

DSA NEWS

Newsletter for Down Syndrome Association (Singapore)



Platter of Joy

DSA first meal delivery fundraising initiative, 'Platter of Joy' delivered 380 meals thanks to the help of 90 volunteers.

>>>page 3

Hitachi Plays Santa

Christmas came early for DSA members as staff from Hitachi Group plays Santa and fulfilled more than 160 wishes of our beneficiaries.

>>>page 9

Goh Chok Tong Enable Award - Megan Tang

Megan Tang is the youngest recipient among 15 other individuals of the Goh Chok Tong Enable Awards (GCTEA).

>>>page 12

CHAIRMAN'S MESSAGE

Dear Members,

In a few days, we will be ushering in a new year.

I would like to extend my sincere appreciation to our members for their unstinting support and cooperation despite the unprecedented challenges that DSA was inundated in 2020. DSA staff must also be commended for their untiring efforts to continue upgrading themselves to meet the challenges in the COVID-19 environment.

In the new year, besides enhancing and scaling up our existing programs and services including the transition towards cashless payments, we will be embarking on evidence-based training and support strategies to enhance our Association as a Centre of Excellence for individuals with Down syndrome, their families and the community. One of the strategies is to reach out to support other agencies where the majority of persons with Down syndrome can be supported in a complementary manner. Another significant step is to invite our beneficiaries to join us in our working committees so that they too can be involved in decision-making for themselves in our programs and activities.

The new year will see DSA initiating a web-based Health Passport to support and meet the very critical and unique health needs of persons with Down syndrome and we will also be piloting two social enterprises to provide more employment, training and skills development opportunities for our beneficiaries.

2021 is already shaping up to be busy. What is needed is for our members to come together to help the Board of Management pursue and open constructive ways of learning, listening and working together, to achieve greater success for DSA and the betterment of our beneficiaries. On behalf of my Board of Management, I wish 2021 will bring all of us an early gift of tranquillity, health and happiness. More importantly, I also hope that 2021 brings us a renewed focus on what is important in the lives of persons with special needs.

Wishing you a very Happy New Year!

Ratnasabapathy Sivanandam

Chairman



FROM THE ED'S DESK

Dear Members,

The year 2020 was ushered in with much fanfare, excitement and hope but that quickly dissipated when the COVID-19 pandemic unleashed its fury upon the world. It is almost to a year, fraught with multiple restrictions, anxiety and uncertainty, that Phase 3 beginning on 28 December 2020 felt like a much-needed reprieve and perhaps the best gift that we can hope for in the new year.

No one had expected 2020 to turn out the way it was. With the easing of capacity limits under Phase 3, DSA is preparing to resume our enrichment programs in January 2021 in a controlled and safe manner. It is vital that you continue to stay cautious and vigilant, continue to cooperate with us, and comply with the rules and restrictions that will apply within our premises.

As I take stock of the year that has been, I realise we

could have had it much worse if not for the unstinting support and participation of our members, volunteers, supporters and donors. Our heartfelt appreciation to our partners and alliances for creating opportunities for greater social interactions with our learners despite the physical distancing constraints. The year could not have closed on a more exhilarating note than our nominee, Ms Megan Tang being bestowed as the youngest recipient of the Goh Chok Tong Enable Award and a proud moment for DSA when another member, Jacob became the youngest disability advocate for Mustela®.

As we close this year 2020, I am filled with thanks and gratitude to you for journeying with us.

Thank you.

Yeo Ando

Executive Director



Platter of Joy



DSA member, Allan Cai volunteered to be part of the goodie bag packing team

With the evolving COVID-19 situation and safe distancing measures, a decision was taken by the Board of Management to defer our annual charity gala dinner, *Mystique* to the following year. In its place, we were excited to launch 'Platter of Joy', our first meal delivery fundraising initiative in September 2020.

This year's theme 'We Decide' advocates for the meaningful participation for all persons with Down syndrome in decision making about matters relating to or affecting their lives. Aligning to the theme, the menu offered in this campaign were selected by our members. Thanks to the support of our community, we were overwhelmed with 380 meals ordered and donations which generated a revenue of over \$100,000.

Throughout the campaign, over 90 volunteers were deployed to assist with the packing of goodie bags and delivering of meals. It was such a joy seeing familiar faces from United Parcel

Service Singapore as well as new corporate volunteers from Conrad Centennial Singapore, Marina Bay Sands Pte Ltd, and McLink Asia Pte Ltd coming on board with this new fundraising venture.

This campaign would not have been possible without the support of our F&B partners - Bowl-Chap, IndoChili, The Plattering Co., Tom's Palette, and UpCakes. We were also extremely heartened to have L'Oréal Travel Retail Asia Pacific again this year as our goodie bag sponsor.

"In spite of today's unusual situation, we want to continue to pursue our long-standing commitment to our non-profit partners and respond to their need for greater solidarity; with our recently launched sustainability programme, L'Oréal for the future, this is particularly important to us. DSA's virtual campaign offered us with the opportunity to have a significant and tangible impact in addressing social needs," says



Emmanuel Goulin, L'Oréal Travel Retail Asia Pacific.

In appreciation to our supporters, 10 DSA members put up a virtual performance in collaboration with Kids Talent SG which was embedded in a barcode on a greeting card that adorned their meal boxes. Our members spent two months learning the movements to popular songs, 'I have a Dream' and 'Can't Stop the Feeling!' in the safe confines of their homes. Although it was a new experience for the group to record their performance individually in

their own homes, their enthusiasm and cheerfulness radiated throughout the video, bringing much joy to our viewers.

A culmination of effort from our community, the success of 'Platter of Joy' would not have been possible without the generous support of our donors, partners, volunteers and members.

Contributor: Joanne Toh, Executive (Events & Community Partnership)



Catch them in action if you have yet to do so



Over 20 staff volunteers from Conrad Centennial Singapore



A total of 94 bowls were delivered by Bowl Chap



We could not have delivered more than 380 meals without the help of our dedicated volunteers

Our deepest appreciation to our sponsors:



ARTISANAL, HANDCRAFTED PLATTERS



CELEBRATING CHILDREN'S DAY AMID COVID

Many schools had to scale back on their Children's Day celebrations in view of the COVID-19 situation this year. Notwithstanding, IFSP chose to mark the significance of the day with a creative fun plant project for both learners and parents. The plant project is symbolic of how our learners are growing and blossoming under the companionship of our IFSP teachers.

Our IFSP students were thrilled to receive a unique Children's Day gift this year. The mini planting kit, complete with pots, seeds and soil was a perfect home activity for the learners. "We had an enjoyable time together planting strawberries" said one parent. Another parent found the planting activity educational; instilling responsibility and patience in their child.

Many of the students have been diligently watering the plants and are looking out for it to sprout. We look forward to hearing from them soon about their little strawberry plants and cherry tomatoes plants.

Contributor: Gayathri Devi, IFSP teacher



IFSP students were gifted with a mini planting kit this Children's Day

COOKING @ ILT CENTRE

Learners from ILT Centre prepare their own lunches



Cooking lessons at ILT Centre resumed in September. It was not off to an easy start due to the long break as lessons had to resume from the basics to help our learners refresh their memories and regain their confidence in the kitchen setting.

Our learners rose above the challenges and delivered at every lesson. Our first lesson saw learners preparing sandwiches before progressing to baking simple desserts like mug brownies. The process has rekindled our learners' passion for cooking, and it is currently one of the activities they enjoy most.

The biggest takeaway was to see our learners cook from scratch, plate it with their creativity and the look of satisfaction on their faces when they take the first bite of their creations.

Contributor: Anne Chua, ILT Centre Lifestyle Educator



Jenny whips up her lunch at ILT Centre

John bakes brownies in a mug

STAY JOYOUS WITH AEP

In collaboration with Studio MU-YU, an artisanal woodcraft brand encompassing slow-made jewellery bags and lifestyle products, learners from AEP and ILT Centre created art pieces using wood scrapes provided by Studio MU-YU. The final products were featured in Studio MU-YU's Christmas sale in December 2020. Titled 'Stay Joyous – The art of giving', the initiative aims to showcase the artistic talent and creativity of our learners.

AEP and ILT learners created art collages based on their own interpretation of the themes 'Stay Present', 'Stay Inspired', 'Stay Curious' and 'Stay Fearless' by painting the wood scrapes that are in different shapes and sizes, and arranging them

on a piece of flat board.

Each unique art piece tells a beautiful story.

Contributor: Catherine Michael, Supervisor (AES)



Manpreet's interpretation of 'Stay Curious' is inspired by Africa



Max painting on pieces of wood blocks

PARENT-TEACHER CONFERENCE



For the first time, our PTC had to be held on-line

Our Adult Enhancement Program (AEP) and the Independent Living & Training (ILT) Centre held our annual Parent-Trainer Conference (PTC) from 18 November to 4 December 2020. Unlike previous years, we had to hold our meetings with the caregivers over 'Zoom' video conferencing.

2020 has been a challenging year amid the Covid-19 pandemic as we adapt to the new norm and conduct home-based learning (HBL) sessions in place of the usual face-to-face sessions. It was a new learning experience for our

training officers, learners and caregivers.

"At the beginning of the circuit breaker and the implementation of HBL, I was rather skeptical considering the fact that most of our learners require both physical and visual materials to assist them in their learning. Modifying lessons to suit the needs of HBL was challenging to say the least. As time went on, we both adapted to it and I started seeing progress in both their response during virtual lessons and their homework. We even had a zoom birthday celebration for one of our learners in April and it was pretty enjoyable." shared Yogi, Training Officer at ILT Centre.

With the constant stream of encouragement and positive support from our caregivers, our trainers were able to navigate and overcome the challenges brought upon us and for that we would like to thank our caregivers for their trust and support in the team.

Contributor: Catherine Michael, Supervisor (AES)

PRESIDENT'S CHALLENGE 2020 APPRECIATION EVENT

DSA members learn, practise and perform to their best abilities during the on-line practices



It has been an unprecedented year for our DSA performing groups. Normally, our performers would be busy preparing for various performances especially in the run up to festive celebrations and both DSA and external events throughout the year. However, this came to a halt when Circuit Breaker was implemented.

Notwithstanding the challenges presented by the pandemic situation, DSA continued to engage our performers through the virtual platform in a number of our awareness outreach activities including 'Rock The Stage' and 'Platter of Joy' and most recently, our Zumba group was invited to pre-record a virtual performance for the President's Challenge 2020 Appreciation Event.

Contributor: Amelia Sim, Executive (Programs & Membership)

'DIRTY BERTIE'

24 members from DSA kidsREAD Saturday club participated in a DIY Hand Sanitizer workshop on 28 November 2020. The workshop was selected in relation to the storybook "Dirty Bertie" which highlights the importance of personal hygiene and habits.

Members spent the afternoon creating their own sanitizer and designing their personalised bottle labels. The workshop serves as a reminder that it is extremely important to keep oneself clean from germs especially during the pandemic!

Contributor: Amelia Sim, Executive (Programs & Membership)



SELF-CARE: BAKING



Thank you SATA Commhealth for reminding our caregivers on the importance of self-care

As a caregiver, it is easy for you to overlook your own well-being when you put the needs of your loved ones first.

To promote self-care, FSS collaborated with SATA CommHealth (Fernvale) to bring baking workshops to the homes of our caregivers. Started on 20 October 2020, DSA caregivers were given a weekly dose on learning how to bake together with the residents at Fernvale and to date, our caregivers have made modest progress in baking muffins in various flavours, created a Deepavali special dish and the local delight - yam cake.

Contributor: Janet Boo, Executive (Family Support Services)

REDISCOVERING SELF

A series of art therapy sessions for caregivers was conducted from October to December 2020. The purpose of these sessions was to allow caregivers a time and space to pause and rediscover themselves through art. As the sessions had to be conducted via the virtual platform due to the pandemic situation, participants were engaged in their creativity by using materials and objects found at home to make art.



Caregivers created their artworks using tea bags

Art therapy was generally a new experience for all the caregivers, but it was not difficult for them to get into the flow of making art and expressing them through their artworks. Through the sharing and interaction during the sessions, the caregivers explored questions they have never thought of before, and through the process recognised and affirmed their many strengths and qualities that have helped them in their caregiving journeys. Their art-making processes and artworks allowed them to look within and discover what they needed to maintain healthy bodies and minds.

Through these art therapy sessions, we hope to continue providing caregivers a platform to exchange valuable information with one another and to draw emotional strength within and amongst themselves to support them in their caregiving journeys.

Contributor: Yap Rae Yi, Art Therapist (Intern)

CHRISTMAS WITH FSS

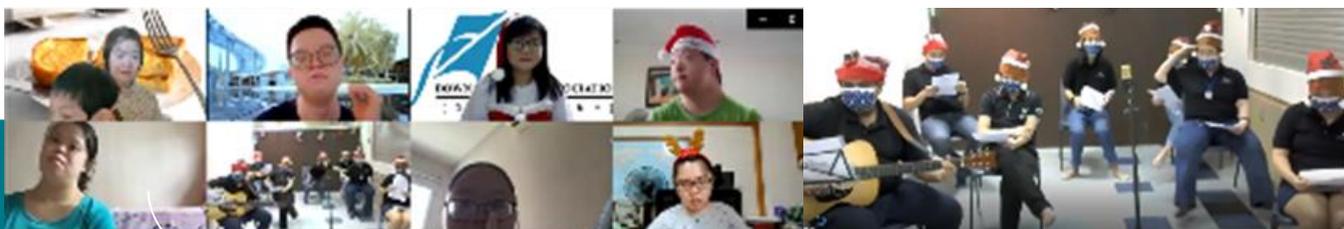
Families often look forward to the annual Christmas Party held at DSA Centre where they could mingle with each other and soak in the festivities. Unfortunately, DSA was not able to host a physical celebration this year amid COVID-19. In order not to dampen the festive spirits of our members, FSS hosted its first ever online Christmas celebration with Faith Music Centre on 5 December 2020.

In the spirit of the festive season, attendees were decked in Christmas accessories and outfits throughout the virtual event. Faith Music Centre

organised a sing-along session for our members and it did not take long for everyone to indulge in the festive mood and sing along to the Christmas tunes under the accompaniment of the musicians from Faith Music Centre.

Although Christmas took on a different platform this year, what matters most was that our members were able to celebrate the festive joy of giving and sharing together with their families and their peers.

Contributor: Janet Boo, Executive (Family Support Services)



Attendees decked in their Christmas attire at the party organised by FSS and Faith Music Centre

HITACHI PLAYS SANTA



Christmas came early for our beneficiaries

Hitachi Plays Santa, organised by Happy Sparrow and Hitachi, is a CSR activity that is part of Hitachi's Christmas light-up event along Orchard Road. The GOH for the light-up event is Madam President Halimah Yacob.

As part of its publicity efforts, Hitachi Group of Companies created a video to document the process as well as to highlight the works done by DSA. The video shoot was held on 7 November

2020 from 8.00am to 5.00pm at the DSA Centre with the attendance of the Managing Director of Hitachi, Mr Takatoshi Sasaki and staff members of Hitachi supported by the Executive Director, Yeo Ando and DSA's Corporate Communications Executive, Alicia Ang.

Other highlights of the video include DSA members writing their Christmas wishes and Hitachi's staff fulfilling the wishes of over 160 DSA members whom had drawn up their wish list for the festive occasion. The joy and excitement of our members having their wish come true could not be contained when they received their presents personally from Mr Takatoshi with some of them jumping and prancing around with their gift with joy much to the amusement of everyone in attendance.

Contributor: Alicia Ang, Executive (Donor Management & Corporate Communications)

INSIDE SINGAPORE AIRLINES

On 5 December 2020, Temasek brought our members and caregivers on an Inside Singapore Airlines tour, a rare behind-the-scenes tour of Singapore Airlines Training Centre. During the two hours guided tour, our members and their caregivers were given a history of our national carrier followed by an introduction of the various training facilities that every cabin crew and pilot had to undergo during their 16-week training.

DSA members also had the privilege of gaining hands-on experience of being a cabin crew or pilot through additional tours such as the Junior Cabin Crew Experience and Junior Pilot Experience. At the cabin mock-ups, our members got to learn how to serve on flight with the assistance of the cabin crew and they were later treated to snacks with their caregiver while seated in the 'aircraft' and reliving fond memories of their past travelling experiences.

Thank you Temasek and Singapore Airlines for this rare and memorable experience on board the SIA flight. All of us had a wonderful time at the Singapore Airline Training Centre!

Fun fact: Did you know that the cabin crew are trained to evacuate the entire aircraft in under 90secs?

Contributor: Joanne Toh, Executive (Events & Community Partnership)



DSA members was taught how to be a cabin crew on board the SIA flight

THE ART OF WESTERN CALLIGRAPHY

Our members took part in two workshops as part of 'HeritageCares@Home', a pilot initiative conceptualised by the National Heritage Board in November and December 2020.

They were given the opportunity to partake in 'The Art of Western Calligraphy' workshop conducted by Dee from Souldeelight Design Studio and 'Shadow Puppetry Workshop' conducted by Myra from The Finger Players. At the workshops, members were taught basic calligraphy strokes of the 26 alphabets to form words and the manipulation of puppets to tell the story of 'Monkey King and his friends'.

We hope our members had learnt a new form of art through the workshops and we would like to



thank National Heritage Board, Asian Civilisations Museum and the instructors of both workshops for facilitating the workshops and bringing Art closer to the homes of our members!

Contributor: Amelia Sim, Executive (Programs & Membership)

PROJECT PLANT A PLANT

Held on 21 November 2020, Project Plant a Plant (PPAP) 1.0 organised by student volunteers from Ngee Ann Polytechnic (NP) Leo Club seeks to bring fun and joy to the homes of DSA members through planting.

During the session which was carried out via Zoom, our members created their own unique terrariums under the guidance of NP Leo Club volunteers. The on-line session did not dampen the spirits of the participants who carefully listened to the instructions of the volunteers who

under their watchful eyes see our members put their terrarium piece by piece together.

"It was a meaningful Saturday morning and one of the most memorable events I've conducted. Through this activity, we were given the opportunity to forge new friendships with DSA members and we got to know them more through making the terrariums together" commented a student volunteer.

Contributor: NP Leo Club

The materials were thoughtfully prepared by NP Leo Club for our members to plant at home



MY ROLE IN DSA

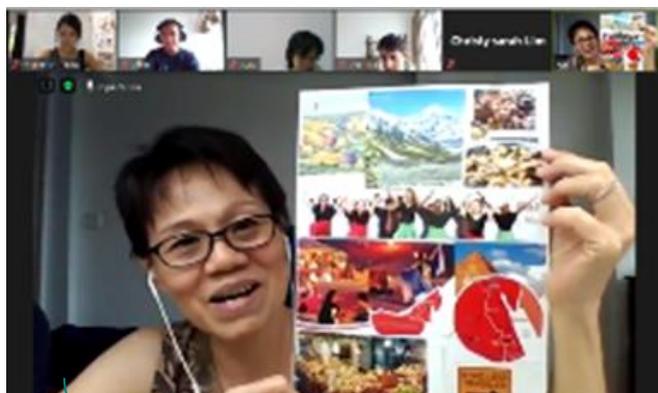
On 7 November 2020, an online Open Art Studio Workshop was conducted for DSA volunteers. Through the workshop, our volunteers explored the use of collage making for self-expression of their roles in DSA. At the same time, we connected with our volunteers to find out how they were coping during the pandemic and strengthened the social connectedness among the volunteers.

Conducting open art studio sessions online have its benefits such as being able to source and use materials they can find in their homes, and work creatively with those materials to make art. This taps on the creativities and explorations of the volunteers.

Collage making is a non-intimidating way of making art. It allows volunteers of all ages and abilities to tell their stories of DSA and themselves using photos, images, or words that speak out to them while they flip through magazines and newspapers.

After making the collage, each volunteer shared their volunteer roles and journey with the association. One of our volunteers, Mabellyn Tang found the session therapeutic and fun, and particularly useful for bonding with other volunteers. Others found the session invigorating as they value the opportunity to catch up with other like-minded volunteers online amid the pandemic.

Contributor: Yap Rae Yi, Art Therapist (Intern)



Volunteers created their collages with materials founds in their own homes

I AM UNIQUE



Jacob may have Down syndrome, but his winning smile and joyful expressions have made him the “spokesbaby” for infants and toddlers like him around the world.

Jacob is this year’s Mustela® “I Am Unique” casting call winner.

It is a proud moment for DSA, knowing that Jacob is the youngest disability advocate. We are so happy to share this historical moment with Jacob and his parents; Carol and Janson. There are no frozen hearts looking at Jacob’s Instagram and Facebook.

Carol and Janson shared that they hope to educate more people that children with Down syndrome are incredibly amazing. They hope that this will help dispel unhelpful stereotypes and assert inclusion and diversity of those who are differently-abled.

As we see Jacob picking up on his developmental milestones, this is a time to feel proud and look forward to a promising future for children with Down syndrome.

Contributor: Viemala Davie, Head (Children Education Services)

GOH CHOK TONG ENABLE AWARD- MEGAN TANG



Megan Tang is the youngest recipient of the Goh Chok Tong Enable Awards

Our heartiest congratulations to Megan for doing DSA proud!

Megan Tang is the youngest recipient among 15 other individuals of the Goh Chok Tong Enable Awards (GCTEA) at a ceremony held at the Istana on 3 December 2020. The GCTEA, an initiative by MediaCorp Enable Fund was

launched in 2019 by Emeritus Senior Minister Goh Chok Tong to recognise the achievements of persons with disabilities and to motivate those with promise and potential to go the distance with their endeavours.

Megan exclaimed *"I am very happy to be nominated by DSA and to be a recipient of the award. It feels good to be recognised for my dance. I have been to the Istana twice as a performer but this is the first time I went to the Istana through the Main Entrance as an award recipient. It is very exciting to step on the stage platform to receive the award from Madam President Halimah and Mr Goh Chok Tong. After that, I spoke to all three VIPs - Madam President Halimah, Mr Goh Chok Tong and Mr Masagos Zulkifli. They encouraged me to pursue my passion in dancing and to work hard in my studies."*

Megan first joined DSA's Fusion Dance Enrichment Program in 2017. Although this advance dance program is recommended for dancers 18 years and above, Megan impressed her instructors as a quick learner with her good memory and precise movements. She became the first

and only dancer in the group who was enrolled into the program before the age of 18. To date, Megan has represented DSA in over 25 performances.

With a small built, Megan may seem like a shy and quiet person but she surprised everyone when she dances. She engages her audiences by expressing herself through facial and body movements. Through dance, we have observed and heard positive comments of how Megan has blossomed into a confident young lady. We wish Megan every success in her future endeavours!

"Firstly, we would like to thank DSA for nominating Megan. Megan started dancing through her speech therapist's encouragement to let Megan shine through dancing when she was 2 years old. From dancing to Hi-5 music when she was 2 to K-POP and Latin Dance now, dancing has been an integral part of her life. It was DSA that first recognised her talent and accepted her into the Fusion Dance group that helped her further shine in this area. Looking at Megan standing on the stage as an awardee gives us enormous pride in how far she has come despite her age and challenges." shared Mr & Mrs Tang, Megan's parents.

Contributor: Amelia Sim, Executive (Programs & Membership)



A beaming Megan at the Istana

IN CONVERSATION WITH THE EXECUTIVE DIRECTOR

Executive Director, Yeo Ando closed the year with an 'In Conversation' session with representations from 12 Caregivers from AEP, ILT Centre, IFSP and ITP on 12 December 2020.

ED presented the session with the objective of sharing with caregivers about his role at DSA over the past year and the work and values of the Association he has embraced. He also felt that such session which he hopes he could conduct on a regular basis would help to keep our members in the pulse of the developments at DSA including the challenges DSA face and the opportunities for DSA to transform itself so that it can better cater to the immediate and progressive needs of our beneficiaries and their families.

The session elicited candid and constructive inputs from caregivers from the perspectives on

how to support our DSA beneficiaries more effectively and efficiently. Some of the topics discussed include early intervention for Babies and Toddlers, the physical and language needs and the adequate health support to meet the critical and unique needs of persons with Ds, and a brief context of supported living for persons with Down syndrome where DSA wish to explore with the relevant authorities as well as upcoming initiatives by DSA.

The premise of the whole conversation is to enable DSA to align and understand what their child's past needs were and whether those needs have been met, what their current needs are and what future needs they anticipate so that DSA can collectively collaborate, share ideas and find solutions together with all stakeholders for 2021 and beyond.

VIRTUAL TEAM BUILDING

On 18 December 2020, 25 DSA staff participated in a virtual on-line team building session conducted by Happy Sparrow.

During the three-hours session, staff were engaged in a series of fun-filled team building activities with the aim of improving inter-relationships, productivity and performance. While playing the game of Bingo, staff got to learn more about each other and work as a team to win the game.

Precious memories also were made as the staff embarked on an Indiana Jones Adventure, completing missions and challenges while learning the essence of teamwork and inter-dependence of each other to achieve success.

Contribution: Siti Rozilawati, HR Admin & Coordinator



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 programs 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 Board of Management of DSA, staff and our community of persons with Down syndrome!

DONATION FORM (NEWS/2020/12)

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

Contact no: _____ NRIC/FIN/UEN/: _____

Address: _____

Email: _____

I would like to make a contribution of:

A donation of \$50 / 100 / 500 / 1,000 / Others: \$ _____

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: _____

Expiry date: _____ Signature: _____

All outright donations are entitled to a tax deduction of 2.5 times

Kindly drop off this form together with your contribution at our reception counter or mail to DSA Centre, attention to "Team CPCC".



Scan to Donate



TO BE THE CENTRE OF
EXCELLENCE FOR INDIVIDUALS
WITH DOWN SYNDROME,
THEIR FAMILIES AND
THE COMMUNITY.



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