



CELEBRATING **40** 1986 - 2026

**Supporting a Life of Possibilities**



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## **CEOs Corner**

What a fabulous and very fast April we have had. The team have delivered some fabulous programs and we are delighted to see the engagement of our members. Please continue to support the activities we run, without people attending, we can't continue to apply for funding.

I was very fortunate to spend some time in the Great Southern, meeting with the Council, St John Ambulance, a Local Cafe and local business, as well as attending the Great Southern Community catch up.

I also had a chance to visit the beautiful art gallery of talented DSWA artist Samala Griffiths-Ghosh in Denmark. Samala produces vibrant and beautiful work across a range of mediums and her gallery is beautiful.



### **NDIS Changes**

Link to Email newsletter

- <https://view.email.ndis.gov.au/?vawpToken=LDPYJZPQQKEURA5KCTRKZCZFKU.4020003>

The recent NDIS announcements have understandably caused significant concern for many members and families. This is a difficult and uncertain time,

particularly for those worried about future funding, daily support, and how they will continue to live their best life. DSWA is working closely with Down Syndrome Australia in its systemic advocacy role with the Federal Government.

I urge members and families to write to the politicians you personally voted for, at both State and Federal level, and tell them what these changes mean for you. Representative members of our governments, need to understand how NDIS funding supports real people, real families, and real lives.

As the disability sector increasingly looks and feels more like an industry, rather than a sector built on empowerment, inclusion, and opportunity, we all need to speak up.

### **Plan review**

[See our tips and hints for preparing for plan review in this newsletter.](#)

### **New Funding round**

The Federal Government has recently announced a new funding round with three streams, Information, Individual and Family Capacity Building and Community Capacity Building. DSWA is working closely with our partners across the Down syndrome community, and others to develop strong collaborative projects to support our community. As part of this work, you will shortly receive a survey asking people with Down syndrome, families, and supporters what capacity-building activities you most want to see in the future. If what you need is not listed, I strongly encourage you to tell us what workshops, training and skills you want for your future. Your input will directly shape a long-term project designed for you and with you. **Please complete the survey – it is very important.**

The DSWA Board will shortly begin a series of strategic planning workshops, offered both online and in-person over a two-week period. I encourage as many members as possible to attend and contribute your views. These sessions are an important opportunity to help shape what the future of DSWA should look like for you and your family. See the dates later in our newsletter.

We have an exciting few weeks ahead, alongside our regular programs.

The month begins with Life Skills Forum 2.0, and we are looking forward to seeing many of you there and hearing from members, local presenters, and Sam Paior, who is travelling from South Australia to join us for the day. This forum is an important opportunity to share practical information, celebrate progress over the past year, and explore what comes next.

The following day is the long-awaited Parent Wellbeing session, Tools for the Tough Days workshop with Steve Wells, designed specifically for parents and carers. This workshop has been funded through Aimee's Fund, which was established to support the wellbeing of parents following the loss of Aimee Clarke, a valued member of our community in 2024. We are pleased to be able to offer this meaningful opportunity for connection and support.

Finally, we are rapidly approaching DSWA Gala 2026. We would love your help to collect prizes for the fabulous silent auction, raffle and possibly live

auction. Together we can all create an incredible atmosphere and chance to raise some funds for DSWA.

Enjoy the month of May, I hope to engage with many of you over the next month.

Warm regards

Cassandra

Cassandra Hughes

ceo@downsyndromewa.org.au

## What's On



## Get Involved

## DSWA Gala

Have you booked for the DSWA Gala? Tickets are selling fast! Don't miss an unforgettable night of fun, dancing and joy.

Tickets are on sale now <https://www.trybooking.com/DIMTC>

When: 6th June

Where: Pan Pacific Hotel Perth

Entertainment: The Drycleaners Band

Ages: This is an 17yrs and over event.

Tickets: \$175

\$115 for people with Down syndrome (No companion cards are available for this event)

Questions? Please contact the DSWA team -  
admin@downsyndromewa.org.au



## 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!



only  
**\$10**

Light afternoon  
tea provided

Will be held on

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

 Down Syndrome  
Western Australia  
CELEBRATING 40 1986 - 2026

**We Are Hiring**

## **We're recruiting: Skills for Life Project Officer (Part-time)**

Belmont-based | May 2026 – December 2027 | SCHADS Level 3.1

Down Syndrome WA is looking for someone who enjoys working directly with people, facilitating groups, and supporting individuals to build confidence, independence and practical life skills.

This role will deliver structured workshops for people with Down syndrome across a range of life stages. The workshops are already developed — your role is to bring them to life in a practical, engaging and supportive way as part of a small, collaborative team.

We are looking for someone who:

- is a confident communicator
- enjoys facilitating groups
- works well in a small team environment
- can take direction while working independently
- is organised, practical and reliable
- values inclusion and lived experience

Lived experience of disability is welcomed and valued.

This is a meaningful opportunity to support people with Down syndrome to build skills for independence and participation in everyday life.

### **What we offer:**

- SCHADS Level 3.1 salary
- access to not-for-profit salary packaging
- flexible part-time hours
- supportive and experienced team
- opportunity to deliver a structured statewide capacity-building project

Some regional travel, including occasional overnight travel, may be required.

To request the Position Description or apply:

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

Applications will be reviewed as they are received.

Applications close: 10th May 2026

We invite you to share this advertisement widely.



# We Are Hiring!

## Project Officer- Skills for Life

Applications close 10th May at 5pm.  
Late applications will not be accepted.

## Strategy Invitation

We warmly invite members you to join us for our upcoming strategic planning sessions as we shape the future direction of DSWA.

Your insights, experience, and perspective are incredibly valuable, and we would greatly appreciate your contribution to this important conversation. This session will be an opportunity to reflect on our current work, explore future opportunities, and ensure our priorities continue to meet the needs of the community we serve.

### Save the dates - more details to follow soon:

- Children 6-17 years  
Wednesday 13th May  
12.30pm - 2pm
- Adults 18-35 years  
Thursday 14 May  
1.00pm - 2.00pm
- Adults 35+ and Founding Members  
Monday 18th May  
12 noon-1.30pm

- Children 0 - 6 years  
Tuesday 19 May  
2.00pm - 3.00pm
- Stakeholders  
Wednesday 20th May  
2.00pm - 3.30pm
- General  
Thursday 21st May  
2.00 - 3.30pm

We hope you can join us and be part of this collaborative process.

## HBF Run for a Reason

These runners are going the distance for DSWA — now it's your turn to help! Our HBF Run for a Reason fundraisers are putting in the hard work to support people with Down syndrome across WA. Every donation, big or small, makes a real difference.

👉 Donate today and cheer them on all the way to the finish line!

<https://runforareason26.grassrootz.com/dswa>



## St George's Fundraiser

The St George's Cathedral Choir wore their brightest socks to celebrate World Down Syndrome Day in April and raise funds for DSWA.

Thank you so much for your donations!



## Plus Fitness Fundraiser

Every year, our gym, Plus Fitness Alkimos, hosts an electrifying fun run, the Plush Run, shining a spotlight on a different remarkable charity or organisation. Last year, they pledged their support to DSWA for the upcoming event and, true to their word, they made it happen.

On the day of the run, the ultimate VIP spot was reserved for none other than Theo, who basked in the glory of the perfect spot. For the entire 5km stretch, Theo enjoyed an unbeatable view without lifting a finger, cheering on the runners with high-fives and an infectious grin as they hit the halfway mark and began their journey back.

Kudos to our phenomenal participants, including those who conquered the 3km circuit and those who courageously walked the 5km despite injuries. A heartfelt thank you from Theo, myself, and DSWA echoes that sentiment, applauding you all as legends.

Clare Te Moana- Theos Mum.





## Grill'd Donation

DSWA were thrilled to be a recipient of a donation from the Grill'd at Waterford as part of their Local Matters program.

DSWA staff member Tilly visited Grill'd to accept the donation.



# NDIS Tips

## Getting ready for your NDIS Plan Review

### Tips for parents, carers and people with Down syndrome

When preparing for a new plan or plan rollover, think carefully about the next stage of life your child is entering. This is especially important if your loved one is transitioning into a new stage like primary school, high school or leaving school.

The plan review is a chance to present the strongest case to the NDIS to ensure you receive supports you need for this stage of life.

#### Look at your current plan

Think about:

- what worked well
- what did not work
- supports you could not find
- funding that ran out too early

#### Check/update your goals

Write goals in your own words, or the voice of your child

- communication
- independent living skills
- friendships and relationships
- travel skills
- safety
- health
- getting a job and being a good employee
- community activities

#### Think about what has changed

- new health needs
  - changes at school
  - behaviour changes
  - more support needed at home
  - new goals
  - family changes
- Plans should be for life now and prepare for the future period of possible funding.

#### Contact therapy and other providers for up to date reports

- speech therapist
- occupational therapist
- physiotherapist
- psychologist
- doctor or specialist
- school or training provider
- support workers

Reports should explain what support is needed.

## Getting ready for your NDIS Plan Review

#### Your voice is important

Parents and carers can explain:

- what support they provide
- safety concerns
- stress or fatigue
- gaps in services

#### Create a calendar for a year to help make a list of supports you need throughout your activities

You can ask for:

- therapy
- support workers
- life skills programs
- behaviour support
- assistive technology
- transport support
- support coordination

#### Keep notes after your meeting

- what you asked for
- what the planner said
- anything you need to send later

Keep copies of everything

#### Describe a normal week

A really effective way to do this is to create an annual calendar, considering what the person with Ds does on a daily/weekly basis, where are the inputs as a parent, what informal/family supports do you use, where do support workers come in, what is completed independently

- school or work
- therapy
- transport
- supervision needs
- social activities
- support at home

This shows what support is needed.

Think carefully about the next stage of life your child is entering. This is especially important if your loved one is transitioning into a new stage like primary school, high school or leaving school.

- learning independence skills
- getting a job
- travel training
- future housing goal

If you have any important insights or experiences you would like to share, please feel free to email us at [familysupportedownsyndromewa.org.au](mailto:familysupportedownsyndromewa.org.au)

## Family Support Team



PCH Outreach

Nikki and Paula have had a quiet month at PCH. Just a reminder that Nikki and/or Paula are onsite at PCH on a rotating basis every Thursday.

If you're heading into PCH for an appointment or are an inpatient on the wards, please feel free to reach out—we'd be more than happy to stop by and say hello.

### VenuesWest Swim School Presentation

At the end of March, Nikki delivered a presentation to 29 swim teachers at the Perth High Performance Centre, VenuesWest.

The session sparked strong engagement, finishing with an interactive and insightful Q&A. Many attendees—currently university students—shared that the strategies and knowledge gained would benefit a wide range of swimmers, not just those with Down syndrome.

Importantly, participants highlighted how they can carry these learnings forward into both their studies and future careers, helping to create more inclusive and supportive environments in and around the pool.



## Mum's Night Out

Mothers Day, Mum's Night Out – You Deserve It!

Take a well-earned break from the kids and enjoy a fun-filled evening connecting with other amazing mums in the community

- 📍 Location: Mt Henry Tavern, Como (27 Manning Rd)
- 📅 Date: Saturday 16th May
- 🕒 Time: 6:30 PM arrival | Games start at 7:00 PM
- 💰 Cost: \$15

Get ready for Balls Up Bingo hosted by the fabulous drag sensation Dean Misdale — expect a night that's a little bit rude, a little bit crude, and a whole lot of laughter!

Food and drinks available for purchase.

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

We can't wait to see you there!



## Parents and Bubs Morning Tea

Whether you're a first-time parent or growing your family, join us for a relaxed morning tea.

- 📅 Wednesday 10th June
- 🕒 10am–12pm
- 📍 Turquoise Cafe, Wanneroo.

Bookings essential - <https://www.trybooking.com/DIUIW>

Connect with other parents, share stories, and enjoy a warm, supportive space where everyone understands the journey.

Come along for a chat, a coffee, and a sense of community—we'd love to see you there

# PARENTS AND BUBS MORNING TEA

All parents of children with Down syndrome aged  
0-2 are invited to join us for morning tea



Date: Wednesday 10<sup>th</sup> June

Time: 10am - 12pm

Venue: Turquoise Cafe  
10 Conlan Avenue, Wanneroo

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



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Supported by  
**telethon**

# Key Word Sign Workshop

## Beginner's Course

Learn the basics of key word sign and gesture, who it supports, and how to use it alongside other communication methods.

What you'll learn:

- Principles of key word sign and gesture
- How signing supports communication and speech development
- Which signs to teach
- Everyday signs you can start using right away


## NDIS Information


Can I use my child's NDIS funds to attend? If you are self-managed or plan-managed – YES! This workshop helps parents and carers build the skills and capacity to support their child in achieving their goals.


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

Yes! Simply select the 'Public' ticket option when booking.

## Workshop Details

 Date: Thursday, 25 June

 Time: 9:30am – 4:00pm

 Location: Belmont Hub, 213 Wright street, Cloverdale

Booking: Essential - <https://www.trybooking.com/DKVPG>

# KEY WORD SIGN

BEGINNER WORKSHOP



Thursday 25th June  
9:30am to 4pm  
Belmont Hub  
Booking Essential



## Regional Outreach

### Midwest

On 4th April, Nikki had the pleasure of hosting six families for a relaxed meal at the Freemasons Hotel.

The evening was filled with plenty of laughter and lively conversation, creating a warm and welcoming atmosphere for everyone who attended. It was especially wonderful to see families reconnect, share stories, and enjoy each other's company.

Events like these continue to highlight the importance of connection and community, and we look forward to many more opportunities to come together.



## Southwest

Nikki hosted lunch at the Treendale Farm Hotel. Five families joined her and the lunch turned into a long lunch with everyone staying for 4 hours.

It was a great catch up with the kids having a ball in the playground and the adults being able to chat and share stories and advice.



## Peel/ Mandurah

Mandurah Community Disability Expo

Nikki and Cas recently had the opportunity to host a stall at the Mandurah Community Disability Expo with DSWAAN members Rachel and Adam helping on the stand.

It was a fantastic day, with the team connecting with many familiar faces, as well as welcoming some new ones. These events are always a valuable chance to engage with the community, share information, and build meaningful connections.

A big thank you to Rachel and Adam for joining us on the day and for their support in connecting with others and sharing their personal stories—it made a real difference.



## Peel/ Mandurah

### Peel Community Meet-Up

Later that afternoon, Nikki hosted a community meet-up at the Caterpillar Playgroup.

Eight families from across the Peel community came together for a relaxed and welcoming catch-up. While the children enjoyed playing, parents had the opportunity to connect, share experiences, and enjoy a chat.

It was a lovely afternoon that highlighted the importance of creating spaces for families to come together and support one another.



## Great Southern

Cassandra visited the Great Southern and held a morning tea at Hendasydes Cafe- Strawberry Farm. She was joined by 4 families.

While in the Great Southern, Cassandra also met with the council and St John to talk about the DSWA employment program.

She caught up with the All Abilities Football staff as well to see how we can work together.

Cassandra then headed out to Denmark to meet with long time member Samara and visit her gorgeous little art shop.

## GREAT SOUTHERN



## Regional Facebook Communities

Join the Facebook community for your region:

- [Great Southern](#)
- [Midwest](#)
- [Peel and Surrounds](#)
- [South West](#)
- [Wheatbelt](#)

## Open Employment Program



### Peel Members Ready to Shine in the Workforce

A big congratulations to our amazing members in the Peel region who have just completed the 5-week Ready for Work program.

Over the past few weeks, participants have built valuable skills and confidence—taking important steps toward meaningful employment. And now, they're excited and ready to begin their employment journeys!

We're so proud of everything they've achieved and can't wait to see what's next for each of them.

Interested in joining a future program? Keep an eye out—our next Ready for Work program is coming soon!

Isabelle

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



Some apps will clip the DSWA eNews, to view our entire email go to the [Web Version of this Email](#)

## Life Skills Lab

The Life Skills Lab Forum 2.0 is happening soon and you're invited!

Join us for a practical, easy-to-follow session where you'll gain useful tips you can start using right away. Topics include:

- Reducing arguments at meal times
- Talking about relationships with loved ones
- Hearing directly from adults with Down Syndrome about the skills they want to develop

Haven't signed up yet? There's still time!

Register here: <https://www.trybooking.com/DKKEA>

Belmont Hub, 213 Wright Street

Starts at 9:00am

Saturday, 2 May

We'd love to see you there!



## Current Research Projects

### **Have your say: Improving health services for people with Down syndrome**

What has your experience with health services been like?

Researchers want to hear from carers of children and young adults with Down syndrome aged 5 to 30 years.

Your feedback will help improve health services and shape better tools and support for people with Down syndrome and their families.

The study involves a short online survey and takes about 1 hour.

If you're interested in taking part, please contact: Dr Rachel Skoss – [rachel.skoss@thekids.org.au](mailto:rachel.skoss@thekids.org.au)

This study is being led by the Kids Research Institute Australia and partners.

### **Share Your Playground Experience**

Help Us Make Playgrounds More Inclusive for Children with Disabilities.

Have you visited your local playground with your child who has a Down Syndrome?

We would like to hear your story.

Playgrounds are vital spaces for fun, connection, and community—but not every child has equal access. Our research project is exploring the barriers and enablers families with a child with a disability experience when accessing their local community play spaces.

### **Why Your Voice Matters**

Your insights will help shape the future of playgrounds by:

- Identifying what works—and what doesn't—for families like yours
- Informing councils and designers on how to create truly inclusive play environments
- Supporting advocacy for better planning, development, and design of public play spaces

### **Who Can Participate**

Parents and caregivers of children with Down Syndrome (under 12) who have experience attending local community playgrounds within the last 12 months.

### **How to Get Involved**

Share your experience through an interview.

Location: Online or in person at a location and time of your convenience

Time Commitment: Up to 1 hour

Contact: If you are interested, please contact Professor Angus Buchanan  
[a.buchanan@curtin.edu.au](mailto:a.buchanan@curtin.edu.au)

Your contribution will help build a more inclusive future for all children.

Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number HRE2024-0344-03). Should you wish to discuss the study with someone not directly involved, in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email [hrec@curtin.edu.au](mailto:hrec@curtin.edu.au).



HELP US MAKE PLAYGROUNDS  
MORE INCLUSIVE FOR  
CHILDREN WITH DISABILITIES  
WE WOULD LIKE TO HEAR YOUR STORY



## Playgroups



The last two weeks of term at Playgroup North, East and South were all about Easter fun.

We were lucky to have Made to be Messy join us at Playgroup South, setting up an amazing Easter-themed messy play experience. The kids absolutely loved it — so many textures, colours, and hands-on fun!

Across all three playgroups, we also enjoyed some cute and colourful crafts. It was so lovely seeing all the smiling faces and happy moments.

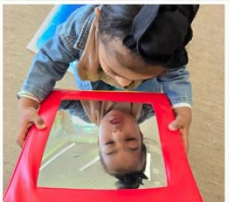
We hope everyone had a beautiful Easter break.

We've now returned for our first session of Term 2, starting with feelings-themed colouring activities. Families also took home a key sign sheet to continue practising "how we are feeling at home — we love seeing this learning carry on beyond the sessions.

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



# PLAYGROUP



## Kids Club



In April, our Kids Club members took things to new heights with an exciting visit to Circus WA.

The children had an incredible time trying out the aerial silks and trapeze, and it was fantastic to watch their confidence grow as they gave everything a go. Some were even pulling off some seriously impressive tricks up in the air!

We were also joined by families who travelled from far and wide, and we'd like to thank everyone for taking part these school holidays and bringing so much energy and enthusiasm to the day.

After all the action, we enjoyed a relaxed afternoon tea, where the kids decided to organise a game of duck, duck, goose among themselves. It was wonderful to see them take the lead, include one another, and keep the fun going with plenty of smiles and laughter.

We can't wait to see what the next event brings!

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.



## Friends for Life



STAN PERRON  
CHARITABLE  
FOUNDATION

In April, our Friends for Life teens came together for an adaptive volleyball session. It was fantastic to see everyone dive into a brand-new sport that none had tried before! The energy and enthusiasm on the court were contagious.

It was also wonderful to see parents joining in, turning the session into a fun and spirited competition. Moments like these truly highlight the strength of our community.



Looking ahead to May, we're excited for our next Friends for Life event. We'll be heading to Caversham Wildlife Park to experience the "Meet a Wombat & Friends" show, where keepers will introduce us to over 20 native species.

Book at <https://www.trybooking.com/DLGGR>

We can't wait to see you there!

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

# FRIENDS 4 LIFE

CAVERSHAM WILDLIFE  
PARK

DATE: 23RD MAY

TIME: 11AM - 1:30PM

COST: \$5

VENUE: CAVERSHAM WILDLIFE PARK

DON'T FORGET TO BOOK!



STAN PERRON  
CHARITABLE  
FOUNDATION



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Aim High

 Easy  
English

We had a wonderful time at Kings Park for the Aim High walk and Polaroid photo event!

We enjoyed the beautiful scenery and talked about different plants, including how they got their names like the Kangaroo Paw plant. Along the way, we met some friendly dogs and had fun chatting about the pets we all have at home.

We also brought a Polaroid camera and took some lovely photos. Everyone got to take their photo home as a special memory.

After spending time with our DSWAAN group and other community members, we have planned something exciting! We are going to a candle-lit concert in Perth. This will include going out for dinner together and then enjoying the concert. It will be a great chance to have fun, catch up with friends, and meet new people. More details will be shared soon!



## Stay Connected

### DSA Board Members

Would you like to help guide Down Syndrome Australia's strategy, governance and impact?

We're inviting expressions of interest to join the Down Syndrome Australia Board as a volunteer Director.

We're particularly interested in people with experience in:

- Corporate compliance and governance
- Marketing and communications
- Fundraising and philanthropy
- Information technology and digital strategy

This role is open to people based anywhere in Australia. We welcome expressions of interest from people with and without disability.

Applications close 5pm AEST, Wednesday 13 May 2026.

Learn more and

apply: <https://www.ethicaljobs.com.au/members/DownSyndromeAus/board-member-voluntary>



# Join our Board



## Sibcircle from Siblings Australia

Across Australia, hundreds of thousands of siblings of people with disability still need support.

Some are children who put their needs last. Others are adults who continue to care for their sibling for life.

SibCircle is here for all of them, a national programme designed to provide support to siblings. Learn more about it: <https://bit.ly/SupportSiblingsAcrossAustralia>



## SCircus Quirkus Free Tickets

Immune Deficiencies Foundation Australia proudly presents  
2026 Circus Quirkus

One hour shows. Suitable for all ages and accessible for people:

- with diverse abilities and backgrounds (wheelchair accessible)
- who might require a more flexible and inclusive environment when attending the theatre (sensory and neurodiverse friendly).
- who are facing hardship.
- -who are without access or opportunity to attend live theatre.
- who are deaf/hearing impaired (Auslan interpreted performances)

\*Featuring moving and flashing lights, and upbeat, sometimes dramatic music.

ALL TICKETS ARE COMPLIMENTARY, including parent, sibling and carer tickets. Thanks to sponsorship from local businesses. Bookings from schools, organisations, carers and families are all welcome.

ASTOR THEATRE PERTH  
659 Beaufort Street, Mount Lawley, WA

Show Dates:  
Sunday 24 May - 11.3am, 1.30pm, 3.30pm

Monday 25 May - 10am, 12pm

To book complimentary tickets, please email your name, preferred showtimes and ticket numbers to [meredithnewman@showintent.com.au](mailto:meredithnewman@showintent.com.au) or call/text 0404-367-782

## DSA Resource: Grief and Loss

Grief means feeling sad after losing someone or something important.

People with Down syndrome may show grief in different ways. They might seem quiet, upset, angry or confused.

This fact sheet explains:

- What grief is
- Common signs
- What helps
- When to ask for support

Talking about grief helps people feel less alone.

Read the fact sheet here: <https://buff.ly/zYIZ1tj>

This is one of five resources in our Ageing Well with Down syndrome series.

Explore the full series: <https://buff.ly/FfeagJ5>

Please share this guide with anyone who might find it helpful.

A big thank you to nib foundation, our partner in this project, for helping make these resources possible.

# Grief and Loss

Download our Ageing Well with  
Down Syndrome resources at  
[www.downsyndrome.org.au](http://www.downsyndrome.org.au)



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## Dance Heroes - Free Class

Dance Heroes is a disability-inclusive movement-to-music program designed for all ages and all abilities. Each session is welcoming, structured and adaptable with weekly themes that make participation fun, confidence-building and engaging.

Classes support a wide range of NDIS goals including social participation, physical activity, communication, emotional wellbeing and community engagement. Support workers and carers are always welcome to join in at no cost.

Key features:

- Inclusive, sensory-aware environment
- Suitable for all mobility levels
- Weekly themed routines
- Wheelchair-accessible venue and facilities
- Casual bookings with no lock-in commitment

Bookings at <https://events.humanitix.com/dance-heroes> Free trial class with code - HEROES.

# DANCE HEROES

FREEDOM THROUGH MOVEMENT

Dance Heroes is a fun, inclusive movement to music program for people living with disabilities. From 80's hits to cheerleading, line dancing, disco and more - each week features a fresh, exciting theme for everyone to enjoy.



## WHERE

Blue Gum Community Centre  
33 Moolyeen Road, Brentwood



## WHEN

Mondays - Starting 4<sup>th</sup> May  
10.30am - 11.30am



**Louise 0419 949 389**



[info@danceheroes.com.au](mailto:info@danceheroes.com.au)



[www.danceheroes.com.au](http://www.danceheroes.com.au)



Support Workers/Carers -  
no bookings required

Participants - bookings required  
**FREE** trial class code-word **HEROES**



**BOOK NOW**



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/>



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