

## ED's Message

Dear Valued Members

The last two months have been very eventful for us at DSA(S). On 7 October 2017, we hosted our annual charity gala dinner —Mystique XI 2017, held at Shangri-La Singapore. The event was graced by Mr. S. Iswaran, Minister for Trade and Industry (Industry). In end October, our drummers and dancers participated in this year's Purple Parade to show our support to all persons with disabilities and wowed the huge turnout.

With the start of the school holidays, we have our December holiday programmes and year-end outings lined up for our members which I would strongly encourage everyone to participate actively. This has been an exciting year for all of us at DSA(S) and it is through the generous support of all our donors, sponsors, members and volunteers that we were able to raise the much needed funds to continue to support the many programmes and services offered at DSA(S).

On behalf of the Board of Management at DSA(S), thank you to everyone for your support. May I also take this opportunity also to wish you and your loved ones a joyous Christmas and a wonderful 2018 ahead!

Moses Lee  
Executive Director  
Down Syndrome Association (Singapore)

***"If you cannot do great things, do small things in a great way."***

—Napoleon Hill

## UPCOMING EVENTS BY DSA(S)! Come support us!



World Down Syndrome Day 2018—Buddy Walk cum Family Carnival  
Join us on Sat, 17 Mar 2018, from 8am to 3pm at Dhoby Ghaut Green for a fun-filled day as we celebrate World Down Syndrome Day (WDSB). Support us by joining the buddy walk, sponsoring the event, setting up carnival stalls, and telling all your family and friends to support this event!



### Charity Bowl 2018

In conjunction with WDSB, we will be hosting a Charity Bowling event where anyone can form teams of 3 to bowl with our members with Down syndrome as their 4th team member! Sponsor a bowling lane and join us with on 24 Mar 2018, 9am at a brand new venue, Orchid Bowl located at Our Tampines Hub!

## DSA(S) Charity Gala Dinner—Mystique XI 2017

This year, DSA(S) is delighted to return to Shangri-La Hotel Singapore for our Charity Gala Dinner—Mystique XI on 7 October 2017. The theme for the evening was “21 stories & counting” to commemorate the maturity and growth of DSA(S) over the years.

We are pleased and honoured to have Mr. S. Iswaran, Minister for Trade & Industry (Industry), to grace Mystique XI as our Guest-Of-Honour, along with Mrs. Iswaran.

The evening commenced with the performances by our members with Down syndrome—Creative and Fusion Dance, and Drum Prodigy. Each year, our talented members put together a performance which never fails to surprise and leave us mesmerised with the powerful beats and elaborated moves. The finale included a photo collage of the achievements and journey of DSA(S) over the years, that brought a beautiful end to the performance.

Not only are our members musically inclined, they are also artistically inclined! Featured at the ‘Live’ auction were painting and photography pieces that were done by our members with Down syndrome. This was a wonderful platform to showcase their creativity and artistic talents.

Another highly anticipated event for the evening was none other than the Raffle Draw! We were excited to have Singapore Airlines coming in as a sponsor for our 1st Prize—Premium Economy tickets for 2 to any destinations in Europe. With this, Mystique XI came to a close with guests enjoying another fun-filled and entertaining night, taking home goodie bags containing fabulous products, kindly sponsored by L’Oreal Luxe.

The event was made successful with the generous support of our Donors, Sponsors, members and volunteers. On behalf of the organising committee, the Board of Management of DSA(S), Staff, Volunteers and all our persons with Down syndrome, we would like to express our deepest gratitude and thanks to one and all for being a part of the DSA(S) Charity Gala Dinner—Mystique XI.

We look forward to your continued support in the years ahead.



*Guest-Of-Honour, Mr. S. Iswaran, receiving the Token of Appreciation from Mr. Moses Lee, Executive Director of DSA(S) and Mr. Ben Yao.*



*DSA(S) Drum Prodigy Drummers getting ready for their performance—Initial Challenges.*



*DSA(S) Fusion Dancers coming together for the dance segment “Dreaming to Launch”.*

## Keppel Charity Golf 2017

Keppel Club hosted their annual Keppel Charity Golf event on 14 to 15 October 2017. DSA(S) is very grateful to have been chosen once again to be one of their adopted charities this year.

We are represented by Mr. Gopalan P. Nair, Co-opted Board Member at the cheque presentation on 15 October.

We would like to express our heartfelt thanks to the donors and organisers from Keppel Club who have once again contributed generously.

This donation will go into helping DSA(S) run the many important programmes and services for our persons with Down syndrome as they journey towards a fulfilling and independent life as contributing citizens of an inclusive Singapore.

Thank you once again to the donors and the team from Keppel Club for their generous support.



*Dr. Lam Pin Min (centre) together with the beneficiaries; representing DSA(S) is Mr. Gopalan P. Nair (far right).*

## Woh Hup Supports DSA(S)



*Mr. Eugene Yong, Executive Director of Woh Hup Pte Ltd with DSA(S) Executive Director Mr. Moses Lee, during the Woh Hup Charity Luncheon.*

On 26 November 2017, Woh Hup (Private) Limited invited DSA(S) for their Charity Luncheon held at Ban Heng Restaurant @ HarbourFront.

There was a series of performances put up by the Ayer Rajah Community Centre that featured their performing groups in song and dance. There were also Ang Paos (Chinese Red Packets) given out to the senior citizens present.

During the luncheon, DSA(S) was honoured by Woh Hup Trust as one of their three beneficiaries. DSA(S) was represented by our Executive Director, Mr. Moses Lee to receive a cheque of \$50,000, kindly presented by Mr. Eugene Yong, Executive Director of Woh Hup (Private) Limited.

Thank you very much to Woh Hup (Private) Limited for inviting DSA(S) to the luncheon and for your generous contribution towards our cause of supporting persons with Down syndrome.

## Visit to MINDS Yishun Training & Development Centre

On 5 October 2017, a centre visit was arranged by our Family Support Services team along with four of our staff to the latest training development centre operated by MINDS; Yishun Training and Development Centre (YTDC).

The purpose of the centre visit was to explore future collaborations with YTDC, tour the centre and learn from the largest operator in day-programmes here in Singapore. As we toured the facility, we learned the importance of working collaboratively with an external organisation thus expanding our resources for our clients in matters relating to case management and adult services.

Our staff were welcomed by YTDC Acting Head, Ms. Dorothy Ng and Assistant Director, Mr. Bryan Lim. Ms. Ng took us on a centre tour to view the centre's facilities such as air-conditioned training rooms, and gym room—all catered to the developmental needs of persons with intellectual disabilities.

YTDC is fully equipped with facilities like a Physiotherapy Room, Dining Hall, Sensory Room, Calming Room, Sick Bay and Counselling Room. These facilities were carefully planned in consultation with NUS to take into considerations of the client's daily developmental needs. Overall the trip was an eye-opener for our staff and created insights into our own service delivery and how we can further enhance services for our members.



*Group photo of DSA(S) staff and MINDS YTDC staff.*

## Project Bloom by SMU & Team Aspiration Camp by SP

Down Syndrome Association (Singapore) welcomes back two of our popular school groups, Team Aspiration Camp from Singapore Polytechnic and Project Bloom from Singapore Management University.

Both teams expressed their love and passion yet again for our members with another series of fun-themed carnivals and station-oriented activities.

We have indeed achieved our key mission for school engagements: for their seniors to pass the baton to the juniors to continue their engaging journey with DSA(S), thus making us a household name for the students and teachers at their respective institutions.



*Top 2 photos: Singapore Management University, Project Bloom  
Bottom 2 photos: Singapore Polytechnic, Team Aspiration Camp*

We look forward to another round of Aspiration Camp at Singapore Polytechnic in December and the most sought after workshops by Project Bloom at our World Down Syndrome Day 2018.

## Happenings @ DSA

### AEP Appreciation Dinner

The Adult Enhancement Programme (AEP) held an Appreciation Dinner for 60 guests which included parents, employers and Board Members on 25 August 2017. The Appreciation Dinner was a semi-formal event with a 3-course dinner comprising of appetiser, main course and dessert. The dinner gave our Learners an opportunity to showcase their abilities and talents in preparing for the event, cooking the meal and serving the guests.

AEP staff and Learners also worked together to transform the Piazza into a formal dinner setting. It was a proud moment for parents as they witnessed their children cooking their meals and serving them. A memorable night for everyone especially our Learners who were recognised for their outstanding involvement in making the AEP Appreciation Dinner a success.



### Volunteer Orientation cum Workshop

Down Syndrome Association (Singapore) continued to improve the outlook of the volunteer framework by incorporating a fun-skills building workshop into the regular Volunteer Orientation.

The first session proved to be a fun one alongside with volunteers from RSVP Singapore who taught our new volunteers the art of balloon sculpting which is a valuable skill to pick up for our carnival-oriented events such as World Down Syndrome Day.

The volunteers got to learn about our members and opportunities available to them at DSA(S) while at the same time picking up a new skill. The vision is for DSA(S) to have an ever-ready pool of volunteers who are skilled in various aspects so that they can better contribute back meaningfully.

Do keep a lookout for new and diverse fun-skills being introduced in our upcoming 2018 Volunteer Orientations.

## Happenings @ DSA

### *Aikido Programme—First Grading*

The very first grading of the DSA(S) Aikido Programme was held on 28 October 2017 for the senior class. In this grading, our students were tested for the yellow belt where they had to perform techniques such as the Rocking Exercise (backward break falls) and Knee Walks.

Our students have been training very hard in preparation for this grading, and after three months, they were able to execute the techniques calmly and confidently. From the smiles on their faces, we witness their pride and enjoyment in the grading process.



*Students of DSA(S) Aikido Senior Class posing with their new belts*

Congratulations to the eight students who were awarded with the yellow belt: Allan Cai, Bryan Tian, Janelle Lee, Martin Yap, Oh Jia Xing, Samuel Lee, Samantha Teo, and Tristan Niels Verhulst.

Credits also goes to the family of dedicated Aikido instructors, Mr. Patrick Chan, Mr. Shamus Chan, Mr. Sean Chan and Mr. Jonah Chan (two of whom have Down syndrome) who have patiently guided our students in the programme.

### *Our Lives, Our Voices—Self-advocacy Programme (article contributed by Surabhi Nagar)*



*Group photo of participants: NCSS Mr. Lin Wei Ting (left, second row) and Ms. Lydia Cheam (left, third row) visiting the group during our 6th Session on 18 September 2017*

I am a second year student from the University of Warwick and over my summer break, I decided to intern at Down Syndrome Association (Singapore). Over my two-month internship, I spent my time working on several projects including the Infant Toddler Programme, research for Integration Facilitation Support Programme and the self-advocacy programme, 'Our Lives, Our Voices' (OLOV).

OLOV is a new project that aims to empower and develop youth with intellectual disabilities to become self-advocates. The programme is a crucial step towards inclusivity and I hope I have made my small contribution towards this big goal.

I have had the chance to engage with so many inspiring people while working on OLOV. The participants never failed to fill the room with joy. Their conversations were insightful and always gave me a fresh positive outlook on life. They spoke on topics ranging from their favourite movies to their opinions on Singapore politics. Each week, I was greeted with hugs, handshakes and warm smiles. Even though many of the participants were much older than me, they treated me with respect and paid attention to what I said. Some of them even called me 'Aunty'! While working on the project, I realised how privileged I am to be able to easily express my thoughts and how I should never take this for granted. Co-facilitating the self-advocacy sessions was a challenging journey—it was often hard to get some of the participants to share their fears or listen to their personal experiences with discrimination. Yet watching them gain a new sense of confidence and dignity makes the process worthwhile.

During my time with DSA(S) and the self-advocacy programme, I have grown to be a better person and acquired immeasurable skills that will help me in and beyond the working-space.

## Happenings @ DSA

### A Transition Journey

Teaching can be a demanding profession. There are times our students can seem uninterested to the classroom environment. This is further magnified when our students are transitioning into a whole new environment. Transitioning involves learning, exploring and deciding. As such, our IFSP (Integration Facilitation Support Programme) teachers supports our students to learn new things, such as resilience. In addition, teamwork is a vital aspect in aiding students in their transitions for the IFSP team.

From the Desk of an IFSP Teacher

*"When you learn, teach. When you get, give."*

—Maya Angelou

In the IFSP teacher and student collaboration, both teacher and student gain from each other. Just like teaching and learning, it is a reciprocal collaboration.

I first met Ms. Lee Zhuo Ying and her family in 2012. It has been almost six years now, I am still being invited to be a part of her transition journey: Primary Three, Four, Five and Six. PSLE Days. PSLE Results Day. Primary School Graduation Day. Secondary One Registration. Her "firsts" in Secondary One. Currently, her journey continues into Secondary Two.

So, what kind of work does an IFSP teacher do for the client in mainstream school? To answer that question, I would like to share what Ms. Lee had showed me as her evidence of learning—providing the affirmation that the IFSP is doing their best in supporting her and other clients in the mainstream school setting.

This article encourages us to take a step back and ponder on what resilience may look like. If you ever meet Ms. Lee in the future, please congratulate her for her resilience through her transition journey and encourage her to continue having that infinite love for learning.

With permission from her mother, Ms. Chris Hui, let me introduce Ms. Lee Zhuo Ying whose "resilience is rock solid, you know...". I present to you "The ABCs of Ms. Lee Zhuo Ying's Latest Development".

To Ms. Lee Zhuo Ying,  
See you soon. —Your friend, Mdm. Yana



Mdm. Yana and Zhuo Ying on their journey together from 2012 to 2017.

### The ABCs of Ms. Lee Zhuo Ying's Latest Development

Actually, I Can: Growth mindset, she participated in camps.  
Bravery, when she faces different forms of peer pressure daily.  
Compass, using her moral compass in her decision-making.  
Determined, to maintain a positive daily attendance record.  
Eagerness, for new skills learned from her teachers.  
Family, the most important aspect in her life.  
Good food, the best motivation for almost anything. Really!  
Having friends, the experience of having buddies in the class.  
I love my school.  
Joy in having an interest to learn the guitar and rollerblading.  
Keep it up, don't give up. Her personal mantra.  
Live in the moment.  
Meaningful life skills learned.  
Notice the small things/differences/change in emotions.  
Oh, it is Okay to feel sad and discouraged sometimes.  
Pause for a while, whenever life gets overwhelming.  
Question when things/information does not feel right.  
Remembering advice given, especially from class teachers  
Sense of humour.  
That IFSP Teacher, is a friend she talks to and confides in.  
Understand and respect the people around her.  
Very keen to have her own opinions heard.  
Wearing her own skin, being comfortable to express herself.  
EXtra effort demonstrated by her, as she learns about the importance of self-worth and having positive body image.  
"Yes, I can try", whenever she is being asked to do school tasks, that are often beyond her comfort zone.  
And last but not least,  
Zhuo Ying is Zhuo Ying.

## Happenings @ DSA



*A photo of Ms. Japreet Kaur Sekhon taken during a photoshoot with MLB.sg featured in an article in The Tribune India.*

DSA(S) member Ms. Japreet Kaur Sekhon was featured in an article in The Tribune India on 24 Sep 2017.

In the article, the report spoke about how Jaspreet was “a curious child with a keen desire to learn” as well as the support she had from her family. It is through their support and guidance that she is able to be independent—travelling by herself on public transport, working twice a week at the DSA(S) thrift shop and is currently part of the self-advocacy programme to teach people with Down syndrome to speak up for themselves.

It goes on to talk about her interest in music, dance and bowling, among others. It also made special mention of Jaspreet delivering the opening address on World Down Syndrome Day, at the United Nations in 2014, where she addressed a global audience, drawing attention to the need for providing not just better health care, but also making it accessible to people with disabilities.

DSA(S) congratulates Jaspreet for her achievements and echoes her stand for inclusiveness for people with special needs—“Don’t give up on us!” she appealed poignantly in one of her speeches, “Do something about it!”

Read the full article here: [tribuneindia.com/news/spectrum/society/-don-t-give-up-on-us/471785.html](http://tribuneindia.com/news/spectrum/society/-don-t-give-up-on-us/471785.html)

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