



Sadly, Cathy Donovan, a long serving member of Down Syndrome Association WA, passed away on 4 July 2024 after an eight-year battle with ovarian cancer. Cathy had a long association with DSWA - five years as a volunteer and 22 years from 1994 to 2016 as an employee in various capacities mainly as the Executive Officer. She was often the first contact that new families experienced when their child was born. She supported them during their early challenges and threw herself into improving the life opportunities for people with Down syndrome and their families. In 2007 she was awarded the Lucy Tilli Award in recognition of her devotion to people with Down syndrome and their families.

During her long period with the Association many of its programs flourished. Even though she was responsible for the day-to-day management of the Association her favourite times were meeting with families and listening to their stories of successes, doubts and challenges and being supportive. At any function Cathy loved to wander around to families to greet them and listen to their needs.

From 2012 to 2015 Cathy was also voluntary Secretary of Down Syndrome Swimming Australia. From 2006 she attended six Down Syndrome World Swimming Championships to watch her son Stephen and fellow DSWA member Patrick Ricciardo swim in many events.

May she rest in peace knowing she led a good life with courage, dignity, unwavering positivity and respect for others, preferring to give rather than receive.

Condolences to Cathy's husband, Graeme and her two surviving sons, Tim and Stephen.



## CEOs Corner

We are more than half way through the 2025 year, and whilst we have achieved a lot, there is so much more to do.

We have finalised the end of financial year accounting which is now with our Auditors for preparation of the financial reports for the Annual Report. Staff are busy compiling their annual reports for the last 12 months. 2023-2024 was a very positive year for the association.

The World Down Syndrome Congress in Brisbane was outstanding and it was such a privilege to be able to support at the Self Advocates day, seeing our young people shine, talking openly about what is going well in their lives, and what else they hoped for. Relationships, Jobs, ability to speak freely about their goals and dreams, communicating with family, and learning new things. WA was so well represented, with a large number of members attending and speaking. Our self advocates were all fantastic, and I think were the best of the best! Well done to everyone that spoke at congress. Both Nikki and myself as staff members were honoured to attend. I learnt an enormous amount and am grateful to the Board and community for their support to attend. See our article on Congress later in the enews.

The new budget for 2024-2025 has been impacted with the reduction in grant funds and results in a decrease in ability to deliver capacity building workshops, classes, experiences. With the loss of that funding, I have put forward a deficit budget to the Board for 2024/2025 of \$30,000. My efforts now are on finding grants, philanthropy, donations and support to limit the impact of the deficit and continue

to grow DSWA and provide whole of life support and services to our community. I am grateful to families who attend our social programs, events and activities which are designed to provide a whole of life connection to other members and the Association.

This year we have so much happening to build awareness and celebrate our community as well as raising much needed funds. The coming months activities are reflected below. We invite you all to attend the events. At this years Siblings camp the siblings all wanted to know when they could connect again, one of the ways is to join us at our events. Please come along to the activities planned for the rest of the year. StepUP this year is completely new format, and is StepUP and Dance for Down Syndrome! a fun day of dancing, connecting and activities. Also this years Christmas party will again be a whole of association event, and we invite you all, members new and old, some we see a lot, and some we would love to see more, please join us to celebrate.

10 August	SRD Meeting and Jonathon Santoro Zoom Presentation
16-17 August	Disability Expo PCEC
August	Annual Report and AGM Prep
September	AGM Preparations Preparations for StepUP and Dance for Down Syndrome
6 October	StepUP and Dance for Down Syndrome
October to be confirmed	Government House – Celebration of World Down syndrome awareness month
19-20 October	Telethon Weekend and Attendance at Telethon Family Fun Day
23 October	DSWA AGM
27 October	CEO's Tri for Trisomy21. Personal Fundraiser for DSWA
2-3 November	Darlington Arts Festival for People with Down Syndrome - Artists, Authors, join us, display and sell your work and products. Supported by CEO.
8-9 November	Telethon Teens Camp – for Teens with Down Syndrome
7 December	DSWA Christmas Party

As we move into the new financial year, and a busy few months left of 2024, we remain absolutely committed to be the best we can be and providing you with the best support possible. As always I encourage you to connect with me and chat and provide your feedback.

Finally, because I don't want a deficit budget! I have undertaken a personal fundraiser for DSWA, in memory of Aimee. I am "Trying a Triathlon for Trisomy 21" on 27 October. The aim is to swim, ride and run the equivalent of a Triathlon course to raise awareness and funds for DSWA. Members may like to join me in the pool, ride or run/walk to support me to complete each section. This is not a triathlon event, but a personal challenge and I would love your support. If you know of anyone that might like to coach, sponsor or donate, they can email or check out the mycause campaign. <https://www.mycause.com.au/page/350135/trying-a-tri-for-trisomy-21-in-memory-of-aimee>. I would love you to share the campaign and the story on social media, through the media and anywhere you may have influence, and together we will all turn around our finances for this coming year.

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



The World Down Syndrome Congress was an outstanding success and hosted the largest self-advocate day ever held. Congress was attended by a great contingent from WA and our members who spoke did an incredible job speaking about their lived experience.

Some thoughts from those that attended...

**Samala – DSWA Scholarship Winner**

I really enjoyed going to Brisbane to the World Down Syndrome Congress. I enjoyed chairing different speakers at the Congress and helping out on the DSWA stall.

We met so many people from many different places. I told everyone I came from Denmark, W.A. We listened to lots of different speakers and enjoyed the entertainment.

It was great that we had time for sightseeing too. I cuddled a koala and a wombat and went on the Big Wheel of Brisbane. It was so much fun!



**Rachel**

I loved being part of the film and interview crew- it was fun. I was also proud of doing my own presentation.



**Daniel**

I loved making new friends, writing a song and being called chef Daniel .



**Brendon**

I enjoyed meeting new people and learning new things especially the dancing and karate workshops.

**Anna**

I had an amazing time at Congress and I made a lot of friends. I loved this awesome opportunity to do my speech and I want to say thankyou, I had the best time ever.





### **Patrick**

I am writing this on behalf of my mum, dad and myself - I am typing it.

Thank you (Cassandra) for making our time in Brisbane so special. You were so busy and so helpful to all of us. I don't know how many of us from Perth made it but there was a good number.

We all enjoyed the program but your talks were always full and it was difficult to enter the door. Not as many came to hear me, but you helped me and I did get a good clap and a ticket to the dinner!! I still want to find out who that kind woman was who gave me her ticket. Maybe you can find out for me.

Mum and Dad listened to many speakers. My mum said it was déjà vu and she was taken back 30 plus years ago as she watched all the young mums and dads clinging to positive words by the impressive professionals and those living the present.

Overall it was a wonderful and experience to remember and hopefully we will be able to attend the next conference in Argentina.

Thank you Cassandra for being who you are to all of us.

### **Greg & his parents, Melita & Peter**

We extend our thanks to everyone who helped contribute to putting on the WDSC. Inspirational!!

I wanted to share what an amazing experience it was to attend the WDSC, such a humbling experience to be surrounded by our outstanding young adults who were all fantastic ambassadors for their home Down Syndrome communities. There was a variety of informational sessions to attend and what an excellent job our Patrick Ricciardo did in presenting his own reflection on his life growing up. You did us all proud Pat!!

Another of our favourites was the inspirational BusStop movie night on the Tuesday at Picca



theatre in Brisbane. Greg was mesmerised by the talent of the actors and got to chat to the star actress Olivia Hargroder.

Greg was lucky enough to 'happen-by' and visit the new headquarters of the Qld basketball Brisbane Bullets who were excited to meet a WA Wildcats Fan and sent him on his way with a team signed Brisbane Bullets home guernsey. That will be worn with pride when they come play in WA.

### **Our parents, siblings and staff all loved it too!**

#### **Nia**

It was bigger and better than I expected, I learned a lot about what is happening nationally and internationally. Overall, it was very uplifting and affirming.

#### **Emily**

I was honoured to attend the World Down Syndrome Congress as a representative of the Down Syndrome WA Board. It was a privilege to speak at the congress with Nikki, about the importance of connection, sharing our story of friendship and the difference it has made having the support of a friend who 'gets it'.

What I loved most about the congress was the feeling of community. The theme 'together we can' was so fitting, seeing everyone there supporting each other, learning from each other and connecting with each other, reminded me of how grateful I am for my daughter and her extra chromosome.



#### **Nikki**

Wow, what an amazing experience I had at the WSD Congress. I worked at the self advocacy day with 170 amazing adults living with Down syndrome, from across the world, in the room. It was great to hear what was important to them in their lives, and the amazing achievements each and every one of them have had.

It was great to reconnect with our WA community who attended, as well as make new connections and friendships with people from all over Australia and the World.

My week was made complete when I had the privilege of presenting alongside other early years groups from around Australia and also presenting with my best friend and partner in crime Emily, about the amazing friendship our kids Wil and Lily have bought us.



**Debbie**

For me it was a fabulous experience. Not only was I encouraged by the feedback on what we are doing at fyieverybodycooks, the sessions were very insightful and changed my perspective on how we assist Daniel in transitioning from high school to the workplace.

**Matthew**

As an adult sibling who attended the World Down Syndrome Congress, I found it an extremely informative event filled with speakers who discussed a wide range of topics. The expert topics that I attended in health and advocacy were important to raise my awareness and understanding of specific research that is being undertaken.

I found the self-advocacy speakers with Down syndrome extremely empowering. You could really see each of them light up when presenting what they do in their daily life, what they are interested in, and what their aspirations are for the future. Attending these presentations also allowed me to start conversations with these people later in the day or week easily and thank them for informing me about their areas of interest and their lives.

I highly recommend attending future congresses as a sibling to further understand and learn about information that can support your brother or sister and foster connections with other Down syndrome people and their families around the world.

**Linley**

It was wonderful meeting all the different people locally and from overseas and hearing all the stories and experiences. There were some amazing information sessions on medical issues and best of all the talks by the amazing self-advocates on what they had achieved. They were so inspirational and motivating.

**Elise**

So much thought provoking information shared, plus connections made. It was inspiring to listen to advocates with Down syndrome lead and share their stories and knowledge. Such a positive experience and we look forward to the next congress in Buenos Aires.



### **Jan and Maddie**

Maddie was extremely proud to co-chair a presentation at the WDS and grew in confidence as she introduced the five speakers in her session, including her Mum, Jan. A great experience for both of us! We hope to attend more WDS Congresses together in the future



### **Adam, Dean and Liz**

WDS was a week of encouragement, tears and learning, filled with speakers who were willing to share knowledge. We met so many inspirational people, particularly the self advocates.

### **Cassandra**

Congress was simply outstanding. A wonderful opportunity to connect with our families, and others from around Australia and the world. It was great to meet a group of families from South Australia. It was inspiring to see people sharing their views and being heard at the Self Advocate day. Being in the audience to watch our self advocates speak was my highlight, everyone excelled. I also felt that I learnt a great deal from experts around the world. Topics that sparked my interest were nutrition, mental health, siblings, and importantly for me, Down syndrome regression disorder. A wonderful opportunity and most importantly the reminder of how amazing our members are.





## WA Disability Royal Commission

Please see below for a letter from Nicole O'Keefe (Deputy Director General, Disability) regarding the WA Disability Royal Commission. For further information please see the [WA Disability Royal Commission website](#).

Good morning,

I'm pleased to advise that the WA Government Response to the Royal Commission into Violence, Abuse, Neglect and Exploitation (Disability Royal Commission) was released today. Please see the response at the [WA Disability Royal Commission website](#), we hope that you will share this with your networks.

The WA Government is accepting, accepting in principle or accepting in part 100 of the 132 recommendations that apply to WA. The remaining 32 recommendations are being considered further, this includes consideration of responses by the Australian Government and ongoing inquiries. Where recommendations are under further consideration and not subject to an existing timeline, the WA Government will provide an updated position as part of mid-2025 reporting.

Our response to the Disability Royal Commission will bring about meaningful and lasting change to make WA a safer, more inclusive and accessible place for people with disability. Many matters raised through the Disability Royal Commission are complex and sensitive. The WA Government will undertake a considered approach in implementing the reforms and will engage with people with disability, their families and carers, and the broader community.

I'd like to recognise all who campaigned for the establishment of the Disability Royal Commission, supported its work and provided input. The Disability Royal Commission recommendations provide an important path forward to create safer and more empowering environments for people with disability to ensure they live a life free from violence, abuse, neglect and exploitation.

Please can you promote the WA Response among your networks.

Kind regards,

Nicole O'Keefe



**Nicole O'Keefe**  
Deputy Director General, Disability  
Department of Communities

*I acknowledge the Whadjuk people of the Noongar nation, who are the custodians of the land on which I live and work.*

## Meetings & Association Events

- 19 August - Board Meeting
- 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

## Bank Account Change





**DSWA have recently changed our bank account details and this has been updated on our invoices.**

**You may need to change the DSWA details in your banking.**

**For further information please contact the DSWA office  
08 6182 3690 or  
[admin@downsyndromewa.org.au](mailto:admin@downsyndromewa.org.au)**

**What's On**





### **Down Syndrome Regression Disorder**

There was a great deal of information at Congress on DSRD, with Dr Cathy Franklin speaking in both the health day and plenary about the condition. Our CEO, Cassandra Hughes also spoke about the WA experience, the impact on the person and their family and the data we have collected here in WA. The WA presentation was recorded and we expect to have a copy of that for our website in the coming weeks. Links to Dr Franklin and our CEO's slides will be available on the website as of 2 August.

Building upon the work WA has already done, we have almost finalised a new document that you can download a new tool to help you to explain what is occurring with your child to a GP or specialist. Parents can complete the self-assessment, and then take the document to the GP to commence a diagnostic workup. The

document provides support for the GP as to the tests to run, and also provides links to the research papers.

The document has been reviewed by two General Practitioners, and Dr Anastasia Isakov is based here in Perth and is willing to see people with Down syndrome, and has a particular interest in Regression Disorder. Dr Isakov and her colleagues are willing to commence the DSRD diagnostic workups, and provide referrals to appropriate specialists.

This will be available on our website and via links on DSWA Facebook pages on Friday 2 August.

**Exciting News** – Dr Jonathon Santoro will give a Zoom presentation on DSRD on 10 August at 12 Noon Perth Time.

You can register via trybooking – follow this link: <https://www.trybooking.com/CTXFW>

Or scan the QR Code.



From Trybooking you will be able to copy the Zoom link for the event.

Whist the event is free, there is also a chance for you to make a donation to help cover the costs of such events and more into the future.

Supported by  
Sage Medical Consulting  
040 168 1495  
admin@sagedmed.com.au  
33 Graham Cres,  
Bentley WA 6102



Down Syndrome  
Western Australia

Invites you to

## A presentation on Down Syndrome Regression Disorder

We invite you to join us via Zoom for a  
presentation by;

**Dr Jonathon Santoro**

**Saturday 10 August**

**12 noon Perth Time**

**Open to Families and  
Medical professionals**



Join us by Zoom - Get the  
Zoom link when you Book  
your free ticket via  
Trybooking.  
Scan this code, or follow the  
link



## Get Involved

### Family Support



### Winter Support Reminder

As winter brings its share of bugs and viruses, hospital stays can become more common. We want to remind you that our Family Support Team is here to offer guidance and support at any stage of your family's journey. Whether you're dealing with unexpected hospital stays or just need someone to talk to, Danica and Nikki are here to support you.

We're thrilled to share that our Senior Coordinator, Nikki, had the pleasure of attending and speaking at the World Down Syndrome Congress. This event provided

a fantastic opportunity for Nikki to upskill and build her knowledge and expand her connections even further. We're incredibly proud of Nikki's dedication to learning and the wealth of knowledge she brings back to our community.

### **Upcoming Parent and Bub Morning Tea**

We're delighted to invite you to our next Telethon Sponsored Parent and Bub Morning Tea, a perfect chance to connect with other parents and families.

Join our Family Support Team, Nikki and Danica, for a relaxed and welcoming gathering.

**Date:** Tuesday, August 13th

**Time:** 10:00 AM - 12:00 PM

**Location:** Capoeira Australis Studio 1/301 Selby St N, Osborne Park WA 6017

**Register your spot now:** <https://www.trybooking.com/CQCSA>

Our Parent and Bub Morning Teas are designed to create meaningful relationships and provide a space where you can share tips, experiences, and support. It's a wonderful opportunity to meet others who are navigating similar parenting journeys, fostering a sense of community and understanding.

### **Join Our Online Community**

In addition to our in-person events, we encourage you to join our private [Facebook family network group](#). It's a fantastic place to reach out, share experiences, and find support from others who truly understand your journey.

If you have any questions or need further information, please feel free to reach out.

Thank you for being a part of our vibrant community. Together, we continue to build connections and support one another on this incredible journey.

Nikki and Danica  
familysupport@downsyndromewa.org.au



It is with regret that we announce the cancellation of the upcoming Key Word Sign (KWS) workshops including the Intermediate Workshop on Friday, 13 September 2024, and the Beginner Workshop on Friday, 22 November 2024.

Unfortunately, due to unforeseen circumstances and funding issues, we are unable to proceed with these events as planned. We understand the disappointment and inconvenience this may cause, and we sincerely apologize for any disruption this may bring to your professional development plans.

We are committed to rescheduling these workshops as soon as possible and will keep you informed about future workshops.



Thank you for your continued support and dedication to enhancing your skills to support students with communication needs.

If you have any questions or need further information, please do not hesitate to contact us - 08 6182 3690 or [admin@downsyndromewa.org.au](mailto:admin@downsyndromewa.org.au)

## Regional Outreach

Connecting with your local DSWA families is a wonderful opportunity to 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 experience. We appreciate every single person's presence at these events and catch-ups!

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

### Save the Date - Great Southern Meet-Up!

**Date:** 11 August

**Time:** 2:00PM

**Location:** Handasydes - Cafe, Strawberry Farm & Play Area, 382 Chester Pass Rd, Walmsley



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](mailto: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/groups/399481359497440>.

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](#).

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!



Thank you to our 11 members that participated in our Relationships series of 6 workshops.

From the feedback received, it would appear that the course has been a great success and very well received.

There have been some significant learnings, some growth in conversation and relationship building and some fun along the way.

The course culminated in an awesome speed dating event. Co Hosted by Down Syndrome WA member Andrew Denton, the evening was great opportunity to practice banter and friendships building skills and enjoy a little bit of merriment.

While initially a couple of our participants were a little nervous about contributing, it wasn't long before everyone found their courage and actively engaged in the activity of sitting across from another and partaking in conversation.

It would appear that a number of our participants did indeed form a new friendship.

Congratulations to you all, many of which stepped well outside their comfort zones to get the most out of the series of workshops.

Thank you, parents and loved ones for trusting us to have conversation around very important but sometimes uncomfortable topics.



## Pathways Project

The past 12 months have been a successful time for our Pathways project.

We held 14 workshops, to an audience of more than 170 members, providing resources and education on a variety of important topics including Wills, Power of Attorney and Guardianship, Staying Healthy, Behaviour Management and Relationships.

It is with a degree of sadness that we share that our funding has come to an end and we unfortunately didn't receive a continuance.

Thank you to those who supported our initiatives. We hope to be able to provide some ongoing resources on a fee for service basis.

We wish to thank Stephanie Bryant for her fantastic work on the Pathways project over the past 12 months. Steph has worked tirelessly to provide the best courses we could.

## DSA Survey

Please consider completing this important survey for DSA. The collation of data supports grant applications by demonstrating your needs and that you have had a say! Please do fill this one in! Thank you Cas

Down Syndrome Australia want to hear from people with Down syndrome!

Help us by doing a short survey.

[Click here to do the survey.](#)

In this survey we ask questions about

- finding information
- getting support.

We want to know about:

- what works wells for you
- what does not work well

- any problems with getting the right support.

This will help us to provide the right support and information for people with Down syndrome.

If you have questions, contact Down Syndrome Australia:

Phone: 1300 344 954

Email: [info@downsyndrome.org.au](mailto:info@downsyndrome.org.au)

The survey is in Easy Read. It can take about 10 minutes.

You can ask someone you know to support you.



## Resources

### **Pathways Online Learning for people with Down syndrome**

Down Syndrome Australia have launched self-paced online courses for people with Down syndrome and intellectual disability.

The learning topics are:

- Relationships
- Decision Making
- Community Participation



- Using the NDIS
- Self Advocacy
- Staying Healthy.

Read more or get started at [Pathways Online Learning](#)

### **Pathways videos for people with Down syndrome**

Down Syndrome Australia have also launched a new educational video series for people with Down syndrome, featuring their voices and perspectives.

These videos cover essential topics, including:

- What is consent?
- What are human rights?
- What is a community?
- What is the dignity of risk?
- What is a self-advocate?
- Reasons to be healthy
- Making my own decisions
- Information about the NDIS

[Watch the Pathways videos.](#)



Have you seen the film '47'?

This Cannes-Lion-winning short film tells the story of Robert, a boy with Down syndrome, and his journey to find inclusion. Featuring artistic contributions from the Down syndrome community, including music played by Sujeet Desai and sound design by José Omar Davila.



Watch 47: <https://buff.ly/3S9qh6R>



### **Come and try out bowling at Bedford Bowls Club!**

Every Wednesday from 10-11am Bedford Bowls is open to try lawn bowling. If you're interested you can turn up on the day and there are no fees. All you need are shoes with a flat sole and if you use a wheelchair it will need wide tyres.

For more information please phone the club Monday to Friday, between 9am and 12pm on 08 9370 2454.



# Playgroups



## Playgroup South

What a beautiful start back to term 3 at Playgroup South. we had a visit from Sensorium theatre where the kids enjoyed all things water. We made some lovely fingerprint snow trees and chatted about our kids and survival of the school holidays. Absolutely perfect.

Renee and Nicole

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



## Playgroup North

Playgroup North has been keeping warm this winter with lots of fun sensory activities. Our families enjoyed our story time sessions followed by themed craft activities. We got sparkly last week while making our shooting stars and snowballs.

Playgroup continues to be a place of creating new connections and establishing lifelong friendships. Danica and I are so happy to see our families coming together each week and sharing their child's experiences over a hot coffee and biscuits. We look forward to more great conversations and celebrations together this term!

Tracy and Danica  
playgroup@downsyndromewa.org.au



## Kids Club

Supported by



**Drumming Workshop Recap: A Rhythmic Adventure!**



Our recent Drumming Workshop was a smash hit! We saw new and old families connecting and the children were all eager to unleash their inner rhythm. Martin from Rhythm Fix led the charge, bringing his infectious energy and expert drumming skills to the circle.

The kids rotated between different instruments, exploring beats, rhythms, and melodies. Laughter and joy filled the air as children experimented with drums, shakers, and tambourines, each taking turns to showcase their newfound skills.

A big thank you to Martin for making this workshop an unforgettable experience and to all the families who joined in the fun. We loved seeing everyone's enthusiasm and creativity. We can't wait for the next one!

### **Disco Night Success: A Night to Remember!**

Our Disco Party was an incredible success and wonderful way to kick off the beginning of the School Term. The event was a night full of fun, laughter, and unforgettable moments. The kids, dressed in their most fabulous disco attire, enjoyed tasty pizza to fuel up for a night of non-stop dancing.

The dance floor was alive with energy as the kids showed off their moves. The night featured karaoke, musical statues, hula hooping, and plenty of exciting games. Everyone had a blast, and the smiles on their faces were priceless.

The highlight of the evening was seeing the Kids Club Members and their siblings showing off their style, charisma and awesome dance moves. The enthusiasm and talent on display were truly inspiring.

Thank you to all the families who attended and made this night so special. Your support and participation are what make our Kids Club events so amazing. We look forward to many more fun-filled nights together!

### **Stay Tuned for More!**

We have more exciting events and activities coming up with Down Syndrome WA Kids Club.

Stay tuned for updates and mark your calendars for our next adventure.

Get ready for an creative morning with Down Syndrome WA Kids Club!

**Date:** Sunday 25 August

**Time:** 11:00am – 1:00pm

**Location:** To be confirmed

**Price:** Free for Member with DS , \$5 per sibling

Get your tickets here: <https://www.trybooking.com/CQYPA>

Don't miss out on this unforgettable morning filled with learning, laughter, and lasting memories! Secure your spot now and let's get our creativity flowing and show our artistic talents together!

Siobhan

kidsclub@downsyndromewa.org.au



Check out the KiDS Club calendar for our upcoming events -

[https://docs.google.com/document/d/1PpYTShwvBiBxHsUvHNGm\\_EHm8G5E5uwsqIB9rUXEu6Q/edit?usp=sharing](https://docs.google.com/document/d/1PpYTShwvBiBxHsUvHNGm_EHm8G5E5uwsqIB9rUXEu6Q/edit?usp=sharing)



## Friends for Life

Friends for Life enjoyed an Arts and Crafts event in July. We had lots of stations including pottery painting, jewelry making, paint by numbers and fridge magnets. The enthusiasm and creativity displayed by everyone were truly inspiring.

Come and join your friends at our next event, a winter bingo and disco night!!!!

Saturday 10th August at 4.30pm. Booking and details at <https://www.trybooking.com/CTMJG>

Laura  
Friends for life Program Co-ordinator  
[friendsforlife@downsyndromewa.org.au](mailto:friendsforlife@downsyndromewa.org.au)  
0422 795 16



### **July School Holiday Program**

This month we held our second School Holiday Program for the year with our friends for life group. It was truly a pleasure to see the children immerse themselves in fun activities and make unforgettable memories. Here's a brief recap of the fantastic two week's we've had.

We kicked off the week with boundless energy and competitive spirit during our Game Day. From outdoor sports to board games, the children showcased their skills and enjoyed friendly competition with their peers.

Day two transported us to a magical Winterfest excursion. Surrounded by the icy cold snow and rides, the children embraced the winter spirit through ice skating, flying down the snow slide and many times on the dodgems and the rides.

To end the first week, we finished with Arts Day! From tie dye and drawing to crafting bracelets, the group unleashed their imaginations and created their masterpieces.

Dance Day was a lively celebration of movement and rhythm. We started the morning with yoga, learned a new dance and ended with a dance party and performed with enthusiasm, showcasing their skills and infectious joy.

Our reptile incursion day was an educational adventure! The children had the opportunity to get up close and personal with fascinating reptiles, learning about

their habitats, behaviours and all got to hold each reptile, with some being very brave and conquering their fears. It was a proud moment to watch.

We wrapped up our program with a cozy and delightful Movie and Baking Day. They enjoyed relaxing together watching the movie with popcorn and engaged in the baking session, creating delicious treats that they proudly shared with their friends and families. We ended the day with a nature colour hunt, sending the group off into the park, which we were so lucky to be able to utilise most days.

Throughout the week, safety was our utmost priority, and our dedicated staff ensured a nurturing environment where every child felt valued and engaged. We were thrilled to witness friendships blossom and talents shine brightly as they embraced each activity with enthusiasm and curiosity.

We had some nervous participants who were new/re-engaging with the association who took that initial step with courage, and from that moment on, they never looked back. They quickly integrated into the activities, forging new friendships along the way. By the end of the program, they were beaming with joy, having had an enriching experience that left them with lasting smiles.

Thank you for entrusting us with your children's holiday experience. I am already looking forward to our next adventure together in January, and I will be continuously working on improving and building our holiday program to ensure we can provide a fun, fulfilling, educational and connecting experience for your loved one.

Until next time,  
Laura  
Friends for life Program Co-ordinator  
friendsforlife@downsyndromewa.org.au  
0422 795 160.





## Aim High

Our Aim High event for July was arts and crafts! We engaged in a variety of craft activities including jewelry making, keyring creation and paint by numbers. We had some challenges with our keyring making, Lego making and sticker boards, where precision and resilience were needed, but many showed their persistence and stamina as they tackled the more fine-tuned activities. It was wonderful to see everyone share their talents, and enjoy the simple pleasure of creating something with their own hands along with conversations, catching up, and spending a Sunday in a calm and creative environment.

Come and join your friends at our next event, a winter bingo and disco night!!!!  
Saturday 10th August at 7pm. Booking and details  
at <https://www.trybooking.com/CTMJE>.

Take care and see you soon  
Laura

Aim High & Getaways Program Co-ordinator  
aimhigh@downsyndromewa.org.au  
0422 795 160





### **July Getaway Moore River**

We are still basking in the warmth of the memories created during our recent getaway to Moore River/Lancelin. It was a truly enriching experience filled with adventure, friendship, and new discoveries. Here's a recap of our wonderful journey together.

We started our journey heading north to Lancelin, where we enjoyed a hearty lunch at a local pub before settling into our accommodation. After unpacking and some free time, everyone pitched in to prepare and cook delicious homemade pizzas for dinner. The evening concluded with laughter and smiles as we watched the Barbie movie together.

The highlight of Day Two was our kayaking adventure on Moore River. The water and day were beautiful for us and participants learned the importance of teamwork as they paddled and navigated together. We enjoyed a picnic lunch under the sun by the river before returning for an afternoon filled with shared stories and relaxation. In the evening, the boys prepped the campfire, and we enjoyed toasting marshmallows. Despite some smoke causing discomfort, one participant's ingenious solution with swimming goggles inspired us all.

On our final day, despite the rain, we adapted our plans and visited the Gravity Discovery Centre, immersing ourselves in the wonders of space exploration. We returned to Perth with hearts full of memories and stopped for a leisurely lunch along the way.

Throughout the getaway, we were touched by the incredible feedback from participants, highlighting the deep friendships that blossomed and the personal growth observed. From impromptu dance parties during cooking sessions to overcoming challenges and learning new skills together, every moment was a testament to the strong bonds formed among us. The collaborative effort in keeping our accommodations tidy, the joy shared during meals, and the genuine connections made truly made this experience heartwarming and memorable for all involved.

All the staff were still smiling well into the next week. It was very wholesome to witness such positivity and friendship among our group. Thank you to everyone who joined us on this getaway. Your enthusiasm, resilience, and humour made this getaway an extraordinary success. I look forward to more adventures and cherished moments together in the future.

Until next time,  
Laura

Aim High & Getaways Program Co-ordinator  
aimhigh@downsyndromewa.org.au  
0422 795 160



## Compliments and Complaints

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

# Thanks for reading!



Down Syndrome  
Western Australia

Copyright @Down Syndrome Western Australia, All rights reserved

{{msdyncrm\_contentsettings(9345d3f5-4a4a-eb11-a812-0022480fea01).msdyncrm\_addressmain}}

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

(08) 6253 4752

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

You are receiving this email because you have previously indicated that you would like to receive updates from Down Syndrome Western Australia.

[Unsubscribe](#) or [contact us to opt out](#)