

DSA NEWS

Serving the Down syndrome community since 1996



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DSA Annual Charity Gala Dinner: Mystique 2023

More than 300 members and guests attended the event to celebrate the different abilities of our members with Down syndrome and raise funds for DSA.

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Early Start Programme Art Project

Our infants and toddlers got on to an early start in their development and doing good. Their skills in printmaking were put to good used for a good cause!

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Embracing Joy Through Volunteering

Our adult learners from the Enhanced Independence Programme volunteered at an active ageing centre where they planned and conducted activities to bring cheer to elderly.

From the ED's Desk



Dear members and friends,

Welcome to the last edition of DSA News in 2023.

The year end is always a reflective and heartwarming time as we look back at the year and look forward to yet another good year with hope.

In this last edition of the year, we are happy to share the various events and activities in the last quarter of 2023. This quarter was significant as we stepped up on our efforts to raise awareness of Down syndrome and promote equal opportunities and social inclusion of people with Down syndrome and other special needs, leveraging on the significance of the Down Syndrome Awareness Month in October.

In October 2023, we launched the online Down Syndrome Awareness Campaign. The campaign profiled our members and showcased their talents and invited the public to pledge their support for a more inclusive society. There was also an online auction to raise funds to allow DSA to do more in serving the Down syndrome community.

At DSA, our team created various opportunities for our members to engage with different community partners to learn, have fun and strong social engagements and networks. Our members learnt golf from the national team, participated in job trials and even volunteered and contributing their skills and talents to create an enjoyable afternoon for the elderly.

Through the various initiatives, we have been greatly heartened by the great self-advocacy efforts of our members, the support from caregivers and the warm responses of our partners and the community. We are filled with gratitude for all the support received.

As we celebrate our joint effort, progress and achievements in 2023, we are also cognisant that these do not mark the end. The need for support continues and new issues are arising with the changing demography of the Down syndrome community and with the changing environment.

Together with the Board of Management, we reviewed our services. We re-affirmed our commitment to be the Centre of Excellence for individuals with Down syndrome, their families and the community.

Our staff got together to review our work and develop strategies and plans to improve our programmes and services to better support persons with Down syndrome in their development and create opportunities that they can achieve their fullest potential for an independent and meaningful life towards their aspirations. We look forward to sharing more with you soon!

As 2024 beckons, we are filled with excitement to deliver better services for our members. We are also filled with hope for greater support from the community to create a more inclusive society for persons with Down syndrome in the years to come.

On behalf of DSA, we thank you for your partnership and we look forward to your continued support in the journey to serve the Down syndrome community.

Wishing you a blessed 2024!

With warmest regards, Evelyn Lai Executive Director

Down Syndrome Awareness Month



October is the designated Down Syndrome Awareness Month! This year, in addition to our annual charity gala dinner, Mystique, DSA also organized an online campaign to raise awareness of the talents and abilities of individuals with Down syndrome and advocate for equal opportunities for them to be meaningfully engaged with the community and involved in the society. Both initiatives adopted the theme "With Us Not For Us" and included specially developed activities that allowed our members to be self-advocates, sharing their perspectives and showcasing their talents. The two initiatives also invited our partners and the community to join us and engage in various activities with our members to enhance their understanding of persons with Down syndrome.

Work Plan & Staff Retreat 2024

DSA values our staff. Our staff are the key to delivering good services and support for our members and the Down syndrome community.

Following up from a Board Strategic Discussion on 18 November 2023, DSA staff team dedicated two days for our 2024 work plan discussion and staff retreat on 18 and 19 December 2023. Through the discussions and teambuilding activities, we strengthened our alignment towards DSA strategic goals. We will also be strengthening our ESG efforts for a more sustainable future.

As we work hard, we also played hard. On the second day of the staff retreat, we proceeded to Universal Studios Singapore for a well-deserved day of fun and adventure together.

In the two days, we built trust, enhanced our communication and developed collaborative plans to achieve our individual career goals, team performance goals and organisation's strategic goals.

We look forward to creating positive impact and serving our members better in the new year.

Contributor: Marcus Lo, HR & Admin Executive







Mystique 2023

DSA's annual charity gala dinner, Mystique, was held at Shangri-La Singapore on 28 October 2023. With the theme "With Us Not for Us", our Guest of Honour, Mdm Rahayu Mahzam, Senior Parliamentary Secretary at the Ministry of Health and Ministry of Law joined more than 300 of members and guests at the event.

The evening kicked off with a trivia quiz developed and co-hosted by our very own DSA member, Mr Allan Cai. The questions were specially designed to enhance understanding of Down syndrome and promote awareness of available support. Beyond the fun and excitement, the quiz showcased Allan's self-advocacy efforts and his various talents and abilities.

Later that evening, 36 beneficiaries and 12 caregivers led our guests in a mass dance. The ballroom turned into a dance floor with everyone 'shaking it off' to the music and cheering our performers. Bringing the energy to an even higher level, five guests, each paired with a DSA member, were invited to a dance-off on stage. One of the guests was eventually crowned as the Dancing

King of the night. The gracious and generous Dancing King dedicated his crown to our DSA member who partnered him in the dance. The segment was well-received and many continued talking it for weeks after the event.

Another highlight was the live fundraising auction comprising sponsored items and lifestyle experiences, and our members' artwork. Aligned to the theme "With Us Not for Us", our infants from the Early Start Programme jointly created a set of cushions from their print-making activity. Our Guest-of-Honour, Mdm Rahayu Mahzam, also co-created a set of three collages made from water-marbled pieces with our members.

The evening was truly meaning as our guests gathered with our members to celebrate different abilities and contributed to our fundraising efforts. We express our deepest gratitude to all for being a part of Mystique 2023 and we look forward to your continuous support in the years ahead.

Contributor: Sulyanna, Executive (Volunteer Management & Community Partnership)

"With Us Not For Us" is a special art piece co-created by Mdm Rahayu Mahzam and DSA members. The artwork represents our collective effort and journey to the Down syndrome community. The butterflies represent individuals with Down syndrome, while the flowers represent their caregivers and different stakeholders who work together to support them in reaching their potential. The tree represents our members' growth and well-being. And at the core of what we do, is the heart we have for persons with Down syndrome.





Event Highlights



Our guests & members,























comprising members & their caregivers...



who joined us in the mass dance and dance-off...















who worked hard behind the scene to make it all happen.





Down Syndrome Awareness Campaign

In conjunction with the Down Syndrome Awareness Month in October, DSA organised a campaign to raise awareness and promote social inclusion and community engagement of persons with Down syndrome.

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

The campaign advocated for opportunities for individuals with Down syndrome to live independently and meaningfully with the community. We call for all to recognise the rights and abilities of persons with Down syndrome and come together to provide equal opportunities and build a supportive ecosystem for persons with special needs and create an inclusive society.

The campaign microsite featured DSA members and highlighted their varied talents and abilities. One of which is Lin Chunru, a talented artist whose drawings breathe life into expressions of joy and togetherness. Chunru participated in this year's National Day Parade pack design. Through her artwork and actions, Chunru emerges as a catalyst for awareness and acceptance, effectively nurturing a more inclusive perspective toward individuals with special needs and varying backgrounds.

Complementing the Mystique Charity Gala Dinner auction, the campaign included an online auction to raise funds for DSA's programmes and services to support the development and capability building for independent living of our members with Down syndrome. The auction featured sponsored items and many of our members' beautiful art pieces. Art is an important medium through which individuals with Down syndrome can express themselves and promote understanding of their perspectives and experiences. Their artwork are self-advocacy tools to advocate for their rights and call for due recognition to their abilities and talents.

Contributor: Sulyanna, Executive (Volunteer Management & Community Partnership)



The Purple Parade



Together with our corporate partner for this year, Tate & Lyle Asia Pacific Pte Ltd, the DSA contingent joined more than 13,000 participants to promote inclusion and celebrate abilities at The Purple Parade held on 4 November 2023.

Our members also put up a Zumba performance showcasing their talents and adding to the celebratory mood. Merchandise designed by our members were also on sale at a booth as part of the carnival. We were glad to witness strong support for our members' performance and overwhelming responses at the DSA booth. DSA recorded one of the highest sales of merchandise of all time.

Throughout the day, we witnessed heartwarming interactions and engagements among our members and all participants regardless of abilities. The inclusive atmosphere and being in the sea of purple reminded us that together we would be able to drive positive changes and promote a more inclusive society with equal opportunities for individuals with Down syndrome and other special needs.

We had fun and were glad to be awarded the Eco-Friendly Contingent Award! We thank The Purple Parade organising committee for the valuable opportunity and memorable experience and we look forward to the Purple Parade in 2024!

Contributor: Sulyanna, Executive (Volunteer Management & Community Partnership)

Our Corporate Partner, Tate & Lyle Asia Pacific Pte Ltd

We would like to thank Tate & Lyle Asia Pacific Pte Ltd for their immense support and partnership in making our participation a truly meaning experience. Before the event, their team visited the DSA Centre at Bishan and co-created the props for the Contingent March together with our learners from the Adult Education Services. Volunteers from Tate & Lyle Asia Pacific Pte Ltd bonded with our members over crafts and shared the excitement over their joint participation in The Purple Parade. On the actual day, the volunteers continued to extend great support, promoting DSA merchandise at the booth and marching in the contingent with our members. Their infectious energy pumped up the team, keeping the spirits high for DSA members and participants of The Purple Parade alike.





Celebrating Creativity:

Infants and Toddlers with Down Syndrome Shine in Early Start Programme's Art Project











One is never too young to make a difference. We are thrilled to share an inspiring story of creating an impact through creativity. In a heartwarming display of talent and dedication, our infants and toddlers engaged in a delightful art project and contributed their artistic talents to raise funds for DSA.

Under the guidance of our Early Start Programme (ESP) Early Intervention Teachers and parents, the children embarked on a printmaking project using balloons. Every print represented a step towards achieving towards their developmental milestone, fulfilling their potential, and expressing their creativity and determination. With giggles and enthusiasm, they explored colours, textures, and shapes, turning simple materials into vibrant pieces of art, brimming with the innocence and joy of our young artists.

Their artworks were transformed into beautifully designed cushions and put up for auction at DSA's Mystique Charity Gala Dinner. The children's amazing cushions won the hearts of our guests and received the highest number of bids. The generosity and support shown by the guests during Mystique were heartening. We extend our deepest gratitude to the guest who purchased these unique cushions, thereby supporting our cause to continue providing exceptional care and resources for our members and their families.

The success of this initiative is not just measured by the beautiful product created nor the funds raised but in the invaluable shared experiences and lessons learned through the process of creating the cushions. This endeavour demonstrated the power of art in fostering inclusion and celebrating diversity. It reminds us that everyone, regardless of their abilities, has something special to offer to the world. As we celebrate this heartwarming success, let us continue to create a world where every individual is valued, respected, and given the opportunity to thrive.

Contributor: Viemala Davie Kelaver, Head, Children Education Services

Did you know?

Printmaking has several developmental benefits. It enhances self-confidence and promotes development of

- fine motor skills,
- visual perception,
- cognitive skills such as cause-and-effect

Try it out with your child and enjoy the process!

Celebrating Success and Joy: IFSP Speech and Drama School Holiday Programme

To mark the beginning of the school holidays, DSA Integration Facilitation Support Programme (IFSP) conducted a Speech and Drama School Holiday Programme specially designed for children with Down syndrome. The programme aimed to provide a safe and inclusive space where children with Down syndrome could explore their creativity, build confidence, and develop social skills through speech and drama activities.

The holiday programme included a range of engaging and interactive activities to suit the unique abilities and interests of each child and specially designed for the learning needs of children with Down syndrome. From expressive storytelling to imaginative role-play, every activity was purposefully crafted to encourage creativity and build confidence.

Laughter echoed throughout DSA as children enthusiastically participated in drama exercises and storytelling sessions. The joy on their faces was contagious, creating an atmosphere filled with positivity and enthusiasm.

Amidst the laughter and fun, we witnessed remarkable progress and heartwarming moments that spoke volumes about the impact of our programme. The children tapped into their creativity through storytelling, role-play, and improvisation. Their imaginative minds soared as they crafted the script, enacted scenes, and expressed their emotions freely.

Witnessing the boost in confidence among our students was the greatest reward for the IFSP teachers and parents. We were heartened to witness how the children discovered their strengths, became more confident and shared their sense of achievement. We are immensely proud of all participants for their hard work, determination, and infectious enthusiasm.

Contributor: Viemala Davie Kelaver, Head, Children Education Services



A Par-Tee-cularly Fun Experience!

Golf is a sport that has gained popularity worldwide due to its numerous physical and mental health benefits. While often being associated with relaxation and leisure, golf actually requires precision, concentration, and strategic thinking.

For people with special needs, the benefits of golf for individuals are plentiful. Firstly, it is a low-impact sport that does not put excessive strain on joints and muscles, making it suitable for people with physical limitations. The gentle swinging motion involved in golf helps improve flexibility, balance, and coordination. Regular practice can lead to increased strength and overall fitness, contributing to better overall health for our learners.

Keppel, a renowned organisation known for its commitment to community engagement and social responsibility, organised a golf training programme specifically designed for individuals with Down syndrome. The trainers for this programme were none other than the esteemed members of the Singapore national golf team. The collaboration between Keppel and the national team created a unique opportunity for our learners to learn the sport from some of the best players in the country.

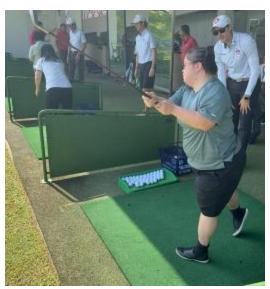
The collaboration between Keppel and the Singapore national golf team is a testament of the commitment of both organisations to inclusivity and empowerment. By offering specialised training to individuals with Down syndrome, the two agencies help to break down barriers and provide equal opportunities for participation in the sport. This initiative not only promotes physical and mental well-being of our members, it also raises awareness and understanding of the capabilities of individuals with Down syndrome among Keppel employees and the national golfers.

The experience was a fun, novel engagement for our learners. Many of them had not tried golf before and the collaboration provided the opportunity for them to experience and start to be engaged in the sport to reap its benefits. We look forward to more agencies and groups opening up their doors and to provide opportunities for people with Down syndrome and other special needs and create a more inclusive society for our members to thrive and lead fulfilling lives.

Contributor: Simon Tng, Senior Training Officer







WRAP Job Trial

DSA conducted a packing job trial specifically tailored for our learners. This trial programme embodied our commitment to creating an inclusive workplace where everyone has the opportunity to thrive and contribute meaningfully.

The learners in this job trial exhibited incredible dedication, enthusiasm, and a strong work ethic throughout the process. Their determination and willingness to learn were truly inspirational, showcasing their potential to excel in various roles.

Not only did this initiative provide an invaluable opportunity for our learners to gain hands-on experience in a professional environment, it also enriched the collaborating employers by raising their awareness of the different abilities of persons with Down syndrome, allowing them to embracing diverse perspectives and talents.

Contributor: Simon Tng, Senior Training Officer







WRAP

Work Readiness Assisted Programme (WRAP) bridges skills training and job support to narrow the gap between employers' expectations and our members' capability. Through vocational training and job coaching, the programme enhances our members' employment prospects and performance.

Employment provides valuable opportunity for persons with Down syndrome to achieve independence and play an active and valued role in society. Diversity drives innovation, creativity, and success. We seek welcome you to join us in creating a more inclusive workplace for individuals of all abilities to be included, supported, and empowered to reach their best potential.

A Day in the Life of a Training Officer

My day begins bright and early. I start by reviewing my schedule for the day and preparing materials or resources needed for the training sessions. This may include developing and updating training modules, creating visual materials and handouts, and setting up all required equipment.

Once training starts, I facilitate interactive training activities. The activities are specially designed for all learners to participate fully and benefit from the training.

Throughout the day, I support any learners who require additional assistance. This could involve simplifying complex concepts, coaching, or providing adaptive tools and techniques to help them achieve their goals.

I also work with other professionals to develop new initiatives to better support our learners and enhance the programme performance. As a training officer, I have to ensure that training programmes are effective. I collect feedback and programme data for analysis to support programme evaluation and planning such that the training programmes are updated and effective.

At the end of the day, I organise and tidy up the training area with my learners. We reflect on the day's achievements and challenges and celebrate the progress made by everyone, including myself.

Overall, my day is filled with purpose, compassion, and a commitment to my learners. I feel fulfilled knowing that I am making a positive impact on the learners' lives and I am grateful for the positive energy and fun they bring to my life.



Caregiver Support Group Programmes

Dementia Talk and Screening

Early dementia detection is critical for early support and intervention. Knowing about the signs, progress and implication of Dementia, helps one to manage its effects. On 11 November 2023, Family Support Services (FSS) collaborated with Brahm Centre to host a Dementia Talk and Screening dedicated to caregivers.

Ms Lily Gan, counsellor from Brahm Centre, shared her expertise and useful insights which helped participants to understand dementia better. One such tip was to encourage the affected individual to maintain a regular daily routine and structure. Consistency reduces confusion and anxiety associated with dementia. After the talk, participants had the opportunity to do a basic dementia screening to identify early symptoms of dementia.

Participants found the session educational and deeply meaningful. It sparked conversations and increased knowledge of available resources and support.











Breakfast Chat: Building Resilience in Caregiving

In a recent CSG chat on 'Building Resilience in Caregiving', we highlighted the crucial role of self-care. The session was facilitated by Ms Ng Jing Xuan from Open Journey Psychology, who emphasised that prioritising self-care is not self-centered but rather essential for sustaining the ability to provide quality care. Participants gained insights into practical techniques for managing stress, fostering emotional well-being, and maintaining a healthy balance while navigating their caregiving journeys with increased confidence and resilience.

Macramé Workshop

On 18 November 2023, caregivers and siblings attended the CSG Macramé workshop led by Ms Joette Loh from Knoette. Beyond being a creative outlet, macramé serves as a therapeutic practice, offering holistic benefits for wellbeing. Participants shared that the session provided them with a calming and relaxing experience. The rhythmic knotting and weaving process not only produces beautiful creations but also fosters a sense of accomplishment and fulfilment. Keep an eye out for upcoming CSG respite care sessions for caregivers and family members!

Contributor: Steffi Tjong, Executive (Family Support Services)

Year-End Holiday Activities

DSA members participated in different activities as part of the Year-End Holiday Programmes. DSA worked with our partners to run a series of activities like art and craft and rock climbing. It was a joy to reconnect with familiar faces and see our members learning and having fun with their peers. If you missed the activities, look out for DSA email for upcoming activities and programmes!

Macrame



Eco-Casting



Rock Climbing



Performances





DSA performing groups have been busy showcasing their grooves and beats in various performances for different events and causes. Each performer worked hard in mastering the steps and brought their best smiles, groovy moves and pulsating beats during the performance!

In addition to our performances during Mystique 2023 and The Purple Parade, we also performed at:

- 30 October: Standard Chartered Awards Night
- 4 November: Purple Parade
- 15 November: An Extra Ordinary Celebration
- 26 November: Woodlands Community Centre Deepavali Celebration

We applaud all performers for their hard work and awesome performances. We would also like to thank all caregivers for the tremendous support. Keep an eye on our performing groups as we bring more fun and exciting performances in 2024!

Temasek Trust - CDC Lifelong Learning Enabling Fund

DSA is an approved service provider supported by the Temasek Trust - CDC Lifelong Learning Enabling Fund! Our learners aged 18 years and above who were enrolled in eligible DSA programmes* in 2023 could apply for a \$1,000 training grant. To apply or find out more, email us at member-ship@downsyndrome-singapore.org

*Eligible programmes include:

- Adult Enhancement Program
- Independent Living and Training Centre (WRAP or EIP)
- Enrichment Programs (Aikido, Dance, Drums, Speech & Drama, Visual Arts and Zumba)

NOTE: You may backdate your claims till January 2023 as long as the claim amount does not exceed \$1,000 total. DSA will send you the receipts in PDF format for your claim with Temasek Trust – CDC directly (more information will be provided in our follow-up email). Please note claims are disbursed by Temasek Trust – CDC and not through DSA.

Embracing Joy through Volunteering at Martha Active Ageing Centre



In October 2023, 11 learners from DSA Enhanced Independence Programme (EIP) embraced the spirit of giving! After dedicating weeks to planning and practicing, they conducted various activities and had fun with more than 20 elderly at Martha Active Ageing Centre (AAC) on the 23rd of October 2023. Our learners were proactive and used their creativity and initiative to create a lively atmosphere for the elderly, making each moment memorable through the different activities.

Harmony in Song

Our learners shared the magic of music, bringing smiles and tunes to our wonderful community as they sang the popular "Lemon Tree".

Fitness Fun

Regardless of age, physical activity is key to a healthy life. Our dedicated learners led simple yet invigorating workout that promotes well-being through movement.

Artistic Expression

Creativity knows no age limit. EIP learners guided participants at the Active Aging Centre, unleashing artistic flair through colouring, crafting, and self-expression. This fostered a sense of accomplishment for all involved.

The volunteering experience showed our EIP learners' passion about making a difference in the seniors' lives. They invested their time, energy, and compassion to brighten the day for the elderly. Together, they participated actively in the mission to build a community where every one is valued, touching everyone's heart and making every moment memorable.

Contributor: Amy Soong, Training Officer

Upcoming Events

Art Jamming Workshop

School Holiday one-day art jamming programme aimed at children aged 2 to 14 and accompanying parents or caregivers. Selected art pieces could be put up for display or auction at Mystique 2024.

Date: 15 March 2024

<u>Aims:</u> Creative Exploration: Encourage children to explore their creativity through various art forms and mediums.

Community Engagement: Foster a sense of community by bringing children of different age groups and parents and caregivers together through art.

Family Bonding: Provide an opportunity for children and their caregivers to bond through creative activities.

Objectives:

Age-Appropriate Engagement: Customized activities to suit the different age groups, ensuring each child finds a medium of expression that suits their age and interest.

Skill Development: Provide a platform for children to enhance their artistic skills and confidence.

Family Support Services & Caregivers Support Programmes

January	
13 January 2024	FSS Basic Watercolor Workshop
20 January 2024	FSS Deputyship Talk
27 January 2024	CSG Chair Yoga

February	
03 February 2024	FSS Intro to Line Dancing
17 February 2024	FSS Lunar New Year Celebration
24 February 2024	FSS Managing Challenging Behaviour Work- shop
24 February 2024	CSG Chair Yoga

March	
23 March 2024	FSS Social Skills workshop
30 March 2024	CSG Chair Yoga

Block your calendar now! More details will be shared via email soon!

DSA Membership

Down Syndrome Association (Singapore) provides a range of services for persons with Down syndrome, caregivers and siblings. Sign up or renew your membership with DSA by scanning the QR code below now!



To find out more about our programmes and benefits for members, please call +65 6500 9321 or email membership@downsyndrome-singapore.org.

Dear Friends,

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

As we enter 2024, we seek your continued support so that we can better serve our members and do more for the Down syndrome community. With their increasing lifespan and an increasingly uncertain economic support, more support will be required to ensure that our persons with Down syndrome and their families, especially those facing financial and other challenges receive the support required.

Your donation and support will allow us to provide the necessary support to meet the developmental, social and emotional needs of persons with Down syndrome such that they can achieve their potential and become more independent and lead productive lives.

DONATION FORM (NEWS/2023/12)

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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".

*NRIC/FIN/UEN is required for tax deduction purpose.





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

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