



CEOs Corner

Dear Members,

Welcome to the August ENews. It is hard to believe we are already preparing for the Annual General Meeting (AGM) and the last quarter of the year. We have a huge few months coming up for you and I hope you will be there with us at the many events and activities on offer.

The AGM will be held on Wednesday 23 October. In preparation we are progressing through the annual financial audit and preparation of the annual report. The AGM is an opportunity to meet the Board, engage in conversation, catch up with old friends and to understand more about the Association and how it operates. We will of course be offering the AGM both in person and online again to ensure members from all across WA can attend. The formal notice will be sent out with links and details in early October. I hope to see you there.

The Annual Board Nomination notice was emailed to all members on Thursday 22 August, with Nominations closing on Sunday 8 September at 4pm. The current board has eight members, five with lived experience. Three board members and three coopted members all complete terms this year. Each of the current board members intends to renominate, and in the case of the coopted members, intend to nominate formally for the board in 2024.

There is significant change occurring in the NDIS and disability space, some of which could be impactful for DSWA. We provided comments and feedback on the outcomes of the Disability Royal Commission through to Down Syndrome Australia (DSA) for a coordinated response to government. As the Government propose new Foundational Supports, we are all awaiting clarity from both the Federal and State governments on what these supports will look like, how they will be administered and how we can participate in their design to ensure relevance to our Down syndrome communities. DSA is strongly engaged in these conversations federally and I have attended local meetings here in WA to try to understand how Foundational Supports might be implemented here. DSWA is well placed to host Navigators within our organisation who would be specialised in Down syndrome, our community and in regional engagement with our strong regional presence, providing expertise and support with the NDIS. Our goal is that a grassroots Navigator program will be announced and DSWA secure a position to support all of you to navigate the NDIS. I will keep you updated as we know more. Ensuring that the government understand the value proposition DSWA provides to the community will be imperative in that success.

As we all know being a Not for Profit, by its very name indicates that we always need of financial support to continue to have the capacity to deliver services and supports to families across WA. Grants form one part of our funding mix, and we currently have a number of grant applications submitted and whilst they are all federal grants, which makes them incredibly competitive and challenging to win, we are giving it our best shot, with applications for Story Telling, Aging, Leadership, Capacity Building – Independent Living and Employment.

We are also continuing to develop Fee for Service work, with some excellent educational, informative awareness building presentations. These are presentations we charge for, so if you know of an organisation that would be interested in a presentation please reach out. In recent times we have presented to schools, swimming school, businesses, doctors and allied health professionals and the feedback has been outstanding. We tailor every presentation and have found them to be very valuable and popular. We are finalising the marketing for these now, and will have them on the website in the coming weeks. In the meantime please reach out to me directly or pass on my email.

We are also looking strategically at what other fee for service work, partnerships and sponsorships we can engage in. Partnering with DSWA can add significant value to the organisation with our support and knowledge increasing their capability for inclusion, equity and diversity.

Donations and fundraising efforts will always be part of the essential mix of what we do, and at the moment, we have a few amazing members stepping up to self organise fundraising events for DSWA. I hear on the grapevine there could be

clothing sales, raffles, cricket, tennis activities. Do you have an idea for a fundraiser for DSWA? Your contributions really matter, whether it's a \$10 donation or a \$5000 fundraiser every cent counts and means we can continue to have capacity to deliver services and support. I am deeply grateful to all that make regular donations, participate in fundraising activities and those that sponsor events.

Sponsorship can also deeply impact us. Finding money to provide staff development is an ongoing challenge, and I am looking to find creative ways to partner with other organisations that might be able to include our staff in elements of their training. If you are part of a large (or maybe medium or small) organisation that regularly runs training or has training resources that might be valuable for our team, I would love to chat with you. Or, are you involved in an organisation that regularly holds networking events. I am looking to build our profile, and it would be great to be invited to come along to some of the networking opportunities that are out there.

I mentioned a busy program, and it really is for the next couple of months – so...what is going on in the next few weeks and months.

Nikki and I recently spent 2 days at the Disability Connections Expo at the PCEC. It was an interesting experience, seeing the large number of for profit services providers now in the market. We got to meet a beautiful new bub and family and engage with a number of members who attended the event. It was worthwhile and is something we will think about and assess its value for the future.

October is World Down Syndrome Awareness month and this year we want to tell your stories, and before you stop reading and skip to the next section, please hear me out. Your stories do not have to be grand, they do not have to be front page of the newspaper worthy. Success is measured by us, individually, how others measure it will be completely different and your individual stories of small or big wins or success are so important to others. We want to tell your stories, share milestones, medical issues that have been bravely overcome, certificates and awards at school, sport and community. Whatever you think has been amazing from your child, for them, at their stage, we would love to share, because your stories reassure, empower and inspire others. We hope to link stories to a common fact or myth about Down syndrome. So please, when you read the article about Awareness month, please don't skip it, send in the photo a couple of sentences to the team and be part of a campaign to bring awareness of the possibilities and stories of our beautiful people with Down syndrome (and their amazing families).

6 October – StepUP - This years StepUP event is going to be different! No more walking! We know how much you all love to dance and you are going to love StepUP this year. Join us to StepUP and Dance for Down Syndrome. With dance performances and interactive dances, and then a 2 hour disco! we are so excited. There will be music for everyone, face painting, activities and games, and a wonderful opportunity to connect with others. So, families, young and old, children and adults with Down syndrome, friends, siblings, new members, you are ALL welcome. Please, lets continue the great StepUP tradition you have created, and lets also focus on making it the big fundraiser it is meant to be for DSWA. Join us on Sunday 6 October from 10-2pm. Bring a picnic or buy a sausage sizzle, icecream or coffee. I will have my dancing shoes on, will you?

20 October – Telethon Family Festival – Telethon7 is a major support and funder of DSWA for members 0-17. Without them, family support would not continue to exist. We will have a stand again this year at the Family Festival, so if you are visiting please look for us in Beneficiary Lane inside the stadium upstairs. Also keep an eye out as many of our members participate at Telethon, dancing, performing and supporting this amazing event.

23 October – AGM we hope that you will come along to the AGM.

27 October - As some of you know, I decided to Step UP this October too, to raise both awareness and funds during World Down Syndrome Awareness Month. I will be completing the equivalent of a Triathlon course, 1.5km swim, 40km bike ride and 10km run (probably a walk if I am honest). My goal is to raise at least \$50,000 for DSWA. I am training everyday now and will be starting brick training (I had never heard of it either) it is where I bring the elements together and start mini circuits so I get used to moving from one activity to another. I am just trying to find and book a pool to complete the swim leg of the event – which has been surprisingly hard to secure, and then we will let you know where this will be held. We are hoping for somewhere near the river, so I can cycle and walk around the river. It will be on 27 October from around 8.30am if anyone would like to come and cheer (laugh) and enjoy the day. It would be great if you would share the posts the team are putting on Facebook.

2-3 November Just a reminder too about the Darlington Arts Festival Opportunity. For all of our Artists, Authors and Creators, I would love you to join me in a DSWA stand at the festival this year. Come along, display and sell your beautiful work. I have seen so much beautiful art, craft, books and household items created by our members and it would be such an honour to present your work at this beautiful art festival. The DAF committee are excited to have DSWA attending this year. Your art is yours, and what I have learned from my own art journey is that art and the enjoyment of it is very personal, and as such, what someone may think of your art, the next person may think very differently. Displaying and selling your work, inspires others, it breaks down barriers and shows what you do. Please join me. Register your interest on this form - <https://forms.office.com/r/Bt163sNk8f>

9-10 November – Our first ever Teens camp. We are so delighted to have been funded by Telethon7 for this once in a lifetime opportunity to offer a 1 night camp to our teens for just \$100. See more later in the eNews.

I'm taking a very quick break 23 Aug – 2 September so if I am delayed getting back to you in the next few days, I will respond when I get back. Have a wonderful month everyone, and remember to put StepUP into those calendars and register for this brilliant event that our staff work so hard to provide every year. You attending means the world to them as feedback for the amazing effort they put in.

Cassandra

Cassandra Hughes
CEO Down Syndrome WA
0432 407 527
ceo@downsyndromewa.org.au

Board Nominations

Down Syndrome WA Board Notice 22 August 2024

2024-2025 Board Nominations

The DSWA AGM will be held on Wednesday 23 October 2024, and the board is now calling for nominations to the Board

The Down Syndrome WA Board of Directors invites nominations from members, their family or extended family and members of the WA community to fill upcoming vacancies on the DSWA Board. As there is opportunity for meetings to be held over Microsoft Teams, applications from members living regionally are highly encouraged. This Board role is a rare opportunity to contribute strategically, at the highest levels, to meaningful outcomes for people living with a diagnosis of Down Syndrome and their families in Western Australia.

In compliance with the DSWA Constitution the DSWA Board may consist of a Minimum of 5 and a Maximum of 9 Board members.

There are currently 8 members (5 appointed and 3 co-opted Members) on the DSWA board.

At the 2024 AGM three board members and the three co-opted members end their term. In compliance with the Constitution board members may renominate for Board positions. The three board members intend to renominate for the board and the three co-opted members are intending to nominate for the board.

Commitment

- Monthly Board meetings – 2-3 hours duration. Meetings are generally held on the third Monday of the month at 6.00pm. Meetings are held in person or over Microsoft Teams.
- Occasional workshops or other meetings
- Time to read and understand meeting agendas and accompanying Board papers and documentation prior to the meeting to enable meaningful contribution to the meetings.
- Attendance at key DSWA events such as Member Dinner, World Down Syndrome Day event, StepUP and other public facing activities.

Skills

In 2024-2025 the key skills the board is recruiting for are;

- Lived experience
- Strategy
- Capital Raising
- Business Development
- Fundraising
- Corporate Compliance (ACNC/AICD qualifications highly regarded)
- Government relations and stakeholder engagement
- Policy Development

Other well-regarded skills are;

Advocacy, Education Sector, Marketing and Communications, Business development.

Lived experience is key to the board composition, with 50% of board members requiring lived experience. Note: Five of the current eight board members have lived experience.

2024 Application Requirements

You will be required to provide with your application a cover letter (or video submission), resume and statement of interest. You may be requested to attend an interview.

- Application must be made on the [attached nomination form](#). Forms must be signed by the nominator, seconder and the nominee.
- Cover Letter or Video
- Statement of Interest – Maximum 250 words. This statement will be presented to the membership and should accurately reflect your skills and interest in being on the DSWA board.
- Resume – a current resume reflecting your professional and board experience

Application processing

1. Board members will review all nominations
2. Board members will score each application against an assessment matrix
3. The Board will interview preferred candidates based on the matrix
4. Board will present its recommendations for preferred candidates to the membership
5. Board will present **all** nominations to the membership at the (2024) AGM being held on Wednesday 23 October 2024

If there are more nominations than positions vacant the membership will vote on all nominations

Key Dates:

- Nominations Open Thursday 22 August 2024
- Nominations Close Sunday 8 September 2024 at 4pm
- Nomination may be emailed to secretary@downsyndromewa.org.au
- Or mailed to Down Syndrome WA, PO Box 3179, Broadway Nedlands WA 6009

Confidential enquiries can be made to the Chair, Nia Parker on chair@downsyndromewa.org.au



- 30 September - Board Meeting
- 6 October - Step UP & Dance for Down Syndrome!
- 23 October - Annual General Meeting
- 19 November - Board Meeting
- 7 December - Association Christmas Party



Get ready to Step Up and Dance for Down Syndrome!

Yes, we are changing things up this year and instead of a long walk, we will be having a Danceathon!

Step Up and Dance, is Down Syndrome WA's biggest annual Fundraising event and WE NEED YOUR HELP.

How can I help?

1. [Register a team](#), set your fundraising target, and start Fundraising!!

2. [Register your family and friends](#) to come along on the day and encourage them to fundraise for your team.
3. [Do it your way!](#) If you can't make it on the day, you can create a fundraiser any way you want....ie cupcake stall, morning tea with work or friends, fun sock day at work, 50 push ups a day..... you can be as creative as you like.
4. [Make a donation](#). If you can't make it on the day, you can still donate to DSWA [here](#).

What are the details for the day?

DATE: Sunday 6th October

TIME: 10am-2pm

LOCATION: Taylor Reserve, Victoria Park Foreshore.

TICKET COST: \$15

Register at <https://www.mycause.com.au/events/stepupwa2024>

Who is Step Up and Dance for?

This event is for Down syndrome WA members of ALL ages. Young and old and everyone inbetween.

We also encourage you all to bring along your family and friends!

What should I expect from the day?

Lots of fun and dancing.

We will be showcasing some of our members on stage doing different styles of dancing. After a short performance they will then encourage the crowd to learn some of the skills and dance moves from their genre.

This will be followed by a DJ set to dance away the afternoon.

Bring a picnic, or buy a Sausage Sizzle, coffee or Icecream from the food vans.

We look forward to seeing your moves on the Dance floor.



Cas Try's a Tri for Trisomy 21

Our fabulous CEO Cassandra is in training for her challenge "Trying a Tri for Trisomy 21".
 On Tuesday, she swam 1km for the first time!

To support Cassandra and DSWA make a donation at <https://www.mycause.com.au/p/350135/>

Trying a Tri for Trisomy 21
 I'm embarking on a journey over the next 3 month to get fit enough to complete the distances of a Triathlon course on Sunday October 27th

Why?

- To raise awareness of Down syndrome
- To raise funds for Down Syndrome WA

in memory of Aimee ❤️

Update 27/8

My Goal
 1500m Swim
 40km Ride
 10km Run
 Raise at least \$50,000

**1km Swim
 20km Ride
 10km Walk**

How you can help
 Coach Me- Really needed! Donate. Sponsor or Support me on a leg. Share this post!

Together we can achieve anything!

Supported by these amazing organisations (Lots of room to add your logo here!)

Teens Camp

Bookings are now open for DSWA's first Teens Camp- Proudly sponsored by Telethon.

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

Venue: Bickley Outdoor Recreation Camp, Hardinge Rd, Orange Grove.

Date: Saturday 9th of November – Sunday 10th of November.

Camp Options: Day camp NO SLEEPOVER
Full Camp INCLUDES SLEEPOVER

The camp is designed to provide a supportive and enjoyable environment where our Teen members with Down Syndrome can:

- Develop independence- through being at camp on their own,
- Build confidence- by trying different, challenging activities and;
- Create new friendships with other teens from the DSWA community.

We will be taking part in outdoor team building activities, Flying Fox, Cubby making and many other experiences (see more on [Bickley Outdoor Recreation Camp](#))

Don't miss out on this amazing experience and [BOOK NOW](#).



A colorful poster for the 'TEENS DSWA CAMP'. The title is in large, bold letters: 'TEENS' in green, 'DSWA' in purple, and 'CAMP' in orange. The dates '09-10 NOVEMBER' are in a brown circle on the right. A green circle on the left says '\$100 Registration Fee'. Three polaroid photos show teens at camp. The background has a grid pattern with stars and palm leaves. At the bottom, it says 'BICKLEY OUTDOOR RECREATION CAMP' and features logos for 'Down Syndrome Western Australia' and 'PROUDLY SUPPORTED BY telethon 7'.

\$100
Registration
Fee

TEENS
DSWA
CAMP

09-10
NOVEMBER

BICKLEY OUTDOOR RECREATION CAMP

Down Syndrome
Western Australia

PROUDLY SUPPORTED BY
telethon 7

Playgroup Calendar

Exciting News: Pre-Order Your 2025 Playgroup Calendar Today!

We are thrilled to announce that the 2025 Playgroup Fundraising Calendar is now available for pre-order ONLY! This year's theme, "The Beauty of Our Children Shines Brightest in an Enchanted World of Wonder and Joy", celebrates the magic and joy that our children bring to the world.

Pre Order here: <https://www.trybooking.com/CURYB>

Price: \$25 per calendar

Postage: Available within Western Australia at an additional cost (to be billed separately)

Pick-Up Locations:

Down Syndrome WA Office - Crawley

Playgroup North - Gwelup

Playgroup South - Baldivis

This calendar is more than just a beautiful keepsake—it's also a wonderful way to support Down Syndrome WA. All proceeds go towards our ongoing efforts to support families and children in our community.

A huge thank you to our amazing Down Syndrome WA Member, Playgroup Coordinator, and talented photographer, Tracy Bicker, for capturing these enchanting moments.

Don't miss out on this limited opportunity! Secure your copy today and treasure these beautiful memories all year long.

2025 Down Syndrome Western Australia Playgroup Calendar



Get Involved

Family Support



We are thrilled to share the wonderful success of our recent Parent and Bub Morning Tea! This Telethon sponsored event brought together new and old families, creating a warm and supportive environment where connections were made and friendships blossomed. We were also fortunate to have the expertise of senior physiotherapist Jessica Calpak from Early Australia on hand to support our new bubs, offering invaluable guidance and advice.

Over coffee, our families shared their diagnosis stories, parenting experiences and resources, creating a space for understanding, empathy, and mutual support. Meanwhile, the little ones enjoyed feeding and playing, adding to the joyful atmosphere of the gathering. It was a truly special morning, and we are grateful to everyone who attended and contributed to making it such a meaningful morning.

Parents and Bubs Morning Tea



Upcoming Parent and Bub Morning Tea

We're excited to continue these valuable gatherings, and Nikki and Cassandra hope you'll join them at the next Telethon Sponsored Parent and Bubs Morning Tea.

Date: Tuesday, September 10th

Time: 10:00 AM - 12:00 PM

Location: John Wellard Community Centre, Wellard

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

It's a wonderful opportunity to connect with other parents, share experiences, and enjoy a relaxed and welcoming atmosphere. We look forward to seeing you there!

Welcoming New Babies and Families

This month, we are excited to welcome five new babies and their families into our community! With these new arrivals, it has been a busy time for our Family Support Team, who have been providing vital support through hospital and home visits. We know how important it is to feel connected and supported, especially in the early stages, and we are here to ensure that every family receives the care they need.

Nikki's Weekly Visits to PCH

A friendly reminder that our Senior Coordinator, Nikki, is at Perth Children's Hospital (PCH) every Thursday. She is available to visit families on the ward or those attending outpatient appointments, offering support and a comforting presence during what can sometimes be a challenging time.



Regional Outreach

Our families located in the Great Southern area enjoyed a heartwarming catch-up, and we are excited to announce the next meet-up!

Everyone of various ages gathered for great conversation, company, and some tasty food. The kids had a blast playing and having fun. It was wonderful to see so many of our regional families coming together and seeing the value in connecting with the DSWA community. We appreciate every single person's presence at these events and catch-ups!

Connecting with the community has countless benefits, including sharing experiences, gaining support, and building lasting friendships. These gatherings provide a supportive environment where everyone understands and celebrates the unique joys and challenges we face.

A special thank you to Jean and Wendy for organizing and hosting such a great catch-up.

If you are in any of our regional areas and are interested in hosting a catch-up with other DSWA families in your area, please email familysupport@downsyndromewa.org.au to find out how!

Did you know that we have five private Facebook groups for different regions in WA? These groups are a fantastic way for DSWA members to stay updated on community events and make connections closer to home. Here are the groups you can join:

- DSWA Great Southern Support Group
<https://www.facebook.com/groups/562813961781133>
- DSWA South West Support Group
<https://www.facebook.com/groups/677923213272854>
- DSWA Midwest Support Group
<https://www.facebook.com/groups/2502984533353870>
- DSWA Regional Rural and Remote Support Group
<https://www.facebook.com/groups/357663433068076>

We are thrilled to announce a new addition to our regional outreach program! Thanks to funding from Telethon, we are launching a new support group in the Peel area. If you live in the Peel area, please join the new DSWA Peel Support Group here - <https://www.facebook.com/share/g/fUhrnQvNdyS11U3Q/>

To join our Facebook groups, you need to be a DSWA member (membership is free). Not a member yet? Complete our online form to get started - <https://forms.office.com/r/nDxiDRDuDw>

Stay tuned for more events, and join your regional group to not miss out on these fantastic opportunities. Stay connected and engaged with your local DSWA community!



DSS Engage

The Australian Government is establishing a new Parents and Carers Reference Group (PCRG) to support the [Early Years Strategy 2024–2034](#) (the Strategy).

The PCRG will:

- provide parents and carers with an opportunity to have a say on what the government is doing to support our youngest children
- allow the government to hear directly from parents and carers on what matters to them.

More information about the PCRG is on the department's website at [Parents and Carers Reference Group](#).

An open **call for applications from parents or carers of children aged 0–12 to become a member of the PCRG** is now live on [DSS Engage](#).

The call for Expressions of Interest (EOI) will close at 11:59pm on Tuesday 3 September, and late applications will not be considered.

Action requested: Please share this message with your members.

Any questions about the PCRG should be directed to PCRG@dss.gov.au.

GeneEQUAL Research

GeneEQUAL Schools: New study for teens and young people with intellectual disability

Join Our Genetics and Health Literacy Education Research Project, aiming to EMPOWER Students with Intellectual Disability!

We want to speak to teens and young people with intellectual disability about what you want to learn about:

genetics

health care

health care choices

For further information go to <https://geneequal.com/stories/geneequal-in-schools-recruiting-now> or [view the pdf](#).

Resources

Comprehensive Health Assessment Process (CHAP)

The Comprehensive Health Assessment Process (CHAP) tool for annual GP health assessments which includes questions focused on health conditions common in people with Down Syndrome.

<https://www.health.gov.au/resources/collections/comprehensive-health-assessment-program-chap-annual-health-assessment-for-people-with-intellectual-disability?language=en>

Depression Checklist

Addressing mental health challenges is so important, yet is often quite complex. People with intellectual disabilities may be unable to describe their feelings or experiences.

Introducing the Depression Checklist—a valuable tool designed to aid this process. It allows caregivers and support networks to provide critical insights, enabling doctors to screen for issues that might otherwise go unnoticed.

Access this resource for free on the Centre of Developmental Health Victoria website - <https://cddh.monashhealth.org/index.php/depression-in-adults-with-intellectual-disability-checklist>

Health Care Survey

Down Syndrome International Health Care Survey

DSI are seeking responses to their survey about people with Down syndrome's experience receiving comprehensive health care. The survey is for people with Down syndrome, their families and support persons. [Click here to go to the survey](#)

Basketball Trials

Ivor Burge Junior Basketball Trials

The Ivor Burge Junior Basketball Championships is a competition run by Basketball Australia for athletes with an intellectual disability and is named in honour of Ivor Burge, one of the founding fathers of basketball in Australia.

The Ivor Burge Championships are the National Basketball Championships for Players with an Intellectual Disability (a participant's eligibility is based on an Intelligence Quotient [IQ] of 75 or below). Players will need to have completed appropriate IQ testing and have an Ausrapid Number which is supplied through Sports Inclusion Australia to be eligible for selection. These Championships run every year at the same time as the Under 20 Australian Junior Championships with Basketball WA selecting both a Men's and Women's team to represent Western Australia.

The trial is FREE and we ask all wishing to attend to register using the link below. Athletes should be aged 15 and above. It is Basketball WA High Performance teams hope it is our intention to send a men's and ladies teams to the tournament, January 2025, being held in Victoria.

The Ivor Burge men's and women's trials will be held:
Sunday 29 September
1pm to 4pm
Bendat Basketball Centre

To be part of the trials, make sure you register: <https://bit.ly/BWAIBTRIALS>

For further information contact Michelle - michelle.fletcher@basketballwa.asn.au

Focus on Ability

2024 Focus on Ability Short Film Festival Australian Screenings

<https://www.focusonability.com.au/FOA/screeningEvents.html>

We would love for you to join us at one of our WA screening Event, where we celebrate the remarkable talents and stories of individuals with disability. Come and experience the power of perseverance, creativity, and resilience. Your presence will make these events truly unforgettable!

Thanks to our major sponsors NOVA Employment and International Day of People with Disability - Australia, these are free events.

To reserve your free spot on September 5 in Fremantle <https://www.focusonability.com.au/FOA/screeningEvents.html>



FREE TICKETS FOR MEMBERS AGED 6-18 YEARS

Barking Gecko Theatre Company, Proudly supported by Telethon with their Ticketing Access Program, have chosen DSWA members to receive 50 Complimentary Tickets and Entertainment packs to their performance of HOUSE. HOUSE is a heartwarming tale of adventure being presented by Barking Gecko Theatre Company at the Octagon Theatre, UWA from 1 – 9 November 2024. Made specifically for children aged 6+ and their families, HOUSE is a new contemporary fairy-tale. HOUSE is a part mad-cap adventure story of loneliness, belonging and flying houses. Featuring a cast of memorable characters, and a living breathing house, this fun-filled escapade for the whole family will set imaginations soaring.

TICKETING ACCESS ENTERTAINMENT PACKS:

- up to 6 tickets per family, to the 2024 production of HOUSE
- Complimentary Parking
- Take home copy of the HOUSE Book currently being published
- Complimentary activity pack and 'play a while' vouchers offering added value when engaged with local business partners.

HOW TO APPLY

Email the DSWA family support team on familysupport@downsyndromewa.org.au with how many tickets you will need. You will receive an email back with how to book your tickets.

***Tickets will be allocated at a first in first serve basis*



Stay Connected

Playgroups



Playgroup South

What a beautiful couple of weeks at PGS. We've enjoyed a pyjama party with party food. We got messy and enjoyed cereal sensory bowls and we have enjoyed each others company.

Playgroup is a warm supportive space where we can all come together and share our experiences in a supportive non judgmental environment. the kettle and a light morning tea is always on for any new families/members who would like to join us xx

Renee

playgroup@downsyndromewa.org.au



Playgroup North

Playgroup north has been keeping warm over the Winter season with cozy craft, campfire songs and some inside dance sessions. The wonderful team from Ambiance Dance ran a dance and acrobatic workshop that was thoroughly enjoyed by our little dance crew.

Danica and I have enjoyed coming out of the playgroup office and being on location for our magical 2025 Playgroup Calendar shoot. All our kids were the perfect models and we are so excited to share our completed calendar with you all soon!

We look forward to seeing all our families for the rest of term three as we get creative for Fathers Day!

Tracy and Danica
playgroup@downsyndromewa.org.au



Kids Club

Supported by



STAN PERRON
CHARITABLE
FOUNDATION

The Kids Club August event was an art and craft workshop with Creative Kids Art Club. It was super fun to see all the kids get crafty and show off their artistic talent.

It was wonderful to welcome in a few families coming up from playgroup this month as well!

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 for registration details.



Upcoming Events

September

Studio Dre- parkour, break dancing and acrobatics

Date: Saturday 14 September 2024

Time: 2pm-4pm

Location: Studio Dre, Unit 2/99 Catherine St, Morley WA 6062

Price: Members with DS Free, \$5 per sibling

Ticket Link: <https://www.trybooking.com/CQYQA>

October

StepUP and Dance for Down Syndrome

Date: Sunday 6th October

Time: 10am-2pm

Location: Taylor Reserve, Victoria Park foreshore

Ticket Link: <https://www.mycause.com.au/events/stepupwa2024>

November

DFES Education and Heritage Centre followed by a catch-up at Wellington Square Park

Date: Saturday 2nd November

Time: 9am-11.30am

Location: 25 Murray Street Perth

Price: Members with DS Free, \$5 per sibling

Ticket Link: Booking Link to come.

December

DSWA Christmas Party

Date: Saturday 7th December

Time: 2pm-4.30pm

Location: TOC

Price: FREE for DSWA members and family.

Ticket Link: Booking link to come



Our August social event for Friends for Life was a bingo and disco night. The evening was filled with enthusiastic bingo players, fantastic dance moves, and plenty of smiles all around. We had so much fun!

A special thank you to our staff and volunteers who helped set up, manage the bingo games, and keep the dance floor hopping. Your dedication and hard work were crucial in making the night run smoothly and ensuring that everyone had a great time.

Such fun was had, we didn't even have time to take many photos!

Thank you once again for being a part of our Friends for Life events. See our upcoming events below.

If you have any questions contact Laura at friendsforlife@downsyndromewa.org.au or 0422 795 160.



~ Friends for life Bingo & ~
 Disco

♥ AUGUST 2024 ♥

UPCOMING EVENTS

September

Mini Golf and Lunch at The Camfield

Date: Sunday 29th

Where: Mini Golf at Matagarup, Burswood's new venue.

Time: 11.00 – 2.00pm (Mini golf and lunch after at The Camfield)

Cost: \$18 as per the website, plus your NDIS cost (quote on request)

Link: <https://www.trybooking.com/CTZUC>

Bookings close: Monday 16th September (9am)

October

StepUP and Dance for Down Syndrome

Date: Sunday 6th October

Time: 10am-2pm

Location: Taylor Reserve, Victoria Park foreshore

Ticket Link: <https://www.mycause.com.au/events/stepupwa2024>

November

Christmas Lights Adventure

Date: Saturday 23rd

Where: tbc but central to DSWA office/City

Time: 5.30pm – 8.30pm

Cost: \$25, plus your NDIS cost (quote on request)

Link: <https://www.trybooking.com/CULCX>

Bookings close: Monday 4th November (9am)

December

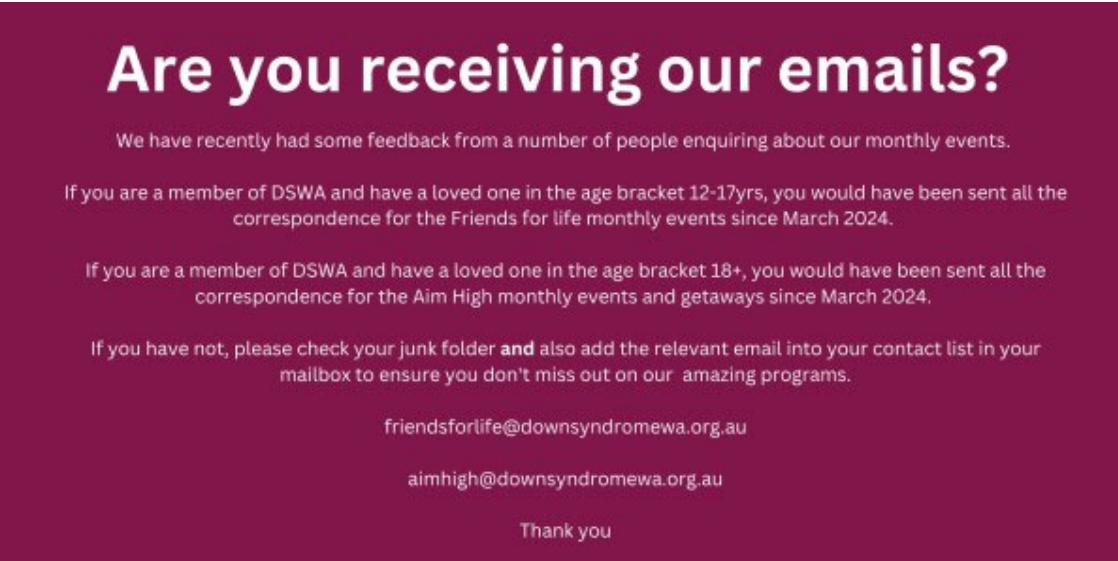
DSWA Christmas Party

Date: Saturday 7th December
Time: 2pm-4.30pm
Location: TBC
Price: FREE for DSWA members and family.
Ticket Link: Booking link to come

Things to note:

- You must have a service agreement with DSWA to attend our events. Please email me or admin before you book on if you do not have one. We can send you the paperwork and further assist if you need.
- If you are interested in our F4L events which promote skill building, increase independence, and build friendships and connection but lack the NDIS funding to do so, please get in touch and we can get one of our friendly family support co-ordinators to write you up the costing's of being a F4L member to accompany your next NDIS plan review.
- Finer details of each event for those booked on will be emailed out approx. 1 week before the date of event.

I look forward to seeing many regular participants and hopefully some new faces at our remaining 2024 events.



Are you receiving our emails?

We have recently had some feedback from a number of people enquiring about our monthly events.

If you are a member of DSWA and have a loved one in the age bracket 12-17yrs, you would have been sent all the correspondence for the Friends for life monthly events since March 2024.

If you are a member of DSWA and have a loved one in the age bracket 18+, you would have been sent all the correspondence for the Aim High monthly events and getaways since March 2024.

If you have not, please check your junk folder **and** also add the relevant email into your contact list in your mailbox to ensure you don't miss out on our amazing programs.

friendsforlife@downsyndromewa.org.au

aimhigh@downsyndromewa.org.au

Thank you



Our August social event for Aim High was a bingo and disco night. Your participation and support helped create an energetic and welcoming atmosphere that made the event memorable for everyone involved.

A special thank you to all our staff and volunteers who made sure everyone had a great time.

It was great to meet some members who haven't been along to an event yet this year but was warmly greeted by their peers when they realised, they hadn't seen their pals in such a long time.

Thank you once again for being a part of our Aim High events. See our upcoming events below.

Take care and see you soon

Laura - aimhigh@downsyndromewa.org.au or 0422 795 160



~ Aim High Bingo & ~
Disco

♥ AUGUST 2024 ♥

UPCOMING EVENTS

I look forward to seeing many regular participants and hopefully some new faces at our remaining 2024 events.

September Getaway Perth Hills

Date: Friday 20th (10am) – Sunday 22nd (4pm)

Where: Perth Hills

Cost: No out of pocket fee, just The NDIS getaway cost (quote on request)

Link: <https://www.trybooking.com/CTZTC>

Bookings close: Monday 2nd September (9am)

September Aim High Event Mini Golf and a drink at The Camfield

Date: Sunday 29th

Where: Mini Golf at Matagarup, Burswood's new venue.

Time: 2.15pm – 5.15pm (Mini golf and a drink after at The Camfield)

Cost: \$25 as per the website, plus your NDIS cost (quote attached)

Link: <https://www.trybooking.com/CTZUF>
Bookings close: Monday 16th September (9am)

October

StepUP and Dance for Down Syndrome

Date: Sunday 6th October

Time: 10am-2pm

Location: Taylor Reserve, Victoria Park foreshore

Ticket Link: <https://www.mycause.com.au/events/stepupwa2024>

November Getaway

Pemberton

Date: Friday 15th (10am) – Sunday 17th (4pm)

Where: Pemberton

Cost: No out of pocket fee, just The NDIS getaway cost (quote on request)

Link: <https://www.trybooking.com/CTZTF>

Bookings close: Monday 28th October (9am)

November Aim High Event

Christmas Lights Adventure

Date: Saturday 23rd

Where: tbc but central to DSWA office/City

Time: 5.30pm – 8.30pm

Cost: \$25, plus your NDIS cost (quote on request)

Link: <https://www.trybooking.com/CULCU>

Bookings close: Monday 4th November (9am)

December

DSWA Christmas Party

Date: Saturday 7th December

Time: 2pm-4.30pm

Location: TBC

Price: FREE for DSWA members and family.

Ticket Link: Booking link to come

Things to note:

- You must have a service agreement with DSWA to attend our events. Please email me or admin before you book on if you do not have one. We can send you the paperwork and further assist if you need.
- If you are interested in our Adult events and/or getaways which promote skill building, increase independence and build friendships and connection but lack the NDIS funding to do so, please get in touch and we can get one of our friendly family support co-ordinators to write you up the costing's of being a Aim High member to accompany your next NDIS plan review.
- Finer details of each event for those booked on will be emailed out approx. 1 week before the date of event.

Compliments and Complaints

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

Thanks for reading!



Down Syndrome
Western Australia

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<http://downsyndrome.org.au/wa/>

(08) 6253 4752

complaints@downsyndromewa.org.au

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