

# DSA NEWS

Serving the Down syndrome community since 1996



## 03 DSA Town Hall

35 members gathered for DSA Town Hall on 16 September 2023 at 12pm.

## 11 AES Outing to Bird Paradise

Lau Su An penned her appreciation to our volunteers from Temasek on 31 Aug 2023.

## 13 ChaChamBo!

11 DSA Fusion Dancers participated in ART:DIS's 30th Anniversary celebration.

# From the ED's Desk



Dear members and friends,

Welcome to another edition of DSA News!

In this edition of DSA News, we are excited to share updates on our programmed and services, changes in DSA and new initiatives ahead. This edition marks a significant milestone DSA turned 27 as a registered society on 16 September 2023 and renewed our commitment to be the Centre of Excellence for individuals with Down syndrome, their families, and the community. We remain steadfast to our purpose and recognize the need for change and to do better.

Led by the refreshed Board of Management elected in June 2023, there have been significant changes and developments in DSA's three key priority areas for 2023: membership, services, and governance. We seek to increase our engagement with members and outreach to the community. We aim to enhance our current programmed and develop new ones to meet the different needs more members. We also strive to strengthen our governance and build our capacity and capability to be able to better serve our members and the community well in the longer term.

The butterfly is a symbol commonly associated with Down syndrome. It represents changes, hope, and the potential of people with Down syndrome. The metamorphosis of a caterpillar into a butterfly comprises of several radical changes that require a great amount of energy and effort within the chrysalis before the butterfly spreads its wings and soar to the sky.

Akin to metamorphosis, to fulfill the potential of our members with Down syndrome, DSA has embarked on a journey of changes and improvements to ensure that we can support provide sustainable, efficient and impactful programmed and services to support people with Down syndrome in developing to their potential and live meaningful lives with the community.

Putting our people at the heart of what we do, in the

this quarter, we reached out to connect with our members and immersed into the community. We seek to truly understand the different needs and identify critical issues. The insights will allow us to develop programmed and services that truly meet their needs, and enhance their quality of life.

With feedback and findings from our learners and caregivers obtained earlier this year, we continued to enhance several of our existing programmed and services. Adding to the Early Start Programmed for infants and toddlers launched in April 2023, we introduced the Enhanced Independence Programmed (EIP) and Work Readiness Assisted Programmed (WRAP) for our adult learners in July 2023. In the coming months, we will be introducing new initiatives to address identified needs and concerns of our members.

We are also in midst of a needs assessment to gain a deeper insight into the changing needs of the larger Down syndrome community so that we can better serve more people with Down syndrome.

A great amount of effort and resources will be required to develop DSA's capacity and capability to provide the necessary support for the Down syndrome community. The support of members and our stakeholders are important to strengthen our collective ability to serve the Down syndrome community and advocate for their equal opportunities and wellbeing.

We invite you to join us at Mystique, DSA's annual fundraising gala dinner and participate actively in the Down Syndrome Awareness Month Campaign to contribute towards our efforts and demonstrate our solidarity with people with Down syndrome. We look forward to your ongoing support and partnership!

Happy reading and wishing you well!

With warmest regards,  
Evelyn Lai  
Executive Director

# Our Members

DSA welcomed 49 new members who joined us in 2023. As at 31 August 2023, we have a total of **687 members**. We look forward to engaging our members and welcoming more new members!

# Our Board of Management



The Board of Management for the new term, led by Chairperson Mr Alex Yan and Ms Li ShuYun, was elected in June 2023. The Board welcomed three new members to strengthen the diversity of skills and expertise of the Board. The new members are Ms Helena Oh, Mr Nicholas Cheam and Mr Simon Soh.

## Board Appreciation Lunch

On 12 August 2023, DSA hosted a Board appreciation lunch for Board members of the current and preceding terms.

We would like to express our most sincere appreciation to former Board Members namely Gerard Lim, Gopalan Nair, Lia Marahusin, and Monica Kan who had collectively contributed more than 50 years of dedicated service in the Board and various committees and continue to support DSA in other capacities.

*Contributor:*

*Lilian Han, Manager, Admin*

Former Board members who served in the preceding term:



Gerard Lim



Gopalan Nair



Lia Marahusin



Monica Kan



Current and preceding Board of Management with management staff

# Our Staff

DSA welcomed four new members to the staff team in September 2023. They are:

- Sajitha Aboobacker, Early Intervention Teacher
- Shannon Goh, Job Coach
- Uthaiyan s/o Ellangovan, Senior Training Officer
- Vincent Choo, Training officer



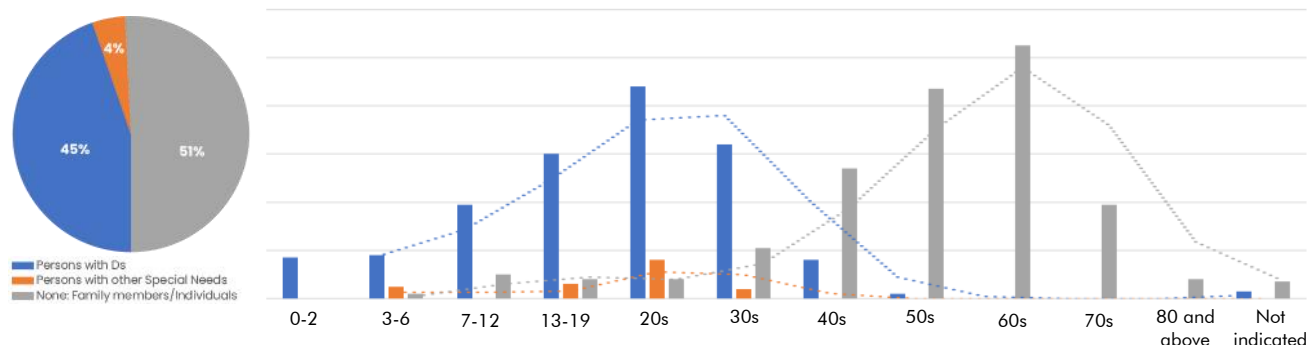
# DSA Town Hall

DSA held the DSA Members Town Hall on Saturday, 16 September 2023 at 12pm. On that day, we also celebrated the 27<sup>th</sup> anniversary of DSA's registration as a society on 16 September 1996.

Alex Yan, Chairperson of DSA, extended a warm and hearty welcome to members. In his opening address, he shared on the progress of DSA in our strategic planning and progress in key areas of governance. With a focus on building strong leadership and good governance, Alex highlighted that DSA has recruited Board members with diverse and relevant expertise to support DSA's desired growth and built good cohesion and alignment to commit towards DSA's vision and mission. The Board focused on building a strong foundation of governance and has achieved full compliance with the requirements of Governance Evaluation Checklist and Charity Transparency Framework by the Charity Council. The Board will hold a strategic planning discussion at the end of the year to review DSA's progress since the last strategic planning session held in January 2022 and chart the way forward. In leading DSA to greater heights, Alex highlighted the importance of joint effort and partnership among the Board, staff and members. Alex introduced members of the Board of Management for the new term and their respective roles in the various sub-committees. Alex encouraged members to contribute their views and feedback and participate actively for DSA to be better able to serve our members and the community.

Evelyn Lai, Executive Director, then provided updates on DSA's membership and key progress and achievements of DSA in 2023 in the key focal areas of membership, services, and governance. She also shared plans for the rest of 2023 and the key guiding principles to provide holistic support for people with Down syndrome, their families and community across the lifespan. Some of the upcoming new initiatives in the last quarter of 2023 include interest groups, case management and counselling support. DSA is also conducting an ongoing needs assessment and working on plans to embark on research into the ageing needs of persons with Down syndrome.

Distribution of members by special needs and age group



## 2023 Priorities

## Our Progress and Achievements



Continue to next page →

Premalatha P, Assistant Director of Services, provided details of the upcoming new initiatives and activities and plans to fill in identified service gaps. Guided by DSA's mission, the programmes seek to develop, support and advocate for the development and wellbeing of persons with Down syndrome in different domains and across the lifespan.

Joanne Toh, Head of Community Partnerships & Corporate Communications shared details on the DSA Awareness Campaign launching on 1 October with the objective to raise awareness and promote social inclusion and community engagement of persons with Down syndrome. She concluded the presentation by seeking for the members' participation and support in DSA Mystique Charity Dinner on 28 October at Shangri-La Singapore.

Another highlight of the event was the celebration of DSA's 27<sup>th</sup> anniversary with an address by the founding Chairperson of DSA, Dr Balbir Singh who encouraged all parents and caregivers to actively contribute and work with DSA to address critical issues such as the ageing needs of persons with Down syndrome. A symbolic cake-cutting ceremony with members singing the birthday song enthusiastically commemorated DSA's progress since our founding and continuing development as a Centre of Excellence for individuals with Down syndrome, their families, and the community.

Members then engaged in a lively dialogue session with the Board members on enhancing communication and engagement with members to address pertinent concerns such as ageing and future care plans for persons with Down syndrome.

The meeting was closed at 2.40pm with a note of appreciation to members, and staff by Alex. He also thanked the members present for their input and urged members to come forward to support DSA in our programmes and services.

*Contributor: Premalatha d/o Parasuraman, Assistant Director, Services*



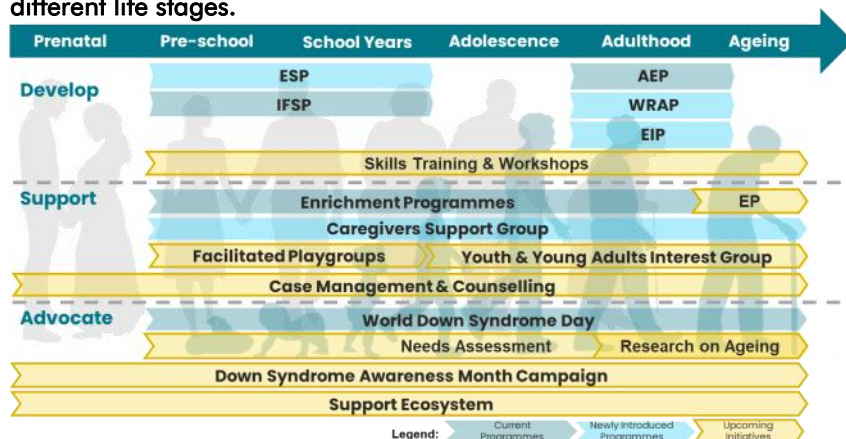
Celebrating DSA's 27th Anniversary at DSA Members Town Hall.

# Overview of Programmes and Services at DSA!

DSA seeks to develop the potential of persons with Down syndrome, support them and their caregivers in different domains to enhance their overall quality of life and to advocate for their rights to opportunities for meaningful community engagement and contribution to the society. We strive to support the unique interests and aspirations of our members and their changing needs at the various life stages.

Starting from the prenatal stage, DSA provides expectant parents with information on caring for children with Down syndrome and the support services available. DSA has developed niche programmes for our children and adults with Down syndrome to maximise their potential and independence especially in the areas of early childhood development, education, employment, and independent living. Our Enrichment Programmes provide a suite of varied recreational activities to support different needs and interests of our members and promote their total well-being. DSA has a vested interest in the physical, mental, and emotional well-being of our caregivers so that they can stay healthy, be positive and more resilient in their caregiving role. DSA provides respite care support for caregivers. The Caregiver Support Programme (CSP) was introduced with the aim of enhancing the support offered to our caregivers.

**DSA's programmed and services to meet different needs of members at different life stages.**



With the changing demography of the Down syndrome community, there is a greater need for more holistic and varied support. At the beginning of this year, we engaged our learners and caregivers to find out their needs and get their feedback. We then enhanced our existing programmes and launched four new programmes in 2023. For infants and toddlers, we enhanced the Infant Toddler Programmes and launched the Early Start Programme (ESP) in April 2023. For our adult learners, we introduced different progression pathways and started the Enhanced Independence Programme (EIP) at the Independent Living and Training Centre and the Work Readiness Assisted Programme (WRAP). To focus support for caregivers and address their caregiving concerns, we start the Caregivers Support Group (CSG) in July 2023. We will continue to introduce required support to meet critical needs of our members and the Down syndrome community.

Contributor: Premalatha d/o Parasuraman, Assistant Director, Services



# Inspiring Bright Beginnings: Early Start Programme

In April 2023, with the support of the SG Enable Enabling Lives Initiatives (ELI) Grant, DSA launched the Early Start Programme (ESP). Centered on fostering robust emotional and cognitive growth, ESP sets out to create a profound impact on the lives of children, igniting their potential from the very beginning.

ESP was expanded from the previous Infant and Toddler Programme. ESP extends tailored specialist support to address specific developmental delays to children up to the age of 5. The extension allows DSA to provide continuing support for children who are on the Early Intervention Programme for Infants and Children (EIPIC) waitlist.

ESP crafts a sanctuary where children can explore and express their emotions. With evidence-driven methodologies, the programme promotes the development of emotional intelligence in our children, equipping them with the skills to navigate life's complexities with resilience and grace. Through play-based learning and thoughtfully curated experiences, ESP ignites the spark of curiosity in each child's mind. By embracing challenges and fostering a love for learning in the early years, the ESP fuels cognitive brilliance, setting the stage for a lifetime of discovery and development.

ESP embraces the collaborative venture between educators and caregivers through a parent-centric approach. By offering workshops, resources, and customised guidance to parents, the programme empowers parents to become active architects of their child's growth journey while enhancing their bond that will forever shape the child's development.

As we stand on the threshold of a new era in child development, ESP shines as a beacon of promise and potential in establishing a strong foundation for the continuing development of young children with Down syndrome to continue to grow and develop to their full potential.

*Contributor: Viemala Davie Kelaver, Head, Children Education Services*



ESP transdisciplinary team members working collaboratively with parents to support their children's development.

# Experiential Learning through Meaningful Practice

The Integration Facilitation Support Programme (IFSP) provides additional complementary support to our members who are enrolled in early childhood development centres or mainstream primary schools. The programme, delivered by teachers trained in mainstream education and special needs, aims to provide the necessary support to promote integration to the school environment, facilitate their learning and enhance their academic performance to maximise their educational development and outcomes.

It was wonderful to hear about Gladys Chin's experience with the programme. Gladys had to learn situational writing. IFSP teacher, Devi, incorporated an interactive activity using a postcard to engage Gladys in creative thinking and reflection on various ideas and topics. Applying her learning, Gladys wrote a note of appreciation to her younger sister, Gracia, applying her learning to her real-life experience and creating a heartwarming and personal touch in her learning journey. The simple yet creative teaching method facilitated Gladys' learning and enhanced her learning experience and motivation to practise and master essential situational writing skills.

The process of conceptualising and reflecting allowed Gladys to internalise the writing process, fostering a deeper understanding of the learning material. This kinaesthetic and visual learning approach was tailored to Gladys' learning style, ensuring that she retained and applied the knowledge she had gained in a meaningful way.

The element of surprise and personal connection not only brought delight to her sister but also reinforced the real-world application of what Gladys had learned. Learning becomes a shared and enriching experience that bridges the gap between formal education and the outside world. By integrating these interactive and experiential activities, educators like Devi are fostering a well-rounded educational journey that nurtures creativity, critical thinking, and personal growth.

IFSP personalised and experiential learning approach plays a crucial role in ensuring that students with Down syndrome are given the tools and opportunities they need to succeed academically and beyond.

*Contributors: Gayathri Devi, Teacher, IFSP and Viemala Davie Kelaver, Head, Children Education Services*



IFSP student applying her situational writing skills to show her appreciation to her sister.



# Further Development with Progression Pathways

DSA initiated progression pathways to cater to the different developmental and learning needs of our adult learners. Our trainers assess and identify the learners' individual learning and development plan and recommend the progression pathways that best meet the identified needs of each learner.

## Towards Inclusive Employment



The Adult Education Services (AES) launched the Work Readiness Assisted Programme (WRAP) in July 2023. WRAP endeavours to bridge the disconnection between skills training and job support and narrow the gap between employers' expectations and the learners' ability.

Learners are guided to identify their abilities, interests and values. Trainers then tailor the support to prepare them for employment. Through classroom learning, role play and special projects, the learners enhance their decision-making, independence, functional, emotional, and social skills to stay relevant in the working world. Practice sessions reinforce their learning and increase their confidence.

21 adult learners were selected for this thoughtfully curated curriculum.

*Contributor: Shuhada, Senior Training Officer, AES*

## Towards Independent Living

Introduced in July 2023, the Enhanced Independence Programme (EIP) offers opportunities for learners to practise independent living in the community through practice of the skills in the purpose-built Independent Living and Training (ILT) Centre. The objectives of EIP are:

- Support learners' further development of independent living skills.
- Empower learners to plan and execute self-initiated activities based on different domains to practise the skills learnt.
- Provide opportunities for learners to engage with the community and contribute to the society.



*Contributor:*  
*Simon Tng, Senior Training Officer, AES*

# Best Moments with Our Learners!



*Interns from various Institutions of Higher Learning celebrating National Day with DSA.*

From July 2023, DSA welcomed several student interns from the Institute of Technical Education (ITE), Singapore University of Social Sciences (SUSS), and the Nanyang Academy of Fine Arts (NAFA). The students were posted to DSA as part of the fieldwork education for their respective courses. The student interns practised their respective knowledge and skills as they worked as a team and with our trainers in supporting our learner in their learning.

The ITE interns share their experience with us:

*It has been a wonderful and meaningful journey with DSA's learners. Spending time with the learners always made our day. We had a lot of fun supporting them in their lessons both internally, like baking and cooking, and externally, like going to the Independent Living and Training (ILT) Centre and the fortnightly outings a.k.a. learning journeys. Seeing them taking care of one another really touched our hearts. They interact with one another, and help their friends who need assistance.*

*We were grateful for our learners' hospitable personalities during the first two weeks. Reading their profiles and understanding their medical conditions could help us to provide the best support for them. Yet, we observed that their medical conditions do not stop them from doing things that may be challenging for them. We admire the learners' attitudes and mindsets to be independent and constantly challenging themselves.*

*Over time, we learnt to understand the learners better – their reactions in certain situations, their allergies and their likes and dislikes. They may be differently abled, but they definitely have big*

*hearts. They are quick to offer us help when needed, even though we are the ones who are supporting them. We realised that it requires specific skill sets to work with persons with special needs, and we are glad to be given this opportunity to work with our special friends.*

*Some challenges faced were managing situations such as meltdowns or managing different considerations when planning activities for the learners in big groups. It has been a wonderful experience even though there is much more to be learnt. Despite having some rough days, we always believed that the next day would be a brighter day! So, think positively! Overall, we had the best time with them, and we hope they felt the same way too!*

Contributors: ITE Interns, AES



# The CSG Chat & Beyond

The Family Support Services (FSS) started the Caregivers Support Programme (CSP) to provide support, resources, and social and emotional support to caregivers caring for persons with Down syndrome and intellectual disability. Caregivers play a vital role in their child's development from infancy to adulthood and often neglect their own needs during the caregiving journey.

Through this programme, DSA hopes to promote self-care and facilitate respite care for our caregivers to take time out for themselves to rejuvenate and prevent caregiver burnout while enhancing their mental wellbeing and social support network.

Social engagement is critical to one's overall quality of life. To develop social bonds and friendships among our caregivers to allow them to exchange caregiving tips while providing mutual support to one another, DSA started the Caregiver Support Group (CSG).

The CSG holds bi-monthly chat sessions on various topics of concern to caregivers. These sessions



provide a safe space for caregivers to discuss challenges, exchange ideas or simply a moment to unwind.

On 5 August 2023, Evelyn Lai, DSA Executive Director, who is a registered social worker with about twenty years of practice shared about future care planning with the caregivers. The session revolved around essential aspects of future care planning, including legal considerations, healthcare preferences, financial arrangements, and emotional support networks.

At the end of the session, participants left with a deeper understanding of the resources available to them and a sense of empowerment in their caregiving journey.

Stay tuned for updates on the next CSG Chat!

Contributor: Steffi Tjong, Executive, FSS

## One Strum At A Time

After a brief hiatus, the Ukulele Caregiver Group is back and strumming! The first session, held on 1 July 2023, was filled with familiar faces and newcomers who gathered to share the magic of music once again. This group offers a space for respite and reignites the sense of community, making it a cherished haven for caregivers.

Come and join our ukulele sessions every Saturday from 1:00pm to 2:30pm that. You will learn the basics of ukulele playing, from tuning your instrument to strumming the first chords in a fun and relaxing environment. Whether you are an experienced player or just starting out, you will surely enjoy the sessions.



*"I enjoy learning the ukulele. Not only does it bring me joy but also provides me with a much-needed break from my busy schedule."*

- Caregiver in the Caregivers Ukelele Group

Contributor: Steffi Tjong, Executive, FSS



# AES Outing to Bird Paradise!

On 31 August 2023, the Trailblazer Foundation sponsored and organised an outing for our members to visit the Bird Paradise. Our members had a fun filled day interacting with their peers and the volunteers while exploring Singapore's newest wildlife part.

Hear directly from one of our adult learners, Lau Su An, on her experience:

*I was excited to visit Bird Paradise organised by Temasek. Nabilah head-counted and separated us into two lines at the centre's lift lobby. My partner was Jeannie and we had to walk quickly to the pick-up point as the bus was already waiting. We boarded the big excursion bus and it travelled to Bird Paradise at Mandai Lake.*

*We met the volunteers from Temasek and paired up with them for the excursion. My volunteer partner was Mr Long. At the Penguin Enclosure, we watched the penguins swim and dive inside the water. We toured around the Birds of Prey and saw many colourful parrots and flamingos. We also watched the Bird Show and listened to the parrot singing "Happy Birthday". After the show, we took the tram ride to the café for lunch.*

*The volunteers assisted in distributing the food packets and coke to us. After lunch, we said goodbye to the Temasek volunteers. We came back to DSA on the same big excursion bus and arrived at Bishan bus interchange before 4pm. I had an enjoyable time at Bird Paradise.*

Contributor: Lau Su An, Learner, AES



Our members and volunteers enjoying a day out at Bird Paradise.

# ACSI x DSA: Building the Bridge

On 19 May 2023, Anglo-Chinese School (Independent) embarked on their school-based Creativity Activity Service (CAS) project "We Bridge" with DSA.



Our members proudly showing their crafts.

*"We spent a long time preparing for the activities such as writing the proposals, finding suitable games, and buying the materials. The challenge we faced was customising the activities to give the participants a memorable experience. We learnt a lot during the volunteer briefing on what Down syndrome is and how to interact with persons with Down syndrome. As we became more aware of the condition, we felt that there was a need for us to also share and raise awareness in our school and community."*

*We had a wonderful time with the participants during the engagement session making lots of beautiful and creative art crafts like animals and objects of their interest. It gave me a great sense of accomplishment and happiness that they enjoyed these activities."*

*We look forward to holding another engagement activity with DSA and raising awareness for Down syndrome in our school. It was a memorable and mean-*

Contributor:

Wong Haining, Anglo-Chinese School (Independent)

## On The Stage!

Seven members from the DSA Zumba group prepared a workout based on this year's National Day Theme Song – Shine Your Light to celebrate the day with residents from Radin Mas during their National Day Observance Ceremony.

To commemorate the long-term partnership with RSVP Singapore, The Organisation of Senior Volunteers, our dancers performed for RSVP Appreciation Day held on 27 July 2023. Canvases painted by our members in the Visual Art programme were given out as token of appreciation to RSVP long-serving volunteers.

DSA would like to thank our partners for the support and we look forward to more future partnerships!

Contributor:

Amelia Sim, Senior Executive, Programmes & Membership



Zumba performance at Radin Mas Constituency National Day Observance Ceremony



Dance performance at RSVP Appreciation Day



## CHACHAMBO!

DSA received a special invitation to be involved in ART:DIS's 30<sup>th</sup> anniversary celebration. Over a period of four months, 11 dancers from the DSA Dance group learnt and practised dance genres like cha cha and rumba for the play "Welcome To My World 2023: CHACHAMBO! Taking Flight".

The play is Singapore's first full-length theatre production that is written and performed by an inclusive and intergenerational cast. Chachambo: Taking Flight reminds us to always have hope and that dreams bind us all.

The dancers' commitment, passion and hard work paid off when they received cheers and applause over the three performances from 3 to 5 August 2023 at Victoria Theatre. DSA would like to thank the 11 dancers and their families for their strong support in ensuring the performance was a success and for ART:DIS for the invitation to be a part of their milestone.



Shoutout to the dancers involved:

Alan Yeo	June Lin
Arassi Rajkumar	Megan Tang
Dylan Kwok	Nina Sara Faizal
Hee Yuan Sheng	Wang Wei Jian
Joseph Phua	Weng Jiaying
Joseph Wang	

*Contributor: Amelia Sim, Senior Executive,  
Programmes & Membership*

## Other Community Engagements

We would like to thank our partners for the invitations and your support! Below are some of the events which our members attended:



**WINGS**  
National Day Celebration  
2 August 2023



**UOB**  
Global Heartbeat Run/Walk  
12 August 2023



**ARPC**  
Let's Carnival  
19 August 2023



# Down Syndrome Awareness Campaign



October is the designated Down Syndrome Awareness Month which celebrates people with Down syndrome and makes others aware of their abilities and accomplishments. Through Down Syndrome Awareness Campaign, DSA hopes to raise awareness of the abilities and accomplishments of persons with Down syndrome and promote social inclusion and community engagement such that they can live independently and meaningfully with the community.

## October – Rights and Abilities of Persons with Down syndrome

“With Us Not For Us” is fundamental to the human-based approach where people with disabilities are viewed as rights-holders in decisions about their lives, working in partnership with others to improve their lives instead of being fully dependent on charities and the people around them.

## November – Inclusive Communities

Engaging public, partners, and stakeholders in the community, with focus on Bishan & Telok Blangah, and encouraging each to contribute towards developing an ecosystem to provide support for persons with Down syndrome and/or special needs.

## December – Support for Persons with Down syndrome

Reaching out to persons with Down syndrome who are not receiving support from other Social Service Agencies and sharing the upcoming programmed & support services at DSA for FY2024.



Scan for DSA Charity Auction starting from 1 October 2023

# MYSTIQUE

DSA is delighted to present our annual charity gala dinner, Mystique, happening on Saturday, 28 October 2023 from 7:30pm to 10:30pm at Shangri-La Singapore. Our Guest-of-Honour for the event is Mdm Rahayu Mahzam, Senior Parliamentary Secretary, Ministry of Health and Ministry of Law.

This year, we need to raise more funds to support the various needs of our beneficiaries and reach out to more people with Down syndrome who may need support amid the rising costs. We seek your help to raise \$380,000 by participating in Mystique and the auction of attractive lifestyle items and artwork by our members.

Sponsor a table from \$3,300. Your participation in Mystique 2023 and support for our campaign will greatly encourage our members in their development and promote their meaningful inclusion in the community. The funds raised will go towards the general fund of DSA and allow us to continue to reach out and serve more members of the Down syndrome community.

Contributor: Joanne Toh, Head, Community Partnerships & Corporate Communications

## SUPPORT US NOW!



With Us  
Not  
For Us

## DSA Needs Assessment 2023

DSA is conducting a needs assessment to understand the needs of persons with Down syndrome and their caregivers. Participate in the needs assessment by completing the online survey and contribute to insights on the changing needs of the Down syndrome community such that we can develop better programmes and services to support the development and wellbeing of persons with Down syndrome and their families!

Please also share the survey with any of your friends and family members who have Down syndrome or are caring for a person with Down syndrome. Participants need not be members of DSA.

All persons with Down syndrome or caregivers of persons with Down syndrome who complete the survey will qualify to receive an exclusive DSA Medical Passport worth \$16 to organise medical information of persons with Down syndrome and other special needs. The complimentary DSA Medical Passport is limited to one per person per household for the first 100 qualifying participants.

Participate in the DSA Needs Assessment 2023 by visiting [www.downsyndrome-singapore.org/DSANeeds2023](http://www.downsyndrome-singapore.org/DSANeeds2023) or scan the QR Code.



## DSA Members Interest Groups

DSA is starting a Youth and Young Adults Interest Group for DSA members aged 35 and below and another Caregivers Interest Group for our members who are caregivers of persons with Down syndrome and other special needs!

The interest groups will be led by members and supported by volunteers and staff to organise activities for themselves and other members to pursue their interests, learn or simply have a good time together to bond and build lasting friendships and build a stronger social support network.

We will be organising a tea session to share more on the interest groups and co-create activity plans for our fellow DSA members in the second half of October 2023.

If you are interested to join the interest group, please indicate your interest by visiting [www.downsyndrome-singapore.org/DSAIG2023](http://www.downsyndrome-singapore.org/DSAIG2023)

Register Here



## Workshops by Children Education Services

- Speech & Drama for Children with Down syndrome and/or special needs
- Learning through Play for Young Children with Disabilities for Caregivers
- School Readiness for Caregivers

## Holiday Programmes

- Arts – Craft for Juniors and Seniors
- Rock Climbing for Juniors and Young Adults

## Enrichment Programmes

### Tuesday

4.15pm - 5.45pm: Visual Art  
(Age 10 years and above)

6.30pm - 8.00pm: Speech & Drama  
(Age 21 years and above)

### Wednesday

6.00pm - 7.00pm: Drums & Percussion Class 1  
(Age 12 years and above)

7.00pm - 8.00pm: Drums & Percussion Class 2  
(Age 12 years and above)

*Note that the age group categorisation is only a guide. Students will be grouped depending on observations and abilities.*

### Saturday

9.00am - 10.00am: Aikido  
(Age 12 years and above)

12.00nn - 1.00pm: Zumba  
(Age 10 years and above)

1.00pm - 2.30pm: Creative Dance (Basic)  
(Age 12 to 18 years old)

2.30pm - 4.30pm: Fusion Dance  
(Age 18 years and above)

2.30pm - 4.00pm: Speech & Drama (Junior)  
(Age 6 to 12 years old)

3.00pm - 4.00pm: kidsREAD (Senior)

4.00pm - 5.00pm: kidsREAD (Junior)

4.30pm - 6.00pm: Speech & Drama (Senior)  
(Age 13 to 21 years old)

Are you thinking of exploring programmes in the areas of Arts, Education, and Sports & Fitness or is your child keen to try out something new? DSA Enrichment Programmes are designed to develop the capabilities of each individual and seek to achieve the following objectives:

- Engage, educate, and inspire members.
- Encourage members to acquire new skills, nurture interest, and develop talent.
- Build and strengthen members' cognitive, emotional, physical, and social development.
- Showcase the abilities of our members.
- Change the perspectives of others on the abilities of persons with Down syndrome.
- Raise members as valued people in the community who contribute their areas of interest and skills.

For more information or on any of the above programmes, please contact Amelia or Nalla at [membership@downsyndrome-singapore.org](mailto:membership@downsyndrome-singapore.org).



Dear Friends,

Greetings to you from all of us at Down Syndrome Association (Singapore).

Your support will enable 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, kindly complete the donation form below and return it to us via post or at DSA Centre.

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

### **DONATION FORM** (NEWS/2023/09)

Name [as per NRIC/FIN/Registered Company]: (MR/MS/MDM/DR)

Contact no: \_\_\_\_\_ NRIC/FIN/UEN\*: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

I would like to make a donation of:

\$50 / 100 / 500 / 1,000 / Others: S\$ \_\_\_\_\_

#### **By Cheque:**

Made payable to "Down Syndrome Association (Singapore)"

Cheque no.: \_\_\_\_\_ Bank: \_\_\_\_\_

#### **By Credit Card:**

☐ One-time ☐ Monthly Contribution

Visa/Mastercard Credit card no.: \_\_\_\_\_

Card holder's name: \_\_\_\_\_

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