

APRIL 2025

# DSA News



Serving the Down syndrome community since 1995



02

## World Down Syndrome Day 2025

DSA's annual World Down Syndrome Day (WDSD) 2025 Community Walk and Carnival brought together over 800 enthusiastic participants and supporters at One Punggol.



From

# THE ED'S DESK

01

WELCOME



Dear members & friends,

Greetings to you from DSA!

The first quarter of 2025 has been an exciting time at DSA. We are glad to share the highlights of the past three months and key upcoming events with you through this newsletter.

We kicked off the year celebrating the new year with our members, volunteers, staff and Board members. The celebrations brought much joy and laughter and more importantly bonded everyone together to align our collective efforts towards DSA's purpose.

As part of DSA's strategic plans, we strive to develop and deliver quality programmes to meet the current and future needs of the Down syndrome community, build our capacity and capability to ensure that we serve well with good efficiency and efficacy and establish strong and positive relationships with our key stakeholders. Through these, we hope to build strong supportive ecosystems for individuals to thrive and be meaningfully included in society.

We continue to enhance our services and develop new programmes to address changing needs and arising concerns. We enhanced our support and expanded employment opportunities for our learners enrolled in the Work Readiness Assisted Programme (WRAP) through the introduction of micro jobs, job accommodations and new partnerships with corporate partners for open employment in the community. We are also glad to share new initiatives to meet the needs of our members and the aspirations of individuals with Down syndrome across the different stages of life. We started a new dance enrichment programme for our little ones to pursue their interests with friends. We also launched 'Joyful Living', which provides specialist and customised support to engage and support our older members facing ageing related issues.

As we seek to do better in our programmes and services, we also seek to achieve high standards of service and operations guided by strong management and governance. We are glad to share that DSA achieved full compliance in the Governance Evaluation Checklist based on the revised Code of Governance for Charities and Institutions of a Public Character. We are thankful for the strong stewardship by DSA's Board of Management and the efforts of our staff. In this newsletter, we also share some of our staff engagement and support initiatives.

Individuals with Down syndrome and their families are at the heart of what we do. We will continue to reach out and ensure that individuals with Down syndrome and their families get the required support to live well in the community. We are grateful for the support from many volunteers and community partners who worked with us on many initiatives such as workshops for our members and our annual World Down Syndrome Day (WDSD) celebrations.

WDSD, which falls on 21 March of every year, is an important event at DSA and for the Down syndrome community. It is commemorated worldwide to raise awareness of Down syndrome and celebrate the uniqueness and value of every individual with Down syndrome. This year, more than 800 participants joined us in our carnival and community walk at One Punggol on 15 March 2025.

We ended the quarter on a high celebratory note, setting the tone for more exciting developments in the months to come. We hope you will enjoy reading about our efforts and be inspired to join us in this very meaningful work to build strong support systems for individuals with Down syndrome and create an inclusive society for all. Happy reading!

Yours faithfully,  
Evelyn Lai  
Executive Director

# World Down Syndrome Day 2025



DSA's annual World Down Syndrome Day (WDSD) Community Walk and Carnival brought together over 800 enthusiastic participants and supporters at One Punggol on Saturday, 15 March 2025. DSA's WDSD 2025 ambassador Ms Chen Wanyi and our emcee, Mr Jeremy Yeo brought all participants through the various activities and highlights of the carnival. It was indeed a memorable experience for many!

The day saw members from DSA's Enrichment Programmes showcasing their talents on stage with Aikido learners demonstrating their martial art prowess, Fusion and Creative Dance members strutting their moves and the ever-energetic group from Zumba warming up the crowd.

This year's WDSD theme, "Improve Our Support Systems. Empower Every Life.", reflects DSA's ongoing commitment to advocating for stronger support networks for individuals with Down syndrome and their families. Whether as caregivers, trainers, employers, volunteers, or community members, everyone of us has a role to play in fostering inclusion and celebrating their strengths. As part of the festivities, we took the opportunity to recognise our sponsors, employers, and community partners for their contributions towards DSA's effort to strengthen the support systems for the Down syndrome community.

In her WDSD speech, DSA Deputy Chairperson Ms Li Shu Yun emphasised the importance of improving support systems to empower individuals with Down syndrome, in alignment with the theme. She highlighted the need for inclusive education, accessible healthcare, diverse employment opportunities, and supportive communities. She shared DSA supported a member with Down syndrome reintegrate into the community and enjoy a better quality of life. The member who has been staying at home and not engaged in any external programmes for the last 30 years, was supported by DSA's social worker who linked him and the family up to various resources to address different concerns. Through working closely with the caregivers and various key stakeholders, the member has started to participate regularly in DSA's programmes and has been reported by his caregiver to be visibly happier. He will also be enrolling into DSA's new programme, Joyful Living. Ms Li Shu Yun concluded by reaffirming DSA's commitment to a world where every individual with Down syndrome is celebrated, supported, and empowered to reach their full potential.

DSA's Adult Development Services (ADS) Manager, Ms Catherine Michael, shared more details about the new Joyful Living Programme and DSA's various training and development programmes for individuals with Down syndrome aged 18 years and older. DSA's Support and Advocacy Services (SAS) Manager, Ms Sandra Loo,

spoke on the importance of good support systems for beneficiaries at the different stages in their life journey, and how DSA has played a pivotal role in many lives. Ms Chen Wanyi and her trainer, Mr Uthaiyan, from the Enhanced Independence Programme (EIP) also shared the importance of family and community support for one to achieve independent living in the community and successful employment.

Our Guest-of-Honour, Mr Eric Chua, Senior Parliamentary Secretary for the Ministry of Social and Family Development & Ministry of Culture, Community, and Youth arrived at the height of the event, to an uplifting performance by DSA's very own Drums & Percussion Group, accompanied by the Caregivers Ukulele & Guitar Group. This is the third consecutive year that Mr Eric Chua has graced WSD celebrations as our Guest-of-Honour. In his speech, Mr Eric Chua acknowledged the work of DSA and highlighted the significance of improving support systems to ensure individuals with Down syndrome have access to education, employment, healthcare, and social services. He called for societal action to break down barriers, challenge stereotypes, create a more inclusive environment and encourage collaboration across all sectors to continue evolving and strengthening these support systems and the need for empowerment, where individuals with Down syndrome are given the tools to lead independent, fulfilling lives.

Mr Eric Chua and Ms Li Shu Yun gave out tokens of appreciation to our sponsors, supporters and partners who contributed generously to the event. In appreciation of their good support, our learners had handcrafted the tokens of appreciation for each recipient.

A highlight of the event was Mr Eric Chua's hands-on participation in creating an acrylic coaster, guided by one of our talented learners from WRAP. The interaction demonstrated the talents and abilities of our learners and enhanced their confidence as they guided Mr Eric Chua through the process. We are deeply grateful for Mr Eric Chua's ongoing strong support for the Down syndrome community.

The excitement continued throughout the day with different activities, performances and lucky draws, in which 15 participants won prizes generously sponsored by sponsors such as Annabella Patisserie Macarons, Freshening Industries and James Cook University.

Alongside the carnival, DSA's "Rock Your Socks" campaign returned for its sixth consecutive year. The campaign raises awareness of Down syndrome in a fun and engaging way by encouraging everyone to wear mismatched and colourful socks signifying the beauty and uniqueness of individuals with Down syndrome. Three new designs featuring artwork by our learners in the Adult Enhancement Programme (AEP) were introduced this year. These limited edition socks are available for purchase through our online store accessible at <https://downsyndromeassociationsingapore.cococart.co/>.

We would like to thank all who contributed to making WSD 2025 a success. Your involvement means the world to our community, and we could not have achieved this without the generosity of our donors and supporters. Let's continue to support, uplift, and celebrate the talents and achievements of individuals with Down syndrome. Together, we can build a more inclusive and empowering community for all!

*Contributor: Ms Elisya Johan, (Executive, Communications and Engagement )*

## Our Sponsors



## Our Supporters



# Tabitha's Journey

## In AEP: Growth, Confidence & Independence

DSA's Adult Education Programme (AEP) supports individuals with Down syndrome and other special needs aged 18 years and above. It is a holistic programmes offering training in different key domains to in developing our learners' key functional living skills to enhance their capability for independent living and self-care. Hear from Mrs Stephaie Dorai, mother of our learner Tabitha, on how AEP has supported her learning and development.

Tabitha Dorai, our first-born, is a kind and gentle girl who has always enjoyed learning. As parents, we tried our best to source the most suitable and comfortable environment for her to reach her developmental potential at each phase of her life.

Growing up, Tabitha developed diverse interests in horse riding, flower arrangement, drawing, painting, and Korean pop dance. During her time at APSN Chaoyang and APSN Tanglin Secondary, she tried her very best in subjects like Arithmetic and English. At APSN Delta Senior School (DSS), she was introduced to vocational training. However, she found the learning environment challenging, so we made the decision to withdraw her from APSN DSS. Despite the exposure provided to her in her formative years, we discovered that Tabitha lacked confidence in public, and faced challenges with social interactions.

On the day she turned 18, we were thrilled that Tabitha had secured a place in DSA's Adult Enhancement Programme (AEP)—marking a new beginning in her life journey.



YOUR PARAGRAPH TEXT



Tabitha especially enjoys the Community Integration Programme, where she learns to travel independently and explore various social and cultural places of interest. Additionally, she loves the baking and cooking classes, where she gets to experiment with new recipes and enjoy delicious treats.

After just one and a half years in AEP, her confidence has grown remarkably! She now interacts more comfortably with others, designs and offers for sale exquisite crafts with her job coach's guidance, and even travels home independently from DSA. We have seen much growth in her vocational, life and social skills. She looks forward to her sessions, feeling the warmth, care, and support from her trainers and peers. At home she also takes on the role as the eldest child, helping to care for her youngest sibling. She also extends her help in the kitchen during meals.

As parents, we are deeply grateful for the vast opportunities AEP has provided. It has empowered Tabitha to embrace her abilities, build her confidence, and take meaningful steps toward independence. We look forward to seeing her continue to grow and thrive.

Contributor: Stephanie Dorai (Tabitha's Mother)



# Work Readiness Assisted Programme (WRAP)

## SUPPORTING EMPLOYMENT

WRAP prepares individuals with Down syndrome for employment, offers various exposure and employment opportunities and supports them to enhance their work performance to achieve long-term success in their employment. This year, we expanded the employment options for our learners to meet the varying needs of our learners.



### MICRO JOBS



#### Coaster Making at DSA

Since January 2025, two of our learners, Ms Tabitha Dorai and Ms Manpreet Kaur, have been engaged to produce acrylic coasters with preserved flowers. The completed coasters form part of DSA's merchandise sold to raise funds to support DSA's various programmes and services.

This task requires good fine motor skills and a high level of precision. Our Job Coach made appropriate job redesign and accommodations to overcome their challenges including poor vision and fine motor skills. Through the customised support, both learners have been performing exceptionally well. They are able to do the work independently and even guide others in the production of the coasters during DSA's WSD 2025 carnival. Their finished products have also received much praise from those who received them.



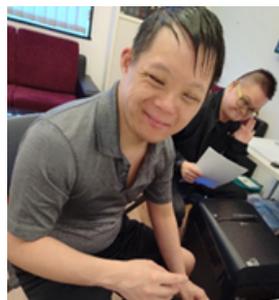
Tabitha and Manpreet take great pride in their work and are thrilled with the opportunity to create these practical and beautiful coasters. Besides earning a regular income, they have also demonstrated increased self-confidence.

### SUPPORTED EMPLOYMENT

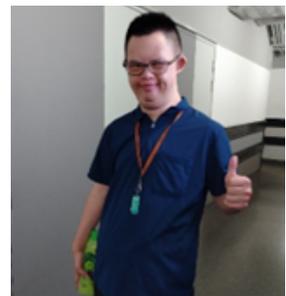
#### Administrative Assistants at DSA

In February 2025, DSA engaged the services of two learners, Mr Benjamin Lee and Mr Kenneth Tong, as administrative assistants to support with various office tasks such as shredding documents, and filing. Our Job Coach provided ongoing coaching, training and support to equip them with the capability to perform the different tasks. The learners have been working well together, demonstrating strong teamwork and complementing each other's skills.

It is rewarding to see Benjamin and Kenneth applying their abilities and contributing to DSA by reducing the administrative workload for our staff, and improving operational efficiency.



### OPEN EMPLOYMENT



#### Employment at Parkroyal Collection Pickering

Since 7 February, 2025, Brandon Wong has been employed by Parkroyal Collection Pickering. He performs napkin folding twice a week. The neatly folded napkins are used in the hotel's restaurant. Brandon is proud to contribute to the hotel's operations. His attention to detail ensures that the napkins are always clean and properly folded as required. Parkroyal Collection Pickering has been an inclusive and supportive employer, working with our Job Coach to redesign the job and accommodate individuals with special needs. This partnership has not only provided Brandon with meaningful work but also highlighted the abilities of individuals with Down syndrome to contribute meaningfully to the open workforce.

# COLLABORATION WITH *Maussy Studio*

DSA collaborated with Maussy Studio to create 'Bags for All' for sale at WSDS 2025. Led by Instructor Steffi, our learners Beishi Koa, Stacie Chua and Lin Chunru helped with painting the canvas before it was sewn into very beautiful and useful bags.

The learners enjoyed the painting process and were ecstatic to see their efforts transform into stunning finished products.

*Contributor: Tan Yanru (Job Coach, Adult Development Services)*



## EIP LEARNERS' VISIT TO *Yakult Factory*

DSA's Enhanced Independence Programme (EIP) supports the development of instrumental life skills and independent community-based living skills of our learners. In addition to independent living skills, the ability to interact with the public and participate in the community are key goals of the programme.

EIP learners recently had the exciting opportunity to visit the Yakult factory, where they learnt about the production of the probiotic drink and its health benefits. Upon arrival, they were warmly greeted by the staff who shared about the whole production process from fermentation to packaging. The learners were fascinated by the advanced machinery that ensured the quality of the product.

The learners enjoyed observing the fermentation process, where beneficial bacteria was cultivated. The learners asked insightful questions, showing strong interest in the science behind nutrition. This experience provided a real-world connection to the food and nutrition lessons taught back at DSA.

After the tour, the learners were treated to complimentary Yakult drink. The experience allowed them to fully appreciate the product and provided the learners with valuable insights into food science and the importance of maintaining a healthy diet.

The learners left the factory excited and motivated to share their newfound knowledge and complimentary Yakult with their families and friends.

*Contributor:*  
*Uthaiyan S/O Ellangovan*  
*(Trainer, Enhanced Independence Programme)*



# Joyful Living

ADS is excited to introduce our newly launched programme, 'Joyful Living', which commenced on 17 March 2025. Joyful Living is a specially designed programme for individuals aged 35 and above with Down syndrome, focusing on enhancing their quality of life through meaningful engagement. As they age, their needs evolve, and this programme aims to provide a supportive, enriching environment where they can overcome ageing related concerns, continue to thrive and enjoy a good quality of life.

With a strong emphasis on personal well-being, social connections, and purposeful activities, Joyful Living support members to stay actively involved in a variety of experiences tailored to their interests and abilities. Through social, recreational, and skill-building activities, the programme fosters independence, confidence, and a sense of fulfilment.



By prioritising engagement and enrichment, Joyful Living creates a space where every member can enjoy life to the fullest while forming lasting friendships and meaningful social connections.

The programme runs 3 days a week, Mondays, Tuesdays, and Fridays, from 10am to 4pm. Caregivers have the flexibility to choose the number of days their child attends or select specific activities to meet differing needs and preferences.

The programme includes a variety of engaging and development activities such as Morning Exercises, Music & Movement, Chair Yoga, Art & Craft, Mindfulness, Fun Tablet activities, Physiotherapy, Occupational Therapy, Adaptive Daily Living Skills, Functional Skills, Baking & Tea Preparation, and Cognitive & Leisure activities.

The schedule typically begins with physical movement activities in the morning, followed by creative and mindfulness-based sessions before lunch. In the afternoon, members are engaged in therapeutic, skill-building, and leisure activities, ensuring a well-rounded and enriching experience.

**For more information about Joyful Living, please contact ADS at 6500 9319.**

*Contributor: Catherine Michael (Manager, Adult Development Services)*



On 11 January 2025, our guest speaker, Ms Wheeki, from the Special Needs Trust Company (SNTC) conducted a talk on enhancing the financial security of individuals with special needs. During the session, Ms Wheeki provided a comprehensive overview of SNTC's services, emphasising how they can support and safeguard the financial interests of this community. Key topics included the SNTC Trust, which offers a reliable way to manage and protect assets, and the Special Needs Savings Scheme (SNSS), a savings framework tailored to meet the unique needs of individuals with special needs.



Additionally, Ms Wheeki highlighted various sponsorship schemes available, designed to alleviate financial burdens and enhance quality of life. This informative session empowered the attendees with the knowledge and resources necessary to secure a stable financial future for persons with special needs.

*Contributor: Nor Dyana Azira  
(Programme Executive, Support and Advocacy Services)*

## *Fan Painting* Workshop

On 25 January 2025, our fan painting workshop welcomed our members and their caregivers for a morning of fun and relaxation together. Designed to promote family bonding and offer respite care, the session led by SAS Programme Executive, Dyana, offered a warm and supportive setting for participants to work together and transform their creativity into beautiful fans.

Each participant could choose from a variety of art materials to personalise their paper fans. Wooden stencils were also provided for those who would prefer some ideas to spark off their creativity. The room buzzed with artistic energy and camaraderie. Our members worked excitedly with their caregivers and family members, creating a memorable and enriching experience for all involved.

*Contributor: Nor Dyana Azira (Programme Executive, Support and Advocacy Services)*



# Caregivers' Appreciation



DSA celebrated Caregivers Appreciation Day on 1 March 2025. 16 members and their caregivers joined in the celebration. The caregivers enjoyed a session of Chair Yoga while our members with Down syndrome were busy creating hand-painted gifts for their caregivers.

Our Children Development Services (CDS) teachers also showed their appreciation for the support and partnership of caregivers and presented cards of affirmation to the caregivers.

We would like to say a big "Thank You" to all caregivers who have been giving their unwavering support and love to their children. They are truly unsung heroes who selflessly care for and support their loved ones.

*Contributor: Sandra Loo (Manager, Support and Advocacy Services)*

# Members' New Year Party



We kicked off 2025 with an incredible Members' New Year Party, bringing together 62 members to celebrate the new year! The event had a variety of fun stations, including a photobooth, keychain-making and face painting station, a DSA Thrift Shop pop-up store, and a special slime-making workshop hosted by The Slime Monster.

Our very own DSA performing groups—Drums & Percussion Group, Fusion Dance, and the Caregivers' Ukulele & Guitar Group—also provided amazing entertainment that added to the festive spirit.

It was a wonderful time for everyone to reflect on the past year, bond with one another, and start the new year on a positive note!

*Contributor: Elisya Johan (Executive, Communications and Engagement)*



## Baking Workshop



On 8 February 2025, to celebrate Year of the Snake, Ms Elaine and Ms Christine, both talented individuals from ChefSR, led an engaging Family Support Services (FSS) CNY Baking Workshop. The event was a delightful blend of culinary creativity and cultural craft-making. Ms Elaine showcased her skills by teaching attendees how to decorate a moist orange and cranberry cake adorned with edible Mandarin oranges and flowers.

She also guided participants in writing the Chinese character “福” (fu), symbolising blessings and prosperity, on cookies. Meanwhile, Ms Christine introduced the art of crafting lucky money bags using red packets, an activity designed to attract good fortune.



The workshop was supported by 3 dedicated volunteers from RSVP Volunteers, who set-up and prepared the materials.

The session welcomed a total of 14 attendees, including 8 beneficiaries and 6 caregivers. There was much community spirit as participants eagerly learnt new skills and celebrated the auspicious occasion together.



## DSA Movie Night

# Beauty & The Beast



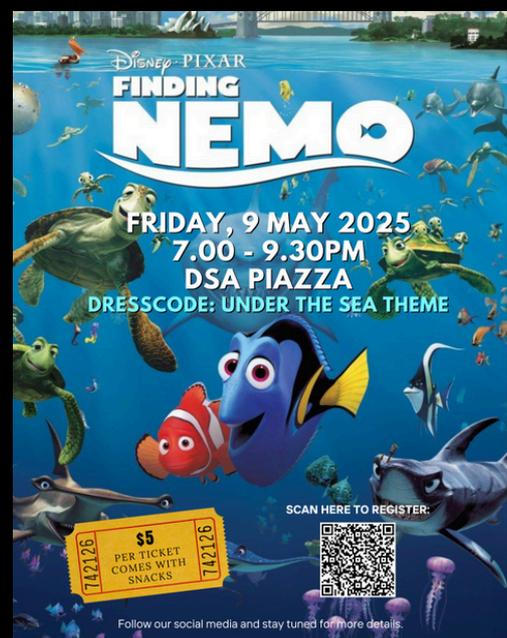
Back by popular demand: DSA Movie Nights! Kicking things off on Valentine's Day, 14 February 2025, we hosted a special screening of Beauty and the Beast. Many of our beneficiaries joined us with their loved ones for a cosy and delightful evening.

A huge thank you to our generous sponsors - Annabella Patisserie Macarons, Famous Amos, and The Kettle Gourmet for gifting us with an abundance of delicious treats! Their contributions made the night even more special for everyone.

It was a wonderful way to spend Valentine's Day - good company, tasty snacks, and a magical movie. We are so glad to have the company of everyone who joined us and can't wait to welcome even more of you at our next movie night on Friday, 9 May 2025, to enjoy the show, Finding Nemo!

Scan the QR code on the right to sign up now!

Contributor: *Elisya Johan (Executive, Communications and Engagement)*



# Special Olympics National Games

## Team Selections Announced

Excitement is in the air as we gear up for the Special Olympics National Games! After weeks of rigorous training, dedication, and perseverance, we are proud to announce the athletes who will be representing DSA in the games. DSA will be competing in 2 sports – Bowling and Dancesport!

Each athlete selected for the team has demonstrated remarkable skill, commitment, and sportsmanship. The selection process wasn't easy, as all participants put in their best efforts for their respective sports. This competition is not just about winning medals—it is about celebrating abilities, fostering friendships, and promoting inclusivity in sports.

Come on down and support our athletes, you may scan the QR code to register if you would like to join us to cheer on our team!

Congratulations to all our selected athletes — we are behind you every step of the way!



*Bowling: Jesslyn Wong, Sit Willson, Lim Kian Say, David Tan, Lennard Ong, Samuel Lee, Kenny Chen, Toh Wei Kang and Dawson Tan*



*Dancesport: Alan Yeo, Danya Pillai, Nina Faizal and Chen Wanyi*

### Games Schedule

Date	Event	Venue
Friday, 30 May 2025	Dancesport	NUS
Saturday, 31 May 2025	Bowling	CSC @ Bukit Batok

**Scan to register  
and support our  
athletes during  
the games!**



# March Holidays Programmes

March was an exciting month filled with a variety of engaging activities during the holidays!

We kicked things off with a candle-making workshop at Bishan Centre on 18 March 2025, specially designed for our beneficiaries. From selecting their favourite scents to decorating with dried flowers, they had a wonderful time crafting personalised candles. A huge thank you to About Eve Candles for sponsoring this heartwarming workshop!



The excitement continued on 19 March 2025 with two thrilling activities!

5 adventurous learners headed to Civil Service Club @ Tessensohn and took on the rock-climbing challenge at Ground Up Climbing SG. With guidance from Instructor Ika, they learnt essential climbing techniques, built confidence, and celebrated personal triumphs as they scaled new heights.

Meanwhile, another group of beneficiaries and caregivers visited the Asian Civilisations Museum, where they participated in a Pottery Painting Workshop sponsored by Tokyo Electron Singapore (TEL). They enjoyed selecting sticker decals featuring local Singaporean icons, before embarking on a museum tour. Caregivers also had a great time unwinding through this relaxing activity. A heartfelt thank you to TEL for making this outing so memorable!



Contributors: *Elisya Johan (Executive, Communications and Engagement)*  
& *Saarrah Abdul (Programme Executive, Adult Development Services)*



## World Down Syndrome Day Celebrations @ Bishan Centre

On 21 March 2025, DSA Centre @ Bishan buzzed with excitement as DSA members, staff, caregivers, and volunteers gathered to commemorate World Down Syndrome Day (WDSD).

Despite the weather forecast of a monsoon surge, the rain held off in the morning and we were able to proceed with a short buddy walk, flagged off by DSA Chairperson, Mr Alex Yan. As we walked around the neighbourhood, we were met with smiles and waves by members of the public. It was a good community experience for all. The walk concluded with a lively group photo-taking session to capturing the spirit of unity and celebration.

Following the walk, everyone engaged in an energetic boxercise session conducted by AEP boxercise instructor, Mr Thomas. The session was both fun and invigorating, encouraging movement and participation from all attendees.

After the workout, participants enjoyed a hearty lunch that was generously sponsored by Agape. The highlight of the afternoon was a special appearance by "Spider-Man", who engaged with our learners and brought lots of joy and laughter. The excitement was evident as learners eagerly greeted Spider-Man, shook hands, and took photos with their favourite superhero.

To wrap up the memorable day, Agape also sponsored goodie bags for the learners, adding a special touch to the celebration. A final group photo was taken, capturing the friendships and camaraderie built through the day's activities.

The WDSD engagement at DSA Bishan was a heart-warming and unforgettable event, leaving everyone with precious memories and a strengthened sense of community.

*Contributor: Simon Tng (Training Officer, Adult Development Services)*



# New Enrichment Programmes

## FunStep

We are thrilled to introduce a brand-new dance class, 'FunStep' designed especially for our young members aged 11 and below! This exciting programme is perfect for children who love to move, groove, and express themselves through dance. Led by an experienced instructor, each session will incorporate engaging choreography, rhythmic activities, and playful exercises tailored to different skill levels.

This is a fantastic opportunity for young members to discover the joy of dance while making new friends.

Details:

Day: Every Friday

Location: DSA Bishan Centre

Time: 4pm – 5:30pm

Fees: \$60/month



## Swim Sprouts

Introducing Swim Sprouts — a fun and engaging swimming class designed especially for our youngest members aged 8 and below! Led by our friendly and patient Coach Mike, participants will build water confidence, learn essential swimming skills, and develop strength and coordination through specially designed playful activities and structured lessons, children in a safe and supportive environment.

Details:

Day: Every Saturday

Location: Kallang Basin Swimming Complex

Time: 5:00pm to 5:45pm

Fees: \$120 for 4 sessions per month



For more details and registration, please contact Saarah at [sarah@downsyndrome-singapore.org](mailto:sarah@downsyndrome-singapore.org)

Contributor: Saarah Abdul (Programme Executive, Adult Development Services)

## Chinese New Year Celebration



This year's Board and Staff Chinese New Year Dinner was a memorable and hands-on experience, featuring Do-It-Yourself food stations where participants had the chance to prepare their own laksa, popiah, muah chee, and other classic local treats. It was the perfect opportunity to unwind, connect with each other, and share some laughs while crafting delicious festive dishes.

A highlight of the evening was the creatively designed Yusheng in the shape of a snake, as a nod to the Chinese zodiac year. Dinner was wrapped up on a meaningful, but fun note with fortune cookies, offering words of wisdoms and moments of reflection and inspiration for the journey ahead. It was truly a good opportunity to strengthen the camaraderie among colleagues and to celebrate the festive season!

## Eat With Your *Family Day*

DSA staff celebrated our first Eat With Your Family Day (EWYFD) of the year on 14 March 2025. EWYFD was introduced to encourage staff to leave work early and spend quality time with their families and loved ones.

Everyone spent the evening in their own special way. Many took the opportunity to unwind and reconnect with old friends. Saarah met up with an old friend to catch up and break fast together while enjoying delicious food at local bazaar while Elisya spent time at home with family and friends,, sharing supper together after a busy week.

We are grateful for the chance to pause, reconnect, and cherish moments with our loved ones despite our busy schedules. EWYFD serves as a wonderful reminder of the importance of work-life balance and the value of nurturing relationships both at home and within our community.

Contributor: Elisya Johan (Executive, Communications and Engagement)



# Upcoming Events



MAY	
Movie Night - Finding Nemo	9 May 2025
Mother's Day Bake	10 May 2025
Special Olympics - DSA Dancesport	30 May 2025
Special Olympics - DSA Bowling	31 May 2025
JUNE	
June Holiday Programme - Dance & Craft @ DSA Centre by Kranji Sec School	4 June 2025
Charity Movie - Karate Kid: Legends	5 - 7 June 2025

**CHARITY MOVIE**  
5 - 7 JUNE 2025

GOLDEN VILLAGE  
SUNTEC

Scan the QR code to purchase your tickets!

## DSA Membership

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

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



For enquiries or to register your interest for the upcoming events, please email us at [cpcc@downsyndrome-singapore.org](mailto:cpcc@downsyndrome-singapore.org)

# Upcoming Events



JUNE	
June Holiday Programme - Crocodile Farm Visit	10 June 2025
Annual General Meeting (AGM)	14 June 2025
SMU Bloom - Rainforest Wild Asia	21 June 2025
SEPTEMBER	
Mystique Charity Gala Dinner 2025	6 September 2025

For enquiries or to register your interest for the upcoming events, please email us at [cpcc@downsyndrome-singapore.org](mailto:cpcc@downsyndrome-singapore.org)

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DSA seeks your continued support so we can better serve our members and do more for the Down syndrome community. With their increasing lifespan, more support will be required to ensure that our persons with Down syndrome and their families, especially those facing financial challenges receive the support required to continue living lives with dignity and purpose.

Your donation and support will allow us to provide the necessary means to meet their developmental, social and emotional needs so they can achieve their potential and 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.

**DONATION FORM** (NEWS/2025/04)

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.: \_\_\_\_\_

**By Credit Card:**

One-time  Monthly Contribution

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

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

Expiry date: \_\_\_\_\_ Signature: \_\_\_\_\_

**By PayNow to UEN:**

UEN Number: S96SS0170K

**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 CE".

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

*You can also make your donation online:*

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