

ED's Message

Dear Valued Members,

Greetings from Down Syndrome Association (Singapore) (DSA). I am pleased to share that we will be introducing some very exciting programmes this June holidays such as food preparation, fun fitness, and music related programmes. In addition, I would like to take this opportunity to strongly encourage you to support us in our upcoming Charity Movie screening, details of which can be found in this e-newsletter. I look forward to your active involvement and continuous support for our association's programmes, activities and events.

Thank you.

Sincerely,
Moses Lee
Executive Director
Down Syndrome Association (Singapore)

Time is a companion that goes with us on a journey. It reminds us to cherish each moment, because it will never come again.

Patrick Stewart
English Actor (Film, Television, & Stage) & University Chancellor

DSA Centre

9, Bishan Place, #09-01 Junction 8 Office Tower
Singapore 579837

Tel: 6500 9321 Fax: 6255 0337

Opening Hours

Mon & Sat • 8.30 am-6.00 pm

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 donation of items, please call
T: 6271 3811/ 6500 9321.

Upcoming Events:

1. DSA Charity Movie Screening—

Transformers: Age of Extinction

Come join us for our annual Charity Movie for a good cause! DSA is bringing you another exciting blockbuster movie— **Transformers: Age of Extinction**. The DSA Charity Movie will be held on **Sunday, 29th June 2014 at the Cathay Cineplex 2** at No. 2 Handy Road.

This sci-fi action film is based on the Transformers series and stars Mark Wahlberg in the lead role. Be awed by the special effects and be treated with a popcorn combo set together with your loved ones.

Corporate sponsorships and individual tickets sales are now available. All proceeds from this fundraising event will go towards supporting the operation of programmes and services for persons with Down syndrome. We welcome members of the public and DSA members to participate and support us in this meaningful event.

For more information on tickets, sponsorships or donations, please call 6500 9321 as seats are limited!

2. DSA's Charity Gala Dinner 2014

The annual DSA Charity Gala Dinner is here again! This exciting evening event promises many fun filled entertainment and sumptuous food that you can't miss. Mark this date in your diary and stay tuned for more details!

Event: Mystique VII Charity Gala Dinner

Date: Saturday, 8th November 2014

Venue: Shangri-La Hotel Singapore

For event sponsorship, suggestions or interest in putting up performances at the event, please call T: 6500 9321 or email to: rane@downsyndrome-singapore.org



Adopted Charity for Good Food Great Living 2014



Good Food Great Living is introducing healthier choices of international culinary delights together with holistic wellness products and services for a healthier and happier you! Visitors to the show can check out a wide range of healthy products, from natural and organic food to health care related products and services all under one roof!

DSA is honoured to be the adopted charity for this event held from **6th to 8th June '14 at Suntec Halls 401 & 402 from 11am to 9pm daily**. Each day 700 goodies bags worth more than \$20 each will be sold at \$5 each and partial proceeds from the sale will be donated to DSA. We will have a booth at the event to showcase some of DSA's past events and raising funds through the sale of handicrafts made by persons with Down syndrome.

So come on down and support us!

SMU's Contribution with a big heart for DSA

A group of students from the School of Economics at the Singapore Management University (SMU), embarked on a 6-weeks business venture challenge named Initiatives for Social Enterprise, and raised over \$600 for DSA. The six-member team sold polaroids taken on campus during Valentine's Day as well as selling the book titled "Past>Present>>Future" that was produced in collaboration with Central Singapore CDC.

"We are very happy that we earned \$610 through our sales, with the proceeds going to Down Syndrome Association (Singapore)," said Chia Wei Qi from the School of Economics, SMU. "Though the amount may be small, we hope that we can still make a meaningful difference," she added. No amount is too small when done with a big heart! We thank the SMU team for taking the step towards making a difference in the lives of persons with Down syndrome.



The SMU team (from left): Koh Wei Shan, Ho Yu Fong, Chia Wei Qi, Pua

LOCAL BEST SELLER IN KINOKUNIYA

PAST>PRESENT>>FUTURE
WRITTEN FOR YOUTHS, BY YOUTHS

“ A collection of stories about youths who have overcome their personal challenges to live their dreams; the book also encourages youths to have a bucket list and work towards fulfilling them. ”

Each book is priced at \$15 each.

ALL PROCEEDS WILL GO DIRECTLY TO THE DOWN SYNDROME ASSOCIATION

[Click here to Pre-Order the book now](#)

Outings

Over 30 DSA members and staff were treated to a fun filled day at the Gardens by the Bay on Thursday—22nd May 2014 as part of the "Gift of Gardens" community outreach programme, organised by the management and staff of Gardens By The Bay. This programme aims to bring people from different strata of society to the Gardens, and provides the opportunity for beneficiaries to spend a day at the Gardens while enjoying a sponsored visit that is tailored to their needs. The group had a fun-filled day which they visited the Flower Dome, Cloud Forest and the Skyway plus a sumptuous lunch at Texas Chicken.



< Having a blast OCBC Skyway



^ Group photo moment

Programmes & Services

M & M –

Mid-Year Exams and Mother's Day

As most of the primary schools were approaching the end of semester one, many of our young members were diligently preparing for their mid-year school examinations. IFSP officers watched out for signs of stress on top of guiding them academically and supporting the parents emotionally during this potentially stressful period.

Some of our young members in kindergartens were rehearsing for their Mother's Day concert while others were polishing up their writing skills. In the midst of their demanding school work and busy schedule, our young members were guided by our IFSP officers in making special Mother's Day crafts to celebrate and honour their mothers on this special day.

By Gisele Lim



Elliot making his Mother's Day Card



Hui Min with her Message-in-a Bottle
—Mother's Day gift



Anna making a chain necklace for Mummy

AEP clients cooking Japanese Food

Its spring time!! Not in Singapore but in Japan.. Spring time marks the beginning of the blooming of the flower, specifically the Sakura which is so associated with Japan.

Adult learners of the AEP also celebrated the season by learning about the culture of Japan and by cooking Japanese food as their theme for the month of May. The adult learners in the AEP have two mornings a week to prepare their food as part of independent living skills training.

Every month the team chooses a theme for the food preparation and they go on a journey of exploration where food is the entry point and each week a different set of dishes is practiced. Adult learners will learn Omurice (Japanese omelet), Seafood Miso Soup and Teriyaki Chicken.

So parents! Don't be surprised if any one of your children offer to cook you a meal!



Teacher Siti showing the AEP clients how a Miso paste looks like



Halis and Laura are now ready to start cooking

Upcoming Programmes



Once again it's HOLIDAY time! The children need to be meaningfully occupied. Sign up your kids for the Holiday programmes.... Please call **Nalla** at T: 65009309 or email her at: nalla@downsyndrome-singapore.org.

Holiday Programmes	Age Group	No. of Participants		Timings	Day(s)	Date	No. of Sessions	Fees
		Min	Max					
Fun with Food (Senior)	10 yrs & up	6	10	9:30—11:00 am	Wed	11, 18, & 25 June	3	\$30.00
Fun with Food (Junior)	5-9 yrs	6	10	1:00—2:30 pm	Wed	11, 18, & 25 June	3	\$30.00
FunFit Programme	5 yrs & up	8	15	3:00—4:00 pm	Mon, Fri	2, 6, 9, 13, 16, & 20 June	6	\$30.00
The Joy of Music (Senior)	10 yrs & up	8	10	1:00—2:30 pm	Tue, Wed	3, 4, 10, & 11 June	4	\$40.00
The Joy of Music (Junior)	5-9 yrs	8	10	9:30—11:00 am	Tue, Wed	3, 4, 10, & 11 June	4	\$40.00



Bowling on Sundays

Due to the expressed demand, DSA has launched a new Bowling programme. This will be run on Sundays, from 10am—12pm at the Civil Service Club, 60 Tessensohn Road. There are 4 more vacancies for this programme before we close the registrations.

For more information Please call **Nalla** at T: **6500 9321** or email her at: nalla@downsyndrome-singapore.org.

Upcoming Programmes

Flower Arrangement Class

Our flower arrangement classes are doing well and are popular with our participants. Given that we have limited number of vacancies that we can accommodate per class, we have to put some of the children on a waitlist. We are happy to announce that we will run an additional class should we have the minimum number to start the class. Please do call **Nalla** or **Satya** at **T: 6500 9309** for more information.



Some of the participants of the flower arrangement class



What a great piece to go with that lovely smile!

Music (Intermediate) Programme

We still have 2 more 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 more information, please call **Nalla** at **T: 6500 9321** or email her at: nalla@downsyndrome-singapore.org.

Proposed Family Support Group Events (June-August 2014)**

Month :		Jun-14		
Day	Date	Time	Event	For Parents of Children Aged
Saturday	14h June	9.30-12.00pm	Challenging Behaviours in Children of Various Ages – Dr Radha Srikanth	5-17 yrs old
Saturday	21st June	9.30-12.00pm	Parent Search Support Group: Act if your child goes missing—Ms Himal Ruparel	All ages
Saturday	28th June	9.30am-11.30am	Promoting Reading in Young Children – Ms Jenny Lim	3-6 yrs old

Month :		Jul-14		
Day	Date	Time	Event	For Parents of Children Aged
Saturday	5th July	9.00am-12.00pm	Feeding Therapy for Infants & Children: Level 2 (Part 1) – Mr Ravindran Nair Binu	0-6 yrs old

Month : Aug-14				
Day	Date	Time	Event	For Parents of Children Aged
Saturday	16 Aug	9.30am-12.30pm	Managing Challenging Behaviours in Young Adults – Ms Faridah Ali Chang	13 yrs old & up
Saturday	23 Aug	9.00am-12.00pm	Psychometric Tests in the Field of Special Needs – Dr Catherine Cox	All ages
Saturday	30 Aug	9.30am-1.00pm	What is time? How to teach your child the concept of time – Mr David Yong	Parents with children in school up to 17 yrs old

** Events may be subjected to change closer to the actual date. Do look out for our flyers on each event for the most up-to-date information.

Staff Management Team

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 and supporters. 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

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