed to help people with Down syndrome, families and supporters understand changes that can happen as people get older, and what can help.

Each resource is available in Easy Read and Plain English so you can choose the version that works best for you and share the video Perspectives on Ageing Well with Down syndrome within your networks.

[View all the resources](#)

### Have your say

DSA is also inviting people with Down syndrome who have looked at the resources to take part in a short survey.

It takes about 10–15 minutes.

Your feedback will help DSA make sure future resources and support meet your needs.

[Take the survey](#)

## Sow & Grow Event

## City of Melville Sow & Grow All Abilities April School Holidays @ Willagee Community Centre

Our Sow & Grow event is a casual drop-in session for people living with disabilities. You will plant seasonal produce seeds to take home before planting later in the season.

**Family friendly social event:** This is a casual event, all ages welcome, please be respectful to each other and your environment. Caregivers are responsible for the health and safety of their children at all times. Guests assume responsibility for their own safety.

**Accessibility:** Event is outdoors in the Courtyard if the weather is fine, otherwise in the Activity Room.

**Length:** This is a drop-in style event that will be open over a 2 hour period.

**Start time:** This event is open for guests to come and go as they please.

**Date:** Wednesday, 15 April

**Time:** 1.00pm to 3.00pm

**Location:** Willagee Community Centre, corner Archibald and Winnacott Streets, Willagee

**Cost:** Free

**Register here:** <https://events.humanitix.com/sow-and-grow-all-abilities>

## My Perspective Photography Competition

My Perspective 2026 is now open!

We have exciting new categories this year:

- Portrait
- Food
- Seasons
- Yellow
- Music
- Sport

My Perspective is a global photography competition for people who have Down's syndrome. It is a competition for everyone and is really easy to enter!

Take photos using:

- A phone
- An I-Pad
- A camera

Visit their website to find out more: <https://www.downs-syndrome.org.uk/our-work/our-voice/my-perspective/>

## She Can Play - WA All Abilities Football

The WA All Abilities Football Association is proud to welcome Canning Vale Senior Football Club as a Female All Abilities Club in 2026 and we're inviting women with disability to be part of this exciting new team.

The She Can Play Program is a female only AFL program, designed to provide a safe, inclusive, and supportive environment for girls and young women to get involved in football. It focuses on building confidence, friendships, and a sense of belonging, while keeping the game fun and accessible.

At Canning Vale, you'll find:

- A club that values inclusion and community
- A supportive female team environment
- Opportunities to build skills and confidence
- A place where you belong and are encouraged every step of the way

The program is:

- Open to girls aged 16 years and over
- Non-tackling
- Played as a smaller version of AFL
- Suitable for a wide range of abilities and experience levels

To give everyone a chance to experience the program, we're hosting a Female All Abilities Come & Try Session:

Clifton Reserve

1st April

6:00 pm start

Sausage sizzle at 7:00PM

Register at <https://forms.office.com/r/kk60W5VY37?origin=lprLink>

## Cheer Dance Class

The City of Melville Cheer Dance Class for people living with disabilities is all about confidence, teamwork and having a whole lot of fun. Participants will learn exciting new skills tailored to suit a range of abilities in a welcoming and inclusive environment.

Whether you're brand new to Cheer or just love to move and perform, this class is the perfect chance to build confidence, make friends and shine in a supportive space. Come along, learn some new skills and most importantly — have fun while celebrating your team spirit!

Date: Tuesday, 14 April

Time: 10.00am to 10.45am

Location: Blue Gum Community Centre, 33 Moolyean Road, Brentwood

Cost: Free

Register here: <https://events.humanitix.com/cheer-dance-class>

## Compliments and Complaints

We always welcome your feedback and suggestions. Send your feedback to [admin@downsyndromewa.org.au](mailto:admin@downsyndromewa.org.au), use our [online form](#) or see the website for other methods - <https://www.downsyndrome.org.au/wa/about-us/feedback/>



### Research Survey - Siblings in the disability sector

Are you an adult sibling of a person with disability?  
Do you work in the disability sector?  
How do you think your experiences with your sibling influence the way you do your job?

Researchers at the Centre for Social Impact UNSW are conducting research about the professional contributions of adult siblings of people with disability when they enter roles in the Australian disability sector.

If you agree to take part, you will be asked to do an online survey. It will take about 15 minutes. The survey will ask about background to you and your sibling, your role at work, and how you think your experience with your sibling with disability influences the way you do your job. You can go into the draw to win one of two \$100 gift vouchers.

To take part, visit the survey at:  
[https://unsw.au1.qualtrics.com/jfe/form/SV\\_3fpIUUIBe9JmwgS](https://unsw.au1.qualtrics.com/jfe/form/SV_3fpIUUIBe9JmwgS)

For more information, including the benefits and risks of the research, please see the full participant Information Statement and Consent Form at the beginning of the survey.

If you have questions, please contact:  
Dr Ariella Meltzer  
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[a.meltzer@unsw.edu.au](mailto:a.meltzer@unsw.edu.au)

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