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Some apps will clip the DSWA eNews, to view our entire email go to the

CEOs Corner

July has brought us the end of the financial year and a chance to review the work and outcomes of 2025-2026. This last year has been very positive with the delivery of key programs, activities and workshops, as well as our family connection work and social connections. The team have just finalised their Annual reports, reflecting on the year and its success or challenges. We look forward to the annual report and to presenting it at the AGM.

The Annual General Meeting is to be held on Wednesday 21 October at 7pm and is open to inperson or online members. We would like to invite you to this once a year opportunity to celebrate all that has been 2025-2026.

This month we have finalised the budget for the coming year which will see us break even, which includes a forecast \$152,000 in fundraising and donations. For each dollar we raise under or over will result in an annual loss or profit. Partnerships, fundraising, donations and bequests are critical to our long-term sustainability. Recently we have completed our new Partnering with DSWA information document. If you own a business, work for a large or medium company that shares a Corporate Social Responsibility commitment; we invite you to get a copy of the document and share it with others. Partnership is not only about financial opportunities, but the many ways our community can connect and enrich our work at DSWA.

One way to partner is to consider becoming a board member. On 3 August you will receive a membership nomination pack via email and more information on becoming a board member.

Our focus is already on the large activities we have in the second half of the year, StepUP! and the Christmas party, as well as awareness building during Down Syndrome Awareness Month, and supporting Telethon. This year our team has applied to do a stint in the phone room.

Thank you to those community members who attended the Strategic Planning sessions. We offered 12 sessions. Whilst attendance numbers were low, the feedback, suggestions, and conversation we had with those that attended were invaluable and will positively shape the new strategy. I wish to extend my deepest thanks to DSWA Board Member James Shaddick for his tireless work on the strategy and being willing to give up his time to deliver so many sessions.

We continue to work alongside DSA in relation to the NDIS changes. We know that changes have already been impacting so many families. Please do reach out to our team to see if there is anything we can assist you with.

Wishing you all a positive August.

Cassandra

StepUP! Partnership Opportunities

We'd love to partner with you. Your support will help make StepUP! even bigger while supporting the programs and services we provide to our Down syndrome community.

If you're interested in becoming a partner, we'd love to hear from you.

Here are some of the event costs that are currently available for sponsorship:

- St John ambulance - \$693
- McDonald's farm - \$920
- Site services - \$ 1298
- The event mill - \$ 8,000+
- Little legends entertainment - \$ 678
- Perth Cool Room Hire - \$330

Please contact Casandra Hughes at ceo@downsyndromewa.org.au

AGM

A message from our Board Chair.

The success of our Board relies on variety- of skills, personalities, backgrounds and ages. We have places to fill and I encourage anyone interested in helping our Association to thrive to consider nominating. WE NEED YOU!

Feel free to contact me (chair@downsyndromewa.org.au) for a chat.

Formal nominations information will follow by email.

Nia Parker
Board Chair
DSWA

Notice of Annual General Meeting

Wednesday 21 October

The Down Syndrome WA Board invite you to
the 2026 Annual General Meeting

DATE: Wednesday 21 October 2026

TIME: 7pm

VENUE: The Belmont Hub Level 2, 213 Wright St, Cloverdale.

RSVP: Secretary@downsyndromewa.org.au

Online: Please advise Secretary that you wish to join online for link

*Join the Board to celebrate and reflect on 2026 and
enjoy some light refreshments afterward.*

StepUP! and Dance

 Registrations and Fundraising pages are Now Open  

The biggest Fundraising dance party and family event of the year is coming!

 Step Up and Dance for Down Syndrome WA is now just 14 weeks away, and we can't wait to celebrate with our incredible community.

This year, we're aiming to raise more than ever before so we can continue delivering the amazing programs and support that make a real difference to individuals with Down syndrome and their families.

 We need your help!

Registrations are Now Open
at <https://www.mycause.com.au/events/stepup2026>

There are so many fun and easy ways you can get involved:

- Encourage your family, friends and community to sign up, come along for the day and fundraise too.
- Share your fundraising page with family, friends and local businesses.
- Host a bake sale, lemonade stand, morning tea or BBQ.
- Hold a workplace fundraiser or school event.
- Get creative and fundraise in a way that's fun for you!

Every dollar raised helps us continue providing our valuable programs, services and opportunities for individuals with Down syndrome and their families.

Please keep an eye on all our socials over the coming weeks for:

- How to register as an individual and a team
- Registration for market stalls
- Exciting event updates



DSWA PRESENTS

STEPUP! AND DANCE

Early Bird Registrations and Fundraiser pages are Now OPEN

DATE:

11th October 2026

TIME:

10am - 2pm



What's On



Get Involved

Family Support Team



PCH Outreach

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

Nikki: 0480 311 739

Paula: 0435 831 085

Regional Outreach

In July Nikki attended the Geraldton Disability Expo, where she had a fantastic day connecting with the local community. Throughout the event, she spoke with eight families, sharing information about DSWA and the support, programs and services available to members.

The expo was also a great opportunity to build relationships with other service providers in the region and raise awareness of DSWA's Regional Outreach Program.



Down Syndrome WA is delighted to welcome Jemma to the Regional Support Team!

Having joined DSWA last year, Jemma is looking forward to connecting with families across regional Western Australia and getting to know the wonderful members of our community.

In her role, Jemma will be supporting families, helping to bring workshops, events and opportunities to regional areas, and serving as a friendly point of contact for members whenever they need it.

You'll also see Jemma in our regional Facebook groups, where she'll be sharing updates, answering any questions and keeping everyone informed about what's happening across the regions. If you ever have a question, don't hesitate to reach out through our regional Facebook groups.

Don't forget to join the Facebook community for your region:

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

Parents and Bubs Morning Tea

Join our Family Support Team, Nikki and Paula, for a relaxed morning of coffee, conversation and connection.

This catch-up is a wonderful opportunity for parents of babies and young children with Down syndrome to meet other families, share experiences, ask questions and build supportive connections.

Whether you're looking to connect with others on a similar journey or simply enjoy a coffee with people who understand, we'd love to see you there!

This event is open to mums and dads of children aged 0–2 years.

Free bookings essential - <https://trybooking.com/dnhex>

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>



Open Employment Program



New Job Opportunity at Kmart Joondalup

We are excited to share some great news!

Down Syndrome WA has a new partnership with Kmart Joondalup.

Kmart is offering one of our members a job.

The job includes:

👤 Working at Kmart Joondalup

🕒 3 hours

📅 1 day each week

👜 Casual employment

This is a great opportunity to build work skills, confidence and experience in a supportive workplace.

If you're interested email DSWA Employment Coordinator Isabelle at employment@downsyndromewa.org.au

We look forward to seeing one of our members start their employment journey with Kmart.



Kmart & DSWA

Down Syndrome Australia and Kmart with DSWA have partnered together to offer one of our members an open employment opportunity.

Kmart Store Joondalup
Casual Role, 3 hour shift, 1 day a week

Contact DSWA's Employment Co-ordinator Isabelle at:

employment@downsyndromewa.org.au

if you are interested



Dress for Success

Date: Thursday 8 October 2026

Time: 9:00 am – 1:30 pm

Down Syndrome WA is partnering with Dress for Success WA to run a workshop for 8 of our female members.

During the event participants will:

- 💬 Learn how to make a great first impression.
- 📖 Create a vision board about setting goals and feeling more confident.
- ☕ Enjoy a shared morning tea.
- 👗 Learn about choosing clothes for work, personal style and dressing for your body type with confidence.
- 👗 Take part in styling, self-care and fun shopping activities.

Sign up at: <https://www.trybooking.com/DOFYO>

You can contact our Employment Coordinator, Isabelle
at employment@downsyndromewa.org.au



DSWA & Dress for Success Event

Thursday 8th of October 2026



CELEBRATING **40** 1986 - 2026

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Life Skills Lab



Goal Setting

This month, one member had a goal setting meeting with us.
We talked about:

- things they like to do
- new activities they would like to try
- goals for the future.

All adult members can book a goal setting meeting.

To book a meeting, email: adultsupport@downsyndromewa.org.au



Transport Course

We also want to say well done to everyone who finished the Transperth Transport Course.

Learning to use public transport is a big achievement.

We are very proud of everyone who took part.

During the course, people learned new skills.

Some people learned how to find the right train to get home.

Some people practised talking to Transperth staff.

One person became confident enough to catch the train to the course and travel home on their own.



Over 35s Coffee Club



Our Over 35s Coffee Club is still a great place to meet new people.

Members enjoy chatting, making friends and spending time together over a coffee.

Mental Health Workshop

We also held a Mental Health Workshop with Darren Peterson.

Darren is one of our volunteers and owns Take Charge Wellbeing.

People learned about stress and anxiety.

They talked about how these feelings can affect us.

They also learned simple ways to manage stress and anxiety.

Everyone had the chance to share their ideas and experiences.

It was a friendly and supportive session.



Coming Soon

- Act Up WA Acting Course (5 weeks) – Starts 5 August
- Life Skills Through Dance (5 weeks) – Starts 10 September
- Living My Best Life (5 weeks) – Starts 23 September
- Dress for Success – 8 October

To see all our courses and book your place, visit:

<https://www.trybooking.com/au/event/eventlist/dswa>

Aim High

We have a beautiful evening planned at the Candlelight Concerts on 28th August. Companions can come for free!

Come along and enjoy the greatest hits from Ed Sheeran and Coldplay, played by an orchestra surrounded by candlelight. It will be a very special night.

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

We have been talking with some amazing companies and now we want you to help us choose our next Aim High activity.



Option 1: Arts and Crafts at Sunshine Lanes Studio

Come along, choose your favourite craft and enjoy being creative.



Option 2: Coffee Making and Tasting Masterclass

Try different coffees, learn how to make latte art and chat with a coffee expert.

Voting closes on 4th August.

Have your say and choose the activity you would like to do!

Fill in the form - [Aim High September – Fill in form](#)

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Playgroups





We hope everyone enjoyed a safe, happy and relaxing two-week July school holiday! 🍀

Welcome back to Term 3... yes, already! We jumped straight back into the fun with our cosy winter-themed playgroups and celebrated the beginning of the term with a fantastic Pyjama Party. Everyone looked so cosy and adorable in their PJs!



Across all of our playgroups, the children had a wonderful time creating winter-themed crafts, including colourful rain sticks, fluffy rain clouds with umbrellas, and cotton ball creations using a variety of fun materials. There were plenty of smiles, laughter, and happy little faces as families enjoyed creating, playing, and connecting together.

It has been a wonderful start to the term, filled with creativity, friendship and lots of winter fun. We can't wait to see what the rest of Term 3 has in store and look forward to sharing many more special moments with all of our wonderful families!

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



Kids Club



Kids Club - Get ready to boogie dressed as your favourite character

Join us on Friday, 21st August for a massive disco with Friends 4 Life for an awesome evening of music, dancing and fun dressed as your favourite character!

There'll be something for everyone to enjoy, with a live DJ spinning your favourite tunes, face painting, karaoke, games and a fun photobooth to capture all the memories.

If your child is currently in Kids Club and will be moving up to Friends 4 Life next year, this is the perfect opportunity to meet some of the older members, make new friends and get a feel for what Friends 4 Life is all about.

- 📅 Date: Friday, 21st August
- 🕒 Time: 6:00 pm – 8:00 pm
- 📍 Location: Reabold Tennis Club
- 💰 Cost: \$5

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

Make sure you arrive on time—we'll be serving plenty of delicious pizza to keep everyone fuelled for a fantastic night! 🍷

We can't wait to see you all in your awesome costumes!



A big thank you to everyone who attended our Kids club event at Studio Dre.

It was fantastic to see everyone getting involved in the parkour activities, challenging themselves, and having a go at conquering the big wall.

We even had a couple of members manage to conquer the big wall!

We loved to see the kids cheering each other on, and giving every obstacle their best effort.

We can't wait to see you at our next Kids Club event!



Friends for Life



Get ready to boogie!

Join us on Friday, 21st August for a massive disco with Kids Club for an awesome evening of music, dancing and fun dressed as your favourite characters!

There'll be something for everyone to enjoy, with a live DJ spinning your favourite tunes, face painting, karaoke, games and a fun photobooth to capture all the memories.

 Date: Friday, 21 August

 Time: 6:00 pm – 8:00 pm

 Location: Reabold Tennis Club

 Cost: \$5

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

Make sure you arrive on time—we'll be serving plenty of delicious pizza to keep everyone fuelled for a fantastic night! 🍕

We can't wait to see you all in your awesome costumes!



A big thank you to everyone who attended our session with Jasmine from Act Up. We had a wonderful afternoon filled with fun acting games, lots of laughs, and plenty of smiles.

It was great to see everyone take part in playing Red Light, Green Light and the hilarious game of Bang! where everyone had to act out their best dramatic 'deaths'

You can see our fabulous group photo at the very start of the News.

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

Jemma
friendsforlife@downsyndromewa.org.au

Stay Connected

Cervical Screening for People with Disability

Co-designed cervical screening model empowering people with disability

Sexual Health Quarters are reaching out to introduce an exciting new cervical screening pilot program for people with disability in Metropolitan Perth.

People with disability face barriers to testing, including transport, physical access, communication, stigma, and limited availability of person-centred health services.

SHQ 2U is a nurse-led outreach pilot program providing mobile cervical screening to people with disability in metropolitan Perth. The service is free, but those without a Medicare card may have to pay pathology costs. Sharon is available to attend appointments at home, supported accommodation, community

centres, or wherever clients feel comfortable. We can also facilitate group sessions where we talk through the screening process and offer private testing to anyone interested.

Appointments can be made by phone 6375 7770, or by filling out the enquiry form at <https://shq.org.au/disability/shq2u/shq2u-request-form>

Visit their webpage for further information shq.org.au/disability/shq2u



Cervical screening for people with disability.

Siblings Australia - Life Changes

Registrations are open Siblings Australia's LifeChanges a free webinar series for adult siblings of people with a disability.

The relationship you build today can shape the future you share tomorrow.

Across four practical sessions, you'll explore:

- Building a strong Circle of Support
- Future planning and person-centred tools
- Managing challenges and setting healthy boundaries
- Prioritising self-care while strengthening your sibling relationship

Free online webinar series

4-Part Webinar Series: <https://bit.ly/LifeChanges4-Part-WebinarSeries> OR

Webinar 1: Wednesday 19th August - 6pm-7pm (AEST)

<https://bit.ly/LifeChangesWebinar1>

Webinar 2: Wednesday 16th September - 6pm-7pm (AEST)

<https://bit.ly/LifeChangesWebinar2>

Webinar 3: Tuesday 13th October - 6pm-7pm (AEDT)

<https://bit.ly/LifeChangesWebinar3>

Webinar 4: Tuesday 17th November - 6pm-7pm (AEDT)

<https://bit.ly/LifeChangesWebinar4>

Resource Hub

Did you know about the Resource Hub on our website?

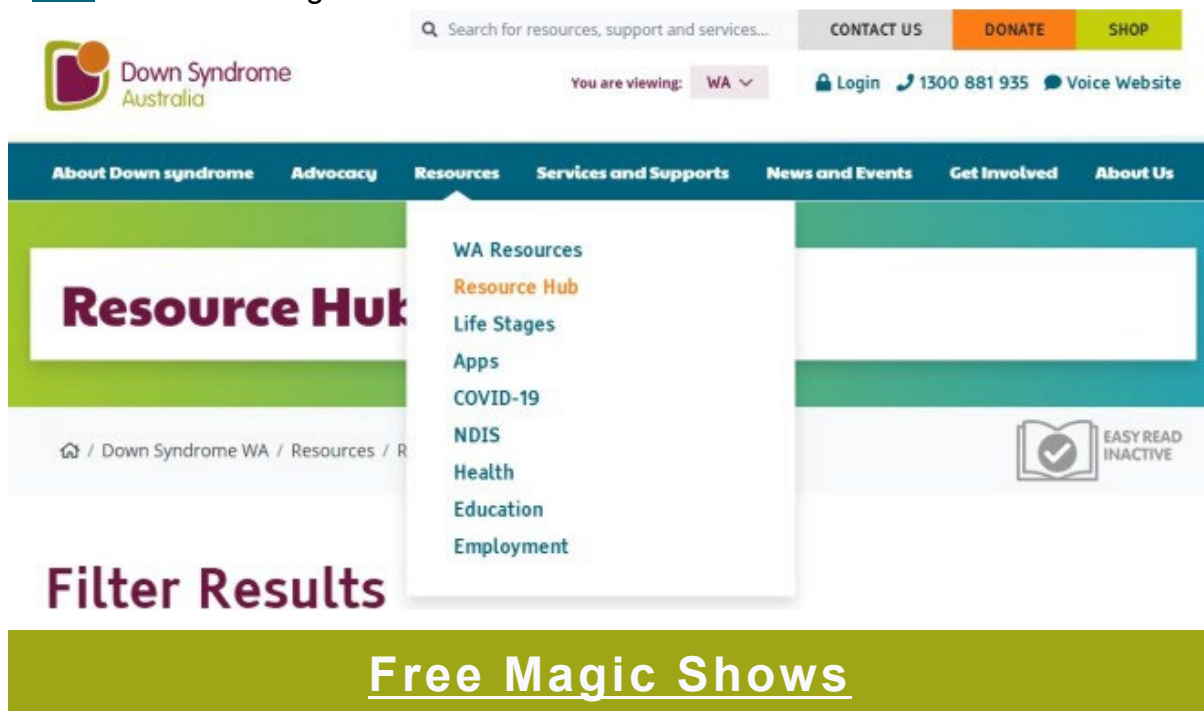
It includes resources created by the members of the Down Syndrome Australia Alliance.

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.



The Rotary Club of West Perth are thrilled to invite the Down Syndrome WA community to attend our 2026 Perth WORLD FESTIVAL OF MAGIC Shows.

Sunday, 30 August 2026 - 11.30 am, 1.30 pm, 3.30 pm

Monday, 31 August 2026 - 10.30 am, 12.30 pm

*One-hour shows.

*Auslan Interpreter at all shows.

At the Astor Theatre Perth

Sponsored by businesses across Greater Perth, The Rotary Club of West Perth hosts this free event to provide an accessible live theatre experience for people with additional needs and those less fortunate in our community, as well as their carers and families.

This is a fantastic excursion opportunity for social groups, day programs and families.

For all ticket enquiries and bookings, please email meredithnewman@showintent.com.au or call/text 0404-367-782

ALL TICKETS ARE COMPLIMENTARY including parent, sibling and carer tickets.

Information Required:

1. The date(s) and show time(s) you want ticket for.
2. The total number of tickets required (one ticket per person)
3. The organisation or school that referred you (if applicable).



The Rotary Club of West Perth proudly presents...

2026 World Festival of Magic

Featuring world-class artists, performing astonishing illusions, interactive magic and comedy.

Suitable for all ages and accessible to people with diverse abilities and backgrounds, to those who require a more flexible and inclusive environment, and to those facing hardship and without the opportunity to access live theatre.

Enjoy a relaxed theatre experience with a casual attitude toward audience noise and movement, where everyone is welcome and free to be themselves without restriction or judgement.

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

ALL TICKETS ARE COMPLIMENTARY

Including parent, sibling and carer tickets. Thanks to the support and sponsorship from local businesses in each region.

Scan the QR Code to visit the shows website and watch highlights from previous shows...



ASTOR THEATRE PERTH			
659 Beaufort Street, Mount Lawley, WA			
SHOW DATES	#1 SHOWTIME	#2 SHOWTIME	#3 SHOWTIME
SUNDAY, 30TH AUGUST	11.30 AM	1.30 PM	3.30 PM
MONDAY, 31ST AUGUST	10.30 AM	12.30 PM	

****AUSLAN INTERPRETER AT ALL SHOWS. **ONE-HOUR SHOWS. NO INTERVAL.***

For all ticket enquiries and bookings, please email
meredithnewman@showintent.com.au
or call/text **0404-367-782**

Information Required:

- 1. The date(s) and show time(s) you want ticket for.**
- 2. The total number of tickets required (one ticket per person)**
- 3. The organisation or school that referred you (if applicable).**

We welcome ticket orders from organisations and staff, as well as direct orders from families and carers.

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/>

