

ED's Message

Dear Valued Members,

Greetings from Down Syndrome Association (Singapore) (DSA). I am pleased to share that our recent World Down Syndrome Day event on 22nd March 2014 was a great success with over 850 participants joining us for the Buddy walk and Carnival. Together, we had brought the 'voices' of persons with Down syndrome to the heart of Orchard road as a progressive step in having greater awareness and advocating for a more inclusive society.

We will be introducing new programmes and activities for our members at our association which include food preparation and flower arrangement programmes. In addition, we will also be starting a new bowling programme to cater to the strong interest amongst our membership for this programme.

I would also like to take this opportunity to strongly encourage you to support us in our upcoming Charity Movie event on Sunday 29th June 2014 at Cathay cinema, details of which can be found in this newsletter.

I look forward to your active involvement and continuous support for our association's programmes, activities and events.

Thank you.

Moses Lee
Executive Director,
Down Syndrome Association (Singapore)

DSA Thrift Shop @ TBC

Blk 17A Telok Blangah Crescent

#01-270 Singapore 091017

Opening Hours

Mon & Fri 11.00 am - 3.00 pm

Wed 3.00 pm - 7.00 pm

For queries on donations of items, please call
T: 62713811/ 65009321.

DSA celebrates WDSB Buddy Walk In The Heart of Orchard Road



GOH, Mr Baey Yam Keng, MP for Tampines GRC (Centre) with Ms Monica Lim, Chairperson for DSA (3rd from Right), Ms Monica Kan, WDSB 2014 Organising Chairman (4th from Left) and corporate sponsors

More than 850 people turned up at Orchard Road in a show of support to celebrate the World Down Syndrome Day (WDSB), which was held on 22nd March at Ngee Ann City Civic Plaza, in the heart of Orchard Road. The event, was organised by Down Syndrome Association (Singapore) – DSA, to commemorate WDSB which is celebrated worldwide on 21 March annually. (Cont on Page 2)

In conjunction with World Down Syndrome Day 2014, **Miss Jaspreet Sekhon** from Down Syndrome Association (Singapore) has been appointed as the Ambassador for Down Syndrome International (DSI).



She represented DSI to deliver the opening address at the World Down Syndrome Day United Nations Conference as a Self Advocate

and Ambassador of DSI/DSA. **Dr Balbir Singh**, DSA Advisor spoke as a "Caregiver" and Champion of the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD). The conference was held at the United Nations in New York on the 21st March 2014.

For link to the video clip of the speech, please goto: <http://webtv.un.org/watch/health-and-wellbeing-%E2%80%93-access-and>

World Down Syndrome Day 2014



Flagging off the walk was Guest-of-Honour and Member of Parliament for Tampines GRC, Mr Baey Yam Keng (3rd from the right), together with Down syndrome Members, corporate sponsors, distinguished guests and participants.

Participants included DSA members and their families, corporate representatives, students from various schools and individuals from the community at large who together walked alongside persons with Down syndrome in a show of unity in diversity. The main objective of WDS is to raise the awareness and educate the public about Down syndrome. Flagging off the participants for the 2.5km walk along Orchard was Guest-of-Honour Mr Baey Yam Keng, Member of Parliament for Tampines GRC, who came dressed for the occasion, with coloured socks and all in line with "Lots of Socks" worldwide campaign by Down



DSA Member Andrew Crapps manning one of the game stall



DSA Dancers and Drummers performing on stage.

Syndrome International to create awareness for World Down Syndrome Day and show that being different does not mean you are different. The early morning Buddy Walk was followed by a mini carnival which included performances by our DSA drummers and Fusion Dance Group. Corporate sponsors and students from Clementi Town Secondary School, Commonwealth Secondary School and New Town Secondary School also participated in the carnival by setting up games stalls and putting up song, dance and drama performances. There were pony rides for the young ones, by the Equestrian Federation of Singapore.

World Down Syndrome Day 2014



Volunteers from UPS



Ponies from the Equestrian Federation of Singapore giving rides to the kids



Some of Secondary School's students manning their carnival games stalls

Volunteer student groups from Singapore Poly turned up in full force to provide support. Staff from UPS and students from ISS International School and Broadrick Secondary School were involved in the preparation as well as participating at the event. The day ended with a lucky draw for those who bought the carnival coupons.

Through this event, we hope the community will recognise the special abilities of persons with Down syndrome and create an more inclusive society where individuals with Down syndrome can play their part as contributing members of the society.

Upcoming Event:

**Transformers:
Age of Extinction**

Event: Charity Movie
Date: 29th June 2014, Sunday
Venue: The Cathay
2 Handy Road
Singapore 229233

Welcome to DSA annual Charity Movie event! This year we will be screening another block buster movie: **Transformers: Age of Extinction**. Do keep a look out for more details soon.

Charity Bowl 2014

The annual Charity Bowl event was held on 29th March 2014 (Sat) at Superbowl—Mount Faber SAFRA. More than 10 corporate sponsors took part in the event with our DSA members. A total of 26 lanes were booked for the event and the bowlers were showcasing their superb skills on the bowling lanes. The teams were cheering each other on and had so much fun. Many of the participants walked away with the team trophies and lucky draw prizes for their great effort.

Trailblazer Foundation bagged the top 2 spots, while Team Kings 1 came in 3rd. Special Guest for the event, Mr Joe Hayes, Ambassador of Ireland to Singapore, presented the trophies to the winning teams. DSA member Alissa and her caregiver from the winning team also received an air ticket each, kindly sponsored by Silk Air. The tournament ended with light refreshments and group photo taking session.



Bowlers in action



DSA Bowlers in action and all fire up for some great games



Special Guest, Mr Joes Hayes (Second from Left), Ambassador of Ireland to Singapore and DSA member Alissa (Middle) with the Representative from Trailblazer Foundation.



Team Silk Air



Irish Ambassador, Mr Joe Hayes getting ready to bowl

St Patrick's Day

DSA members from the Fusion Dance Group and Drum Prodigy put up performance at St Patrick's Day Parade on 16th March 2014, organized by the Irish community in Singapore. DSA dancers from the Fusion Dance Group vowed the audience as they grooved to the tune "Gentleman". They received an rousing response from the audiences. DSA drummers then took centre stage with a "robotic" performance "Light Up" where they came "alive" with an electrifying touch.



Drummers from the DSA Drum Prodigy Group performing at the St Patrick's Day Parade



DSA Fusion Dance Performance "Gentlemen"

Programmes & Services

We Are Growing...

"A good teacher is like a candle - it consumes itself to light the way for others."



Teacher Rumin

The Integrated Facilitation Support program has grown. We have one additional SPED teacher, Ms. Rumin Ng to support our children in the mainstream schools. This is what she had to say when she shadowed her colleagues at school : *"It was a great experience observing my fellow colleagues in action!"*

I thoroughly enjoyed the tutorial sessions in which the children are happily engaged in learning. It made me smile to see how Bryan laughed delightfully and copied the actions of his IFSP teacher, Gisele, during story reading. One of the most memorable moments was Zhuo Ying's classmates cheering and clapping for her when she volunteered and answered a math question correctly in class. It showed me how inclusiveness not only benefits our children but their fellow schoolmates too!"

Mobile Locator Apps for your peace of mind

Know where your child with Down syndrome is when they are on the move

As parents, you want to keep your children safe from harm. But you also want to raise independent, confident children who can travel on their own to work or school, to DSA, and back home. So knowing where they are while they're on the move can be crucial to your peace of mind. Mobile phones allow you to do just that.

But what good is a mobile phone to a pre-verbal child who can't tell you where they are when you call? Aside from helping them develop tech-literacy as a means of communication (e.g.: text messaging), you can actually track their location. All it needs is for your child to carry their mobile phone and keep GPS/location services switched on.

We have looked into some mobile locator apps and came up with two options you may wish to explore:

1) [Locator Plus by SingTel](#) (Android users only; available on Google Play)

There is no set up cost but there is a monthly fee ranging from \$3-\$10, depending on how many mobile numbers you wish to track. This locator can do an ad-hoc "locate now" to know the whereabouts of the trackee. The tracker can receive alerts (SMS, email, and in-app mode) when the trackee enters and exits some defined area. Also you can view your activity history on this app and you can use it on your mobile phone or from your PC at home/work.

2) [Family Locator App by Life360](#) (iPhone and Android users; available on the [AppStore](#) and [Google Play](#))

There is no set up cost or monthly fee for this. This app allows you to find family and friend locations on a private Map, know when your family is safe or needs help; receive alerts when a Circle member reaches a destination and track a stolen or lost phone.

If anyone has tried these apps, please share your reviews with us by emailing to:

satya@downsyndrome-singapore.org. Selected reviews will be published in our next newsletter.

Spotlight on Health from Family Support Services



February and March have been months when our focus has been on bringing information related to health and wellbeing. Talks by Dr Bhavani and Dr. Rashida, both from KKH, Lauren Ho from Singapore Heart Foundation were related to health issues in persons with Down syndrome, Growth and Eating well.

Prof Dean Nizetic, a cellular and molecular biologist talked about current research on Down syndrome to an invited audience of Doctors, researchers and educators.

Upcoming Programmes

New Enrichment Programmes Services

Flower Arrangement Junior Programme

This new programme will teach your children the aesthetics of floral design and visual patterns. It is focused on developing their fine motor control, hand-eye coordination, motor planning and sequencing, and creativity while making numeracy come alive for them.



Music (Intermediate) Programme

We still have 2 vacancies in our Intermediate Music Programme. Come join instructor Kenneth Ngo for a fun-filled time at the keyboard! *Basic music knowledge is necessary.*

For enquiries, please contact **Nalla @65009309** or email to: nalla@downsyndrome-singapore.org

The Parent Search Support Group (17th May 2014)

When a child is lost or goes missing, parents often struggle to start a search. The Parent Search Support Group is our endeavor to organise parent volunteers into a group that can be activated when a child goes missing. An organised search with many people working together across the island, we believe, will help find the child faster.

We invite parents to block their calendar to attend this session where we hope to create this volunteer group.

Family Support Group Programmes

Month : April-14

Day	Date	Time	Event	For Parents of Child Aged
Saturday	05 April	9.30 am - 12.00pm	Parent support training (Part 1) — Ms Faridah Ali Chang	All ages
Saturday	12 April	9.30 am - 12.00pm	Parent support training (Part II) — Ms Faridah Ali Chang	All ages

Month : May-14

Day	Date	Time	Event	For Parents of Child Aged
Saturday	10 May	9.00am-12.00nn	Infant Stimulation Programme By Ms DanaKae Bonahoom	0-3 years
Saturday	17 May	9.30 am - 12.00pm	Parent Search Support Group By Ms Himal Ruparel	All ages
Saturday	17 May	3.00pm - 5.00pm	Sign & Talk : Help your child to better communicate (Part 1) — Ms Eva Loh	2 years and above
Saturday	24 May	3.00pm - 5.00pm	Sign & Talk : Help your child to better communicate (Part 1) — Ms Eva Loh	2 years and above
Saturday	31st May	9.00am-12.00nn	Toddler Stimulation Programme — Ms DanaKae Bonahoom	3-6 years
Saturday	31st May	3.00-5.00pm	Sign & Talk : Help your child to better communicate (Part 1) — Ms Eva Loh	2 years and above

Family Support Group Programmes

Month : June 14

Day	Date	Time	Event	For Parents of Child Aged
Saturday	7 June	9am - 12noon	Infant and Toddler Stimulation Programme -Ms DanaKae Bonahoom	0-6 years
Saturday	14 June	2.30pm - 4.30pm	Challenging Behaviours in children with Down Syndrome - Dr Radha Srikanth	Children up to 13 years

Team DSA

Patron	Mr Tan Soo Khoon
Advisors	Dr S. Vasoo Dr Balbir Singh
Specialist Advisory Board	
Medical Advisor	Dr Bhavani Sriram
Legal Advisor	Mrs Christine Sekhon
Board of Management	
Chairperson	Ms Monica De Silva-Lim
Deputy Chairperson	Mr Roderick Tan
Immediate Past Chairman	Mr Ong Chin Wah
Honorary Secretary	Mr R Sivanandam
Honorary Treasurer	Mr Gerard Lim
Hon Assistant Secretary	Ms Li Shu Yun
Hon Assistant Treasurer	Ms Monica Kan Lai Lai
Member	Ms Kristin Van Burm
Member	Mr Benjamin Cavalli
Member	Mr Paul Lai
Co-Opted Member	Mr Alex Yan

Management

Mr Moses Lee	Executive Director
Ms Himal Ruperal	Director (Services)
Ms Ranee Govindram	Manager (Events & Community Partnerships)
Mr Andrew Soh	Manager (Donor Management & Corporate Communications)

From 2014, DSA News will only be available on the DSA website and via email to members.

Kindly update your details and email addresses to:

nalla@downsyndrome-singapore.org

For non-members, you may view our newsletter online at our website:

www.downsyndrome-singapore.org or email to: andrew@downsyndrome-singapore.org for a copy.

Down Syndrome Association (Singapore) - DSA welcomes your feedback and suggestions, do contact us at T: 65009321.

For more information on some of DSA's events, programmes, services or event photos do visit our website: www.downsyndrome-singapore.org