

ED's Message

Dear Valued Members,

We are pleased to share that the first half of 2018 went well with the celebration in March for the World Down Syndrome Day event comprising a buddy walk and a family carnival at Dhoby Ghaut Green. This was followed by the Charity Bowl, a community event that saw DSA(S) bowlers paired up with our sponsors for a morning of social interaction and friendly competition.

We would like to express our heartfelt thanks to the various corporate sponsors, educational institutions and individual contributors who have played a part in the successful outcome of both events.

This June school holidays, we have lined up a slew of fun and meaningful workshops and activities to engage everyone. We look forward to your active participation!

Moses Lee
Executive Director
Down Syndrome Association (Singapore)

"With the new day comes new strength and new thoughts." — Eleanor Roosevelt

UPCOMING EVENT



MYSTIQUE XII
Saving Gaia

Come join us in a magical
journey to save the earth

 

DSA(S) Charity Gala Dinner 2018 — Mystique XII: Saving GAIA

6 OCTOBER 2018 | SATURDAY

ISLAND BALLROOM, SHANGRI-LA HOTEL

GUEST OF HONOUR: MR DESMOND LEE, MINISTER FOR SOCIAL & FAMILY DEVELOPMENT

*For sponsorship or ticket enquiries, please contact
Ms Joanne at DID: 6500 9313 or email joanne@downsyndrome-singapore.org.*

World Down Syndrome Day 2018



DSA(S) members walking along Orchard Road with our corporate partners .



Mr. Roderick Tan, DSA(S) Chairperson with our members Ms Samantha Teo and Ms Janelle Lee presenting a token of appreciation to Ms Grace Fu, Minister for Culture, Community & Youth.

We were heartened to have more than 2,000 people, including DSA(S) members and their families, joining us at Dhoby Ghaut Green on the morning of 17th March 2018 to celebrate World Down Syndrome Day. This year's theme of "What I Bring To My Community – Advocating rights and opportunities for meaningful contributions" fully embodies the mission of DSA(S), which is to advocate for equal opportunities, quality of life and persons with Down syndrome's contribution to society.

The morning started with a lively and engaging Zumba warm-up session, followed by a Buddy Walk flagged off by Ms Grace Fu, Minister for Culture, Community & Youth. Thanks to the generous support of our corporate partners, schools, and members of public, we raised more than \$200,000 and welcomed a total of 636 participants at the walk, including 12 different education institutions who dedicated their time and effort to put up a string of performances at the carnival.

A big thank you to everyone who supported and joined us!

Charity Bowl 2018

Held in conjunction with World Down Syndrome Day, DSA(S) Charity Bowl 2018 saw a participation of 24 teams from 10 organisations with 24 DSA(S) bowlers. The annual fundraising event was held at a new venue this year at Orchid Bowl at Our Tampines Hub. We were pleased to have Mr. Lim Teck Yin, CEO of Sport Singapore, gracing the event.

Thank you to our sponsors for supporting us and joining us at our annual bowling competition on 24 March 2018!



Mr. Lim Teck Yin presenting the winning trophies to the Champion Team - Qool Enviro.



Ms Anna Ow presenting a token of appreciation to Mr. Lim Teck Yin.

Charity Movie 2018



A day of fun at the cinema!



Taking a group photo before the start of the movie.



One of our members, Samantha, helping to distribute popcorn to the guests.

We were delighted to welcome the start of the June holidays with our donors, members and volunteers and be among the first few to catch the premiere screening of the sci-fi blockbuster series – SOLO: A Star Wars Story on 24th May 2018. A second screening took place on 27th May 2018.

With the support of our sponsors and donors, we managed to raise over \$200,000 through our annual Charity movie. Thank you and we look forward to your continuous support!

Self-Advocacy project: "Our Lives, Our Voices"



(L-R) Our Lives, Our Voices, Self-Advocates- Jaspreet Kaur Sekhon, Allan Cai, and June Lin

Extract from NUSU The Ridge Magazine. Source: <http://theridge.sg/2018/03/25/empowering-people-with-disabilities-at-we-are-able-2018/>

The first of its kind in Singapore, 'Our Lives, Our Voices' is an NCSS-funded self-advocacy project which aims to empower and develop persons with intellectual & developmental disabilities into leaders and "voices" for the community of Persons with Disabilities in agency, community and national efforts. The two-year joint pilot project between DSA(S) and MINDS seeks to support participants in speaking up for themselves and making their own decisions.

In February 2018, DSA(S) saw three of its self-advocates deliver a keynote presentation at the "Having a Say" Conference in Geelong, Australia at the invitation of event organisers, VALID. The third group of learners from a fellow voluntary welfare organisation are currently midway through their programme and are slated to continue honing their skills with their fellow self-advocates upon their graduation in April 2018.

This programme aligns with the national strategic thrust of building an inclusive society as well as NCSS's focus on the theme of #seethetrue me campaign.

Anna's journey through PSLE

Text by Siti Arzianita, IFSP Teacher (Children's Education Services)



Anna looking good in her Crest uniform!

I took over Anna's case in April 2017. I was apprehensive at first, as I had learnt that Anna would be sitting for her Primary School Leaving Examination (PSLE) in October 2017, which was only a few months away. There were many things to be done. It was a rush against time to prepare Anna for her PSLE as well as to foster rapport with her.

In order for me to start it right, an ice-breaker activity was first on my mind. I then planned a detailed schedule to ensure that things would go smoothly. It took me two weeks to achieve a comfortable level where everything could fall in place nicely.

Sharing dreams and finding motivation

With only six months to the PSLE, the first thing that I got Anna to think about was to share with me her dreams. I took the opportunity to encourage and motivate Anna to do well in her PSLE in order for her to fulfill her dreams.

I encouraged Anna to put in her best effort and to try her best. If she did, it did not matter if her targeted results are not met. As long as she did not give up and worked on her weaker areas, she should never be disheartened and should strive forward with her head held high.

Making academic progress

Moving forward academically, I had motivational talks with Anna during her sessions with me. It was more important that Anna understand the reasons why she needed to put in the extra effort in the shortest period of time in order for her to achieve her goals.

Looking through Anna's past results and the diagnostic tests that I had given her, specific lesson plans were designed for Anna. Anna was given intensive practices in writing and Maths word problems using the different heuristics. With constant practice, Anna was able to overcome her fears in dealing with Maths problems. She gained more confidence in approaching Maths questions and was not panicky when solving them. She was also able to write creatively after much practice and guidance.

Managing stress and anxiety

The road was not all smooth-sailing. It was not an easy time for Anna as she was stricken with anxiety attacks during her preliminary examinations due to stress. Hence, I decided to have a talk with Anna on how to manage her stress and anxiety.

With her strong determination and will to succeed, Anna managed to pull through her darkest period and achieve commendable results in her examinations. Because of her hard work, her dream to enter Crest Secondary School became a reality. She was certainly over the moon!

Key to success

Anna learnt that the road to success is never easy, but the end result will be worth it. Determination and perseverance is the key to success.

Well done and Congratulations, Anna! Continue to excel in Crest Secondary School. We are all very proud of you!



CDS — Inclusion Learning Journey for AEP Staff



Professor Patricia and Ms Emma with the AEP team during the training session.

Mentors from University of Sydney's Centre for Disability Studies (CDS), Professor Patricia O'Brien and Ms Emma Doukakis conducted a 3-day workshop on 'Inclusion Learning Journey' for our Adult Enhancement Programme (AEP) staff as part of DSA(S)'s efforts in continuously improving the capabilities of our team.

Our staff learnt more on planning and implementing community access programmes for our adult learners in the AEP. Over the 3-day workshop from 16th to 18th April 2018, topics such as 'What Belonging Means', 'Bridge Building', 'Mapping Relationships', and 'Mapping Community Places' were covered.

Several practical and interactive sessions were specially designed and included in the classroom and the community setting so as to enhance the learning experience for our staff. The workshop provided essential learning points to better equip the staff in engaging with our adult learners.

DSA(S) Drum Prodigies Ensemble Perform

Thanks to MSI Global Pte Ltd and MSF ASEAN ASCC Council Dinner organisers for inviting our DSA(S) Drum Prodigies Ensemble to perform at their events!

If you would like to engage our Drum and Dance performance groups for your events, please contact Lynn at 6500 9310 / lynn@downsyndrome-singapore.org for more details.

CNY Celebration with Victory Family Centre



Members and volunteers playing games together.

On 3rd March 2018, Victory Family Centre invited DSA(S) members for a Chinese New Year (CNY) Celebration together with their volunteers.

The evening was filled with fun and laughter where the volunteers engaged our members in childhood games such as "A-E-I-O-U" and "What's the time, Mr Wolf". Our members had a lot of fun and the volunteers from Victory Family Centre enjoyed reliving the childhood games as well.

Each family went home with a New Year gift from the volunteers and a big smile on their face.

Once again, thank you to Victory Family Centre for their continuous support of persons with Down syndrome.



DSA(S) members performing at the ASCC Council Dinner.

Our New Venue for Sunday Bowling Programme

A new chapter began for our Bowlers on 6th May 2018! Our Sunday Bowling Programme under the mentorship of instructor Mr. Richard Tan officially started their training session at a new venue — Orchid Bowl @ Our Tampines Hub. Orchid Bowl is a wholly owned subsidiary by NTUC Club and is one of the largest bowling operator in Singapore.

The new premise and equipments make Orchid Bowl an ideal location for DSA(S) bowling sessions. Orchid Bowl has also tied up with Switch Bowl App, giving bowlers the convenience of receiving 'live' updates of game scores and game details through the use of their smart phones.

We wish our bowlers many new and happy experiences training at the new venue!



Our members warming up before their bowling session.

Future Airport Accessibility Workshop



The parents and children had a fruitful workshop at Rainbow Centre with CAG.

On 7th April 2018, DSA(S) parents and their adult children were invited to participate in the Future Airport Accessibility Workshop, conducted at Rainbow Centre — Margaret Drive.

The workshop organised by the Changi Airport Group (CAG) invited our members to participate in the half-day session so that their staff can better understand the needs of persons with disabilities and their families/caregivers for current and future airport planning purposes.

All participants were encouraged to give their opinion on the following areas:

1. **Share their ideas for Changi Airport's future facilities availability.**
2. Share some of the mobility and access challenges that children and adults with disabilities may face.
3. Brainstorm possible solutions to these challenges together with the CAG team.

In total, we had three parents and their children who attended the workshop and they had a meaningful time contributing their ideas to the organiser.

Interaction with Students from Serangoon Junior College



Our members and SRJC students had fun together.

Volleyball Session

Students from Serangoon Junior College (SRJC) Volleyball Club spent a meaningful March school holiday by inviting DSA(S) members to their school for a volleyball beginner training workshop on 15th March 2018.

DSA(S) members and students were split into groups of five to six to learn basic volleyball skills such as serving and passing. Both the students and teachers had great fun serving and passing the ball to each other.

In the second part of the workshop, the students taught our members how to fold and design their own miniature volleyball craft. Our members had great fun personalizing their volleyball.



Enjoying a game of volleyball with spirited youths from Serangoon Junior College on campus.

Social Interaction Day

With the aim of socializing with our members and teaching them a new skill, 22 Adult Enhancement Programme (AEP) learners together with four DSA(S) staff were invited by students from SRJC to participate in their 'Service Learning Day' on 22nd March 2018. Students taught AEP learners the basic volleyball techniques and shared tips about the game.

Our learners were split into groups and each of them were paired with an SRJC student to coach them the basic volleyball skills. The SRJC students demonstrated great patience coaching our AEP learners. Our AEP learners were also guided by the SRJC students to make origami balls which they took home as souvenirs.

The SRJC students looked beyond our AEP learners' condition and all of them interacted just like they were amongst a group of friends. It was indeed a fruitful day for both the students and our learners!



Bonding at SRJC!

Dear Friends of DSA(S),

Greetings to you and your family from all of us at Down Syndrome Association (Singapore) — DSA(S).

Your support has enabled us to support our children and adults with Down syndrome through various educational, developmental, and social programmes with the aim to assist them to become more independent and lead productive lives.

Whether in big or small ways, we hope that you will continue to support our cause. If you wish to make a contribution, please kindly complete the donation form below and return it to us via post.

Once again, our heartfelt thanks and appreciation from the Board of Management of DSA(S) and our community of persons with Down syndrome!

DONATION FORM (NEWS/2018/06)

Name [as per NRIC]: (MR/MS/MDM/DR) _____

CONTACT NO.: _____ NRIC/FIN/UEN/: _____

ADDRESS: _____

EMAIL: _____

I would like to make a contribution of:

A one-time donation of \$ 50 / 100 / 500 / 1,000 / Other Amount: _____

Cheque No.: _____ Bank: _____

(All outright donations will be entitled to a tax deduction of 2.5 times the amount of donation. A Tax Deductible Receipt will be issued for donations above \$50.)

Please write crossed cheque payable to Down Syndrome Association (Singapore).

Kindly drop off this form together with your contribution at our reception counter or Mail to:

DSA Centre — 9, Bishan Place, #09-01 Junction 8 Office Tower, Singapore 579837. Attention to "Team CPCC".

You can also make your donation online: <http://www.downsyndrome-singapore.org/Donate-DSA>

Please send the above completed form via mail

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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(S) welcomes your feedback and suggestions, do contact us at Tel: 6500 9321.

For more information on DSA'(S)s events and programmes or to view event photos, do visit our website: www.downsyndrome-singapore.org or Facebook: [facebook.com/downsyndromesingapore](https://www.facebook.com/downsyndromesingapore)