



Quick Links

CEOs Corner

What's On

Get Involved

[Family Support Team](#)

[Transition Workshops \(starting school and teens\)](#)

[Key Word Sign Workshop](#)

[Parents and Bubs Morning Tea](#)

[Open Employment Program](#)

[Life Skills Lab](#)

[Mental Health Workshop for people with Down syndrome](#)

[Photography Course and Videos](#)

[Aim High](#)

[Current Research Projects](#)

[Playgroups](#)

[Kids Club](#)

[Friends for Life](#)

Stay Connected

Citizen Advocacy (community advocates and buddies)

Resource Hub

For Us by Us (teens after school program)

Compliments and Complaints

CEOs Corner

The month began with the excitement of the DSWA Gala on 6 June. What a fantastic evening, surrounded by friends, families and our wonderful community. We were delighted to be entertained by the dancers from Ballroom Fit, whose elegance and skill captivated everyone in the room. Thank you to Darryl and the entire Ballroom Fit team, not only for joining us at the Gala but for the incredible work you do supporting people with disability.

A huge thank you also to the wonderful team at Pan Pacific Perth for your outstanding support and service throughout the evening, and to the Drycleaners Band for keeping us entertained on the dance floor. Thank you also to all of our generous sponsors who helped make the evening such a success, particularly Red Sands Campers for donating the fantastic camper hire prize. Thanks to your support and the generosity of our community, the Gala raised just over \$30,000 to help continue the work of DSWA.

The true highlight of the Gala, however, was our incredible MC team from the DSWA Advisory Network, who confidently hosted the entire evening. Congratulations and thank you to Jessica Toster, Naomi Lake, Patrick Ricciardo, Rachel Parker, Andrew Denton, Brooke Canham, Ginger Houghton Knights and Tilly Geoghegan. You were all absolutely amazing, and we are incredibly proud of you.

If there has been one positive development amongst the current NDIS challenges, it has been the extension of the NDIS Bill Inquiry until 14 August. We all hope this additional time allows the thousands of submissions to be carefully considered with the integrity and commitment they deserve, and that the concerns raised by people with disability, families and organisations are genuinely heard.

Please remember that if I or any member of the DSWA team can help during this time, please don't hesitate to reach out. Whether you need information, guidance or simply a supportive ear, we are here for you.

Although attendance at the DSWA Strategic Plan consultation sessions has been small, the quality of the conversations and feedback has been exceptional. There is one final opportunity to participate tomorrow from 11.30 am to 1.00 pm. Due to several requests, this session will be offered both in person and online. If you would like to attend in person, please book through TryBooking - <https://www.trybooking.com/DMRPS>. If you would like to join online, simply email ceo@downsyndromewa.org.au and we will send you the Microsoft Teams link.

As I write this, we are putting the finishing touches on our 2026–2027 budget. Like many organisations across the sector, it is shaping up to be a very tight year. Our priority remains maintaining the services and supports our members rely on, although we do ask for your understanding if there are some adjustments along the way.

Many of our funding agreements simply did not allow for the unexpected 4.75% mandatory SCHADS Award wage increase which will impact us.

Together with our colleagues across the Down syndrome associations, we are also working collaboratively on a number of significant grant applications. We are hopeful these will provide greater stability and sustainability over the longer term, allowing us to continue strengthening the support we provide to our community.

Finally, I had the opportunity this month to attend several positive meetings with including the WA Disability Health Network, a newly established Disability Employment Network, and the AFL Umpires Association. There are some very exciting opportunities on the horizon, and I look forward to sharing more with you in the coming months.

There are some fabulous events and workshops coming up like the Mental Health for people with Down syndrome, or many of the other cool things the team has planned. Check it out later in the Enews.

As always, thank you for your ongoing support of DSWA. Every event you attend, every piece of feedback you provide and every conversation you have about what we do helps strengthen our community. I hope you enjoy the school holidays if they apply to your family, and I look forward to sharing more exciting news with you next month.

Warm regards

Cassandra

Cassandra Hughes

ceo@downsyndromewa.org.au

What's On



Get Involved

Family Support Team



PCH Outreach

During June, Nikki has been busy supporting people with several hospital visits. If you have a hospital appointment coming up and would like an extra pair of ears during your appointment, or simply someone to debrief with afterwards, please don't hesitate to reach out. We are here to support you and can assist where possible.

As the weather becomes cooler, please remember that support is only a phone call away. If you need anything at all, please reach out. Nikki and Paula are always happy to come and say hello, have a chat, and provide support where needed.

We look forward to reconnecting with everyone through our weekly outreach sessions.

Email us on familysupport@downsyndromewa.org.au

Regional Outreach

Join the Facebook community for your region:

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

Transition Workshops

As children grow and move through different stages of life, transitions can bring both excitement and challenges. We invite families to join us for two informative online workshops designed to provide practical strategies, helpful resources, and opportunities to connect with others navigating similar experiences.

Becoming a Teen Transition Workshop

The teenage years are a time of growth, change, and new experiences. This workshop will explore the physical, emotional, and social changes that come with adolescence and provide practical strategies and supportive guidance for both young people and their families. Join us to build understanding, gain confidence, and learn ways to navigate this important stage together.

Date: Monday 20 July

Time: 7:00 pm – 9:00 pm

Location: Online

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

Early Years Transition Workshop

Starting school is a significant milestone for children and their families. This workshop will explore strategies, tools, and resources that can help support a positive and confident transition to school. Participants will have the opportunity to share experiences, ask questions, and learn practical ways to help children thrive as they begin their school journey.

Date: Wednesday 22 July

Time: 7:00 pm – 9:00 pm

Location: Online

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

Keyword Sign Workshop

On Thursday 25 June 2026, we held a successful Key Word Sign session with three families and one Education Assistant.

Everyone had the opportunity to participate in role-play activities and practise identifying key words without speaking. The session encouraged active engagement, communication, and teamwork, and participants demonstrated enthusiasm and willingness to learn throughout the activities.



Parents and Bubs Morning Tea

Join us for our next Parents and Bubs Morning Tea on 19 August at the Belmont Hub.

We'd love to see you there!

Parents & Bubs

Meet up and Morning Tea

Are you a parent of a little one aged 0-2 with Down syndrome? Join us for a warm and welcoming morning tea hosted by Down Syndrome WA's Family Support Team, Nikki & Paula ! ☀

Date Wednesday 19th August

Time 10am- 12pm

Venue Belmont Hub
213 Wright street,
Cloverdale.

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



On Wednesday, 10 June, four families joined us for our Parents and Bubs Morning Tea at Turquoise Café in Wanneroo.

Over coffee and cake, families had the chance to relax, chat, share experiences, make new friends, and enjoy time together in a welcoming and supportive space.

A big thank you to Telethon for their ongoing support, which helps us host these valuable events and create opportunities for families to connect and build strong community networks.



Open Employment Program



Fraser's New Job!

Well done to Fraser on starting his new job at Florida Beach Fitness in Mandurah!

Fraser helps the team in lots of ways.

Fraser:

- Keeps the gym clean and tidy
- Wipes down gym equipment
- Helps coaches with weights and equipment
- Sets up fitness classes
- Packs away after classes
- Leads a Dance Fitness class every week

Fraser learns a new dance each week and teaches it to the class. He loves helping people have fun and stay active.

We are very proud of Fraser and all his hard work.



Well done, Fraser!

You can contact our Employment Coordinator, Isabelle at 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



In June, we spent a lot of time working with the DSWAAN.

We are making sessions about mental health and money.

Learning about money is important. We are talking with the DSWAAN to find out what money skills are most important for our community.

If you would like to join the DSWAAN, please email Cas (ceo@downsyndromewa.org.au) or call the DSWA office (08 6182 3690).

We are planning a Tuesday evening course for adults who have day jobs.

The course will include

- money skills
- moving out skills
- online safety
- setting goals

Life Skills Lab has many events for adults with Down syndrome, parents, and carers.

To see all upcoming events, click this link [DSWA Events Page](#) or read below.

Mental Health Workshop

Mental Health Workshop for people with Down syndrome aged 16+

Join us for a supportive session with Darren Peterson, DSWA volunteer and CEO of Take Charge Wellbeing.

Darren will help guide us through understanding mental health, how to notice when we might be struggling, and simple ways we can support ourselves and others.



Date: Saturday 18 July 2026



Time: 10:00 AM – 12:00 PM



Location: Belmont Hub, 213 Wright Street, Perth WA

Don't forget to book at <https://www.trybooking.com/DLVYN>

Photography Course and Videos

DSWA and the Perth Centre of Photography are excited to work together. We will run an Introduction to Photography course. The course will start in September.

The Perth Centre of Photography will also make videos of people sharing their skills.

These videos will be part of a new online video library.

Do you have a skill you would like to share?

Please email adultsupport@downsyndromewa.org.au. We will tell you where and when the filming will happen.

These videos will be shared across the Down Syndrome Australia Alliance. This is a great chance to be part of something special.

Aim High

Sushi Night

Aim High is going to Fremantle for a sushi night.

Sushi is a healthy takeaway option. It is also fun to make at home.

The sushi night will be at Fomoto in Fremantle.

The event is on 4 July.

It is free to come to the event, but please bring enough money to buy your meal.

Adults aged 18 years and over can come to this event.

If you would like to come on your own, please let us know.

To book your place, use the sign-up link below:

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

AIM HIGH

Enjoy sushi & good times
together.

Fomoto Fremantle

4th July

6pm



Handmade sushi
Currys
Bento



CELEBRATING 40 1986 - 2026

Candlelight Concert

In August, we are going to the Candlelight Concert in Perth.

The concert is at Beasley Hall at Perth Modern School.

We will watch a live orchestra play songs by Ed Sheeran and Coldplay.

Adults aged 18 years and over can come to this event.

If you would like to come on your own, please let us know.

The concert is on 28 August.

Tickets cost \$50.50.

If you have a Companion Card, one support person can come for free.

We would like to thank the people running the event for kindly providing the free companion ticket.

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



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

Current Research Projects

We've received a request from Sierra who is a PhD student at UNSW Sydney.
She would like to hear from young people to help with her research project "In Their Own Words".

The project explores perspectives of young people with intellectual disability (aged 12 to 28) about growing up, making decisions, becoming an adult, and how stigma and support shape their experiences.

Participants may:

- take part in an interview (about 1 hour)
- take part in an interview along with a PhotoVoice activity using photos that they
- take to share their ideas (about 90 minutes)
- have their interviews face-to-face, online or over the phone.
- **you will receive a \$50 gift voucher for your time**

A support person chosen by the participant is welcome. Young people 12 to 17 years old must bring a responsible adult to the session, but it is their choice if this person accompanies them in the interview itself.

If you would like to find out more, you can contact the researcher, Sierra Willow, on s.willow@unsw.edu.au or (02) 9348 2102.

Playgroups



June has been a beautifully busy and creative month for our Playgroups with our 'Food' theme and a visit to North by Sensorium Theatre!

Our South families created beautiful rainbows and colourful faces using fresh fruit and vegetables. They also enjoyed playing with squishy, sensory bags made with food of all different colours and textures.

In the North and East, we created artwork with vegetable stamps and baked individual cupcakes, which was a great way for children to practice motor skills like stirring and scooping. There were squeals of delight and gorgeous smiles all round as we turned a ball of wool into fantastic spaghetti creations too!



Lauren Esser from Moving Parts Physiotherapy visited two of our playgroups to offer advice and answer questions about our little ones. All our playgroups arrange for visits from Sensory, Music Therapy and Allied Health professionals at various times throughout the year to inform families and add value to our sessions.

We are excited to welcome Sensorium Theatre to our North Playgroup to present the ever-popular Bear Hunt series. So far, we have searched through the swishy, swashy, long, wavy grass with a fantastic array of sights, sounds and textures... but we haven't yet found the bear! Stay tuned as we keep searching...

Playgroup is about fun, learning and connection. It's such a privilege to connect with our beautiful families in this way. Join us if you can, whether it's weekly or an occasional visit. You are always welcome!

Anita and Renee, Playgroup Coordinators
familysupport@downsyndromewa.org.au



Kids Club



This July, we're teaming up with Studio Dre for an action-packed Kids Club event!

Get ready to move, jump, and climb as we learn awesome skills inspired by parkour, tricking, and acrobatics in an exciting ninja-style class.

Studio Dre's experienced instructors are passionate about helping young people build real skills in a fun, supportive environment—perfect for all energy levels and abilities.

When: 4th July

Time: 10:30am – 12:30pm

Where: Unit 2/99 Catherine St, Morley, WA, 6062

Cost: Free for members with DS and \$5 for siblings

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

Spots are limited to just 14 participants, so be sure to book quickly to avoid missing out!

We can't wait to see you there!



Thank you to everyone who attended our Kids Club pizza cooking class!

You all brought amazing energy to the day. Even with a few hiccups in the kitchen, everyone pulled together and made it such a fun and memorable experience. The pizzas were delicious, and a big thank you goes to our head chefs, Daniel and Debbie.

We loved seeing everyone's creativity shine, with some fantastic love heart and face-shaped pizzas being made!

To top it all off, we finished with a lively game of Red Light, Green Light to burn off some of our energy.



Friends for Life



Hi FriendS 4 Life families!

We're excited to be teaming up with Jasmine from Act Up for our upcoming July event!

This has been one of our most requested F4L sessions, and we can't wait to see everyone bring out their acting skills.

When: 11th July 1pm – 3pm

Where: North Perth Lesser Hall

Cost: \$10

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

Don't miss out on this fun and creative workshop – we can't wait to see you there!

Friends 4 Life

And Act Up

DATE: 11TH JULY

TIME: 1PM -3PM

COST: \$10

**VENUE: NORTH PERTH LESSER
HALL**



STAN PERRON
CHARITABLE
FOUNDATION



Down Syndrome
Western Australia

CELEBRATING 40 1984 - 2024

Thank you to everyone who joined our Dance Heroes session with Louise.

I think I speak for everyone when I say it was an electric class! From channelling our inner cheerleaders to Taylor Swift, to dancing with rhythm ribbons to ABBA, and of course busting out some Macarena moves, it was a high-energy, joy-filled morning from start to finish.

We loved seeing everyone's confidence and big smiles on display. Thank you for bringing such amazing energy!

Jemma

friendsforlife@downsyndromewa.org.au



**FRIENDS
4 LIFE
DANCE
HEROES**

Stay Connected

Citizen Advocacy

Spread the word about what we do at Citizen Advocacy! We match people with disabilities in Perth with free, lifelong community advocates and buddies to help them live their best lives.

As we expand our free services across Perth, we need to prove the demand and gather feedback so we can shape the exact supports our community wants and needs. The 2 min survey is anonymous and can be filled out by people with disability (or their support person) of any age, anywhere in Perth.

Take the survey at - <https://forms.cloud.microsoft/r/7z4K9MUVq6>

Resource Hub

Did you know about the Resource Hub on our website?

It includes resources created by the members of the Down Syndrome Australia Alliance.

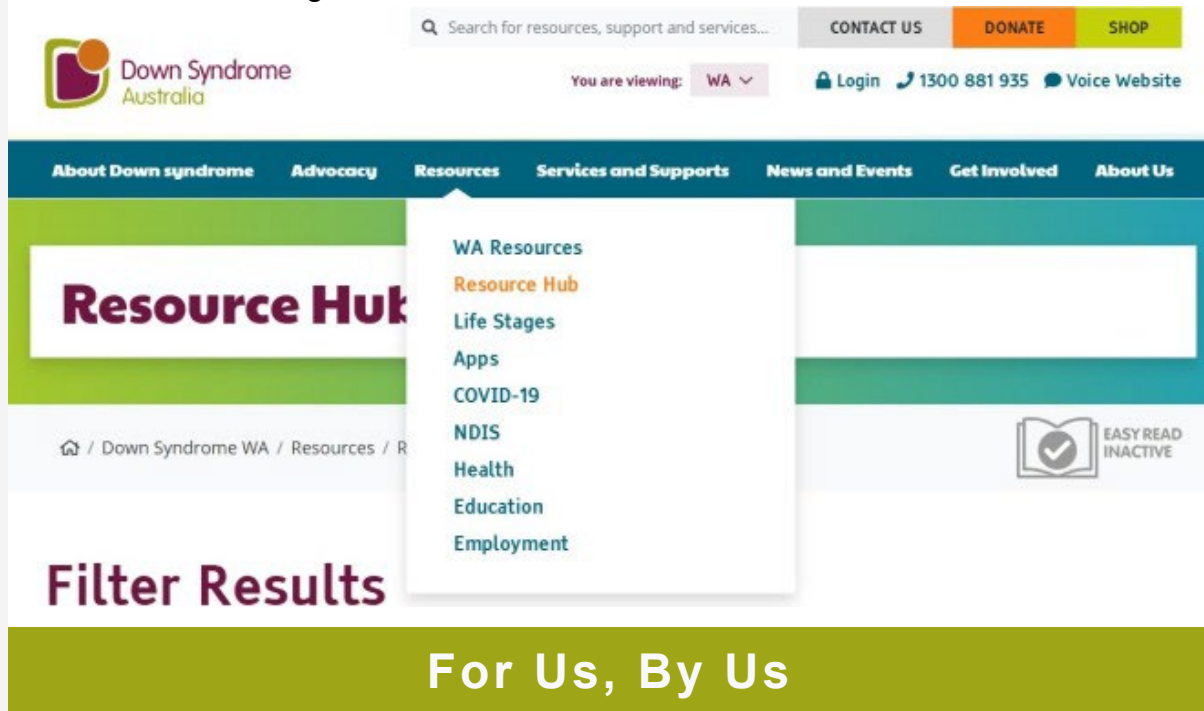
You can search by the following Life Stages:

- Prenatal
- New Parent
- Early Childhood
- School Years
- Teenagers

- Young Adults
- Adults
- Older Adults

You can also search by Category including Housing, Health, Relationships and Advocacy.

You can find it here <https://www.downsyndrome.org.au/wa/resources/resource-hub/> or see the image below.



For Us, By Us is a free social after-school program created and led by young people. Through the program young people (aged 12 to 17) will be supported to build knowledge about disability, connect to community and foster disability justice and pride.

For Us, By Us is delivered by Youth Disability Advocacy Network (YDAN), and supported by the City of Melville and Telethon.

Sessions run every Tuesday from the 23rd of June to the 21st of July.

Venue: AH Bracks Library

Address: Corner Canning Highway and Stock Road, Melville

Session Dates: 7th July, 14th July, 21st July

Session Times: 3:30pm - 5:30pm

Sign up here.

https://forms.office.com/pages/responsepage.aspx?id=THuSkh1xB0W0aKCJ8LDvzPITEZQm7I9GtX_rPwkv0GRUN1JHSFhaSEVYOVpRSzE1MDg0VUc4T0tETS4u&route=shorturl

Contact YDAN to learn more:

Arye (For Us by Us Project Support Officer)

Email: arye@ydan.com.au

Phone: 08 6164 9825

**Are you a young person
(12-17) with disability?**

**Are you looking to build
connection, skills, confidence
and find community?**

FREE

FOR US

BY US



For Us, By Us is a FREE social after-school program created and led by young people.

Through the program young people will be supported to build knowledge about disability, connect to community and foster disability justice and pride.

Where: AH Bracks Library + Creative Space
431 Canning Highway, Melville

Time: 3:30pm - 5:30pm

Dates: Tuesdays 23rd Jun, 30th Jun, 7th Jul,
14th Jul, 21st Jul

Contact us to learn more:

Arye (For Us by Us Project Support Officer)

✉ Email: arye@ydan.com.au

☎ Phone: 08 6164 9825



Proudly
supported
by



City of
Melville



PROUDLY SUPPORTED BY

teletthon 7

Compliments and Complaints

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



Copyright (C) 2026 Down Syndrome Western Australia. All rights reserved.
You are receiving this email because you opted in via our website.

Our mailing address is:
Down Syndrome Western Australia 213 Wright St Cloverdale, WA 6105 Australia

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)