



Buddy Walk - Australia 2009!

Event Kit

Buddy Walk - Newcastle, 18th Oct 2009

*Thank you for taking part in the National
Buddy Walk in 2009!*

*Inside this Kit, we hope you will find all the
information you need to have a most enjoyable day!*

Inside

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- **ABOUT DOWN SYNDROME NSW**



Event Kit

BUDDY WALK – Australia 2009

What's it all about?

* **A Celebration of Down Syndrome Awareness Week**

It's about celebrating the achievements of people with Down syndrome in all aspects of family and community life.

It's about supporting and accepting the abilities and needs of people with Down syndrome, and encouraging the whole community to do the same.

* **A World-wide event!**

Buddy Walk is an International Event held all around the world. It began 13 years ago in the USA to promote acceptance and inclusion of people with Down syndrome.

Buddy Walk in Australia began 8 years ago as an initiative of Foundation 21 in SA. In NSW, Buddy Walk began in 2006 as 'Walk with a Mate' in Sydney & Tweed Heads.

In 2008, Buddy Walk went national with more than 8 Walks across the country.

* **Better support and resources ...**

Buddy Walk is also a major fundraising event of Down Syndrome NSW to improve support and resources for families and individuals with Down syndrome, with the long term aim of ensuring all people with Down syndrome fulfil their potential.

* **Meeting up... having fun!**

Just as important, Buddy Walk is a chance to get together with our friends and family, catch up with some old friends and meet new ones... and have a great day!

* **More info...**

www.dsansw.org.au

www.buddywalk.org.au

www.buddywalk.org

Buddy Walk in NSW.

Buddy Walk in Australia.

Buddy Walk in the USA and internationally; the BW history.

Event Kit

Buddy Walk Newcastle, Sunday 18 October 2009

SCHEDULE

What to look forward to on the day.

9:30am **Meet up** (Newcastle Foreshore Park)

Note: Large numbers of people will be gathering for the Walk. Please be patient & ensure you arrive early enough before the Start to have time to:

- * Register (for those who have not pre-registered or signed the 'waiver' yet);
- * Collect caps (please allow those who pre-ordered to collect their caps first);
- * Collect water bottles (by donation);
- * Buy t-shirts (only limited stock will be available; *pre-ordering is advised*);
- * Buy raffle tickets / make donations (*optional*).

9.45am **Pre-Walk Entertainment and Welcome**

- Hunter School of Performing Arts Marching Band (formerly The Marching Koalas)
- Official welcome

10.00am **Walk Starts** (Newcastle Foreshore Park)

[10:00am - 11.30am Walkers stroll along edge of Harbour and U-turn at Harbour Square (Lee Wharf) to return to the Foreshore Park.]

11:30am - 2:00pm **Picnic** (Newcastle Foreshore Park)

- BYO picnic,
- Sausage sizzle & drink refreshments available (for sale)
- Entertainment, face painting etc
- Raffle drawn

2:00pm - 2.30pm **Farewell**

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'BUDDY WALK' ROUTE



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Step-by-Step Route Guide

Look for the Walk Marshalls in **yellow shirts** to guide you on your way.

1) **START - (at Newcastle Foreshore Park)**

The walk starts from the
Fountains in front of Customs House.

For those who have not registered you can do so here!
Then proceed along Watt Street to the traffic lights at the corner of Watt and Scott Streets.

2) **CROSS** Watt Street at these traffic lights and head back towards Newcastle Harbour down to the corner of Watt St and Wharf Rd.

3) Turn **LEFT** and walk down Wharf Rd (on the train line side) to the 2nd Pedestrian Crossing at Argyle Street.

4) **CROSS** Wharf Rd at this pedestrian crossing and proceed down Wharf Rd towards the Crown Plaza.

5) Turn **RIGHT** into Workshop Way following it around to **Harbour Square.**

6) **HALF WAY - at HARBOUR SQUARE (Lee Wharf / Honeysuckle)**

This is where we do a U-turn and head back towards the Foreshore, walking along the Harbour Promenade.

7) **CROSS** Wharf Rd at the pedestrian island just near the Pilot Station, at Horseshoe Beach.
You have reached the Newcastle Foreshore Park!!

8) **FINISH - Newcastle Foreshore Park**

Proceed to the covered Carriage Way Shed for the picnic site.

Congratulations, you have completed the Buddy Walk!

For First Aid - call **0401 727 585**

In case of a medical emergency, call '000' immediately.



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TRANSPORT - *How to get there and get home.*

Transport to Newcastle Foreshore Park:

Bus to Newcastle Train Station (Scott Street - Newcastle East)

For timetable information check out:

<http://www.newcastlebuses.info/timetables.htm>

or Call: 131 500

Train to Newcastle Station (Scott Street - Newcastle East)

The Buddy Walk meeting place is at the Carriageway Shed at Newcastle Foreshore Park. This is directly across from (1) the Newcastle Train Station; and (2) the Newcastle Bus Terminal.

Transport home from Newcastle Foreshore Park

Bus from Newcastle Train Station (Scott Street - Newcastle East)

Train from Newcastle Station (Scott Street - Newcastle East)

From the picnic site, walk to the corner of Watt and Scott Streets and CROSS Watt Street. You are now at Newcastle Train Station.

If you walk towards Newcastle Harbour along Watt Street the Bus Terminal is about 20 metres away.

To plan your trip:

Transport InfoLine * Tel **131 500** * Web www.131500.com.au

Taxis:

Newcastle Taxis 13 3300

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PARKING

For Newcastle Foreshore Park (*Start & Finish*)

- There are 2 small car parks on Newcastle Foreshore park.
- Street parking is also available:
 - on Wharf Rd - in front of Newcastle Foreshore park and continuing down to the Crown Plaza.
 - on Stevenson Place (access to Newcastle Foreshore park by stairs - no ramp);
 - on Watt Street; and
 - on Scott Street.

NOTE: Parking is FREE on Sundays!

WARNING: Mattara is still on this weekend with rides etc at Horseshoe Beach park. Parking in that area and Nobby's Beach car park may be unavailable or limited.

TOILETS

Nearest toilets:

Walk Start & Finish (Newcastle Foreshore Park)

Public Toilets near Carriageway Shed

During Walk

Public Toilets at Queens Wharf Brewery

Private Toilets at Harry 'd' Wheels & Harbour Square eateries

Private Toilets at eateries on Harbour Square (Half way point)



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RULES and GUIDELINES

to make sure we have the best possible day.

- **All participants in Buddy Walk 2009 must agree to and sign the publicised 'event waiver' before proceeding on the Walk.**

If you have not signed and posted in your signed waiver prior to the Walk, please sign the registration and waiver form which will be on display on the morning of the walk.

- **All parents/ guardians must supervise children at all times.**

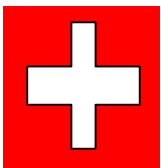
There will be large numbers of people. All children must be supervised by a responsible parent or adult. This includes, when crossing roads, when near traffic or water and at all other times. If you are uncertain of your child's location, please report to an event volunteer (in **Yellow** 'Buddy Walk Shirt') **immediately**.

- **Please take all rubbish with you**

We have gained approval for our event on the basis that it is 'low impact'. Any rubbish left behind will have to be cleaned by volunteers. It would be greatly appreciated if you could ensure that your picnic area is left clean and remove all rubbish from the site.

FIRST AID

Buddy Walk First Aid Officers



Buddy Walk First Aid Officers will be wearing red vests with white crosses. For First Aid Assistance:

- look for a First Aid officer in red vest with white cross
- ask a volunteer in **yellow shirt** to call for first aid
- Call 0401 727 585

In case of a medical emergency, call '000' immediately.

WEATHER PLANS

Buddy Walk 2009 walk and picnic will go ahead rain or shine.

(Note: Some activities at picnic may not proceed in the rain.)

In case of extreme weather, a recorded message will be left on the [Buddy Walk Info Line](#) on morning of the walk: **02 4967 4728.**

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FOOD and REFRESHMENTS

There will be a limited range of refreshments on site including a sausage sizzle and drink stall. For further updates on food and drinks available, check website www.buddywalk.org.au . BYO picnics are welcome.

FURTHER HELP / ENQUIRIES

For any further assistance on the day, please ask one of our event volunteers in **yellow** Buddy Walk shirts.

WHAT TO BRING - *Be Prepared*

- **Sturdy shoes**
- **Wet weather gear**
- **Sunscreen**
- **Water** - *Cold* Water bottles will be available (gold coin donation) at the start but it is a good idea to bring some spare.
- **Sun protection (Cap/ hat/ visor)** Official 'Buddy Walk' caps will be available, but because of the large number of walk registrations, we may not have enough to meet the growing demand. It is a good idea to bring a spare!
- **BYO picnic lunch**
There will be a limited range of refreshments on site including sausage sizzle .
- **Money** ... for donations, raffle tickets, food and drink.
- **Mobile phone** in case of emergency...
- **Camera**

WHAT TO TAKE AWAY WITH YOU

- **Your rubbish**
To keep event costs down, we have not contracted a waste disposal company. The site will be cleaned by Buddy Walk volunteers. It will be a great help if you make sure your picnic area is clean when you leave and take your rubbish away with you.
- **Your children**
Please supervise your children at all times and ensure they are safe.
- **Memories of a great day!**

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FUNDRAISING *The Fun and Easy Way...*

The emphasis is on the 'FUN' part of 'fundraising' ...

Simply set a target, and ask relatives, friends, neighbours, schoolmates, workmates, your club and whoever you like, to sponsor you for Buddy Walk to help you reach your target and raise money for a great cause!

* **You can be a Hero today and 'every day' at www.buddywalk.org.au**

Down Syndrome NSW has partnered with 'Everyday Hero', so your team can have your own hero page, or if you like, you can support someone else's hero page. See all the hero pages created so far at www.dsansw.org.au

It takes just a few minutes to create your own hero page at www.buddywalk.org.au. You don't need to know anything about creating web pages and you can even add a photo! Then you simply email the page to everyone you know, and watch your 'hero meter' rise as the donations come in!

* **Fundraising the old-fashioned way ...**

We know that lots of people are still to fundraise the 'old-fashioned' way by taking sponsorship forms door-to-door, to your local club, workplace or family get-together.

So for those who'd like to do some good old-fashioned fundraising we have included [sponsorship sheets](#), [donation forms](#), and [reply paid envelopes](#).

* **Fundraising Theme for 2009 - It's a GAS! (Grandparents And Siblings)**

This year, we celebrate the very important role grandparents, brothers and sisters play in the lives of many people with Down syndrome. The constitution of Down Syndrome NSW was amended to allow grandparents and siblings to become full members for the first time - until then only people with Down syndrome and their parents could become full voting members.

We will be holding our first workshop specifically for grandparents and also have some UP! Club and other special events planned for siblings. We will be working on further ways we can involve and support grandparents and siblings in the months ahead.

Of course, there are often many other important people in the lives of a person with Down syndrome - friends, aunts, uncles, employers, teachers - all are welcome and celebrated at **Buddy Walk - Australia 2009**.

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FUNDRAISING

The nuts and bolts...

* **Donations are tax deductible ...**

Down Syndrome Association of NSW is a registered charity and all donations over \$2 are tax deductible. Down Syndrome NSW will issue tax receipts for everyone who needs one. You just need to make sure you record the person's name and address details. The sponsorship sheets and donation forms provided can be used for this purpose.

* **Banking of funds ...**

There are a number of convenient options listed below to help you send in the funds you raised quickly, so the funds can be put to work without delay for the benefit of people with Down syndrome.

1) **DEPOSIT** (Over-the-counter at the Bank or via EFT)

You can deposit your funds over the counter at any branch of the **Commonwealth Bank** or via your online banking account, using the details below.

Account Name: Down Syndrome Association of NSW

BSB: 062 315 Account Number: 00 901 136

Reference (for EFT): [your surname & phone number]

[Please phone 02 9683 1900 or email admin@dsansw.org.au to let us know when you are depositing funds so we can identify the amounts on our bank statement]

2) **CREDIT CARD** (via phone or online)

You can total up the amount of cash you have raised and use your credit card to pay this amount securely via our website www.dsansw.org.au or call 02 9683 1900.

When paying online please include your event details in the 'description of payment'.

3) **MAIL** (no stamp required)

You can mail your funds to *(Please do not mail cash)*:

Steve Clarke

Executive Officer

Down Syndrome NSW

Reply Paid 2356

NORTH PARRAMATTA NSW 1750

* **RECEIPTING / ACKNOWLEDGEMENTS**

Regardless of which method above you use to submit your funds, please either mail, email or drop in any donation slips and other documentation which needs returning.

Please include details of anyone needing a tax deduction receipt and/or thank you letter.

FUNDRAISING KIT

Order Form

Qty	Item
	Sponsorship Forms: Handy for fundraising door to door, at shopping centres, at school or work. Can be used to take pledges or donations.
	Donation Forms: Donation forms can be given, posted or emailed to people who'd like to support you/ your team at Buddy Walk, and make a difference for people with Down syndrome and their families.
	Money Boxes: Handy for putting on shop counters, or reception counters at clubs and business places.
	Down Syndrome Awareness Week Posters: The series ' LOOK BEYOND and you'll see...'
	Raffle books: Raffle tickets can be sold for \$2 each or \$20 for a book of ten, to friends, neighbours, family, workmates, club mates, etc.

My contact details are:

Name	Miss Ms Mrs Dr Mr (circle)	
Address		
	Postcode	
Telephone		
Email		

Return in the **Reply Paid Envelope**, or contact Priscilla on **9683 1900** / priscilla@dsansw.org.au

Send to (*no stamp needed*):

Steve Clarke

Executive Officer

Down Syndrome NSW

Reply Paid 2356

NORTH PARRAMATTA NSW 1750

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About Down Syndrome NSW

Down Syndrome Association of NSW is an Incorporated Association and an independent registered charity established in 1980. It is run by members and governed by a volunteer Management Committee. Details of the structure of the Association are shown on our website www.dsansw.org.au. Down Syndrome NSW works to support people with Down syndrome, their families and communities in which they live, through a range of services and projects

Services for Families

- Support and up to date information from diagnosis
- Contact with volunteer parents to support new parents in the early months of adjustment
- Telephone and personal contact for families
- Regular opportunities to meet with other parents and carers and share experiences
- Statewide seminar and workshop programs for parents and other carers
- Referral to appropriate services

Services for Professionals

- Inservice education for professionals and service providers in a range of fields
- Specialist information and consultation

Publications and Library

- Specialist library and resources on all aspects of Down syndrome (free borrowing for all members)
- Quarterly Down Syndrome NSW Newsletter
- Monthly Down Syndrome NSW update of events and services
- A comprehensive website, Blog and Bulletin Board

Community services and advocacy

People with Down syndrome living and working in the community are themselves breaking down the barriers to their involvement as familiarity leads to acceptance.

Down Syndrome NSW promotes awareness in the community and in government about the abilities and potential of people with Down syndrome and their need for support - creating opportunities for full and equal participation through:

- Specialist information and consultation
- Down Syndrome Awareness Week
- Buddy Walk
- Tea for 321
- Information for the media
- Website, BLOG and Bulletin Board
- Lobbying government to implement support programs
- Working with other disability groups and agencies

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About Down Syndrome NSW (continued)

Creating Positive Beginnings - allows the Parent Support Team to:

- visit new families on request
- provide telephone and email support
- distribute resources including the 'New Parent Information Kit' and 'Parent to Parent DVD' to maternity wards and new families.
- provide inservice education for maternity and early childhood professionals

All the Way

Support and information specifically for families and other carers

- of adolescents and adults with Down syndrome
- from culturally and linguistically diverse communities
- who live in rural and remote areas of NSW

UP! Club

A social program enabling young adults with Down syndrome to establish and maintain friendships with their peers

Up, Up and Away

An innovative, three year project to develop the means of surrounding young adults and adults with Down syndrome with the support they need to establish the lives they want and to develop their own advocacy skills

Contacts

Parent Support Team (*Creating Positive Beginnings*)

Judy Davidson, Lyn Bailey Tel 9683 4333 Email support@dsansw.org.au

All the Way Project

Jill O'Connor, Miriam Parker Tel 9683 4333 Email atwproject@dsansw.org.au

UP! Club

Brooke Jones Tel 9683 1900 Email upclub@dsansw.org.au

Up, Up and Away Project

Miriam Stevenson Tel 9683 1900 Email upandaway@dsansw.org.au

Library and Information

Kathi Beck, Siena O'Brien Tel 9683 1900 Email info@dsansw.org.au

Membership, Administration and Finance

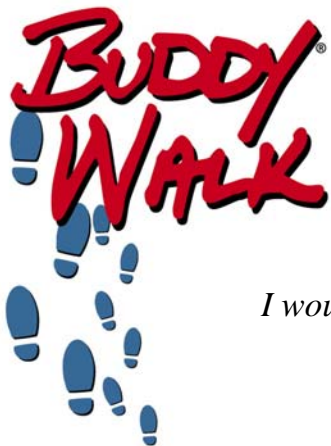
Angela Adams Tel 9683 1900 Email admin@dsansw.org.au

Partnerships and Events

Priscilla Leong Tel 9683 1900 Email marketing@dsansw.org.au

Executive Officer

Steve Clarke Tel 9683 1900 Email executiveofficer@dsansw.org.au



Buddy Walk 2009 Donation Form

*I would like to make a sponsorship gift to Down Syndrome NSW
for Buddy Walk 2009 in celebration of
Down Syndrome Awareness Week.*

Down Syndrome NSW is a registered charity which encourages and supports people with Down syndrome to fulfil their potential for successful and healthy lives, in a society that knows their abilities and is supportive of their needs.

Please return this form to the fundraiser _____ or the REPLY PAID address below.

Your tax deductible gift will help make this happen.

Contact details for acknowledgement and tax receipt.

Mr/Mrs/Ms/Miss (circle) Other _____ Name _____

Company Name (if applicable) _____

Address _____

Suburb _____ Postcode _____

Phone _____ / _____ Email _____

Please keep me informed of other ways I can support Down Syndrome NSW in its important work.

Amount: \$ _____ I would like to sponsor (team/ individual name) _____

Please find enclosed cheque/ money order to 'Down Syndrome NSW', or

I have made an EFT to the Account of **Down Syndrome NSW:**

Commonwealth Bank BSB 06 23 15 Account number 0090 1136

Please debit my VISA / Mastercard / Bankcard (circle) the above amount.

Card number: - - -

Card name: _____ Expiry /

Signature: _____ Date ____ / ____ / ____

Inquiries: **Priscilla Leong**, 02 9683 1900, priscilla@dsansw.org.au web www.dsansw.org.au

Note: All gifts over \$2 are tax deductible. Receipts are issued. Down Syndrome NSW values your privacy.
*We do not trade your details and do not pass personal details to any other organisation. Call 02 9683 1900 for details





SPONSOR FORM

Valid: 1/9/09 - 30/11/09

FUNDRAISER:

AUTHORITY # :

EVENT: 'Buddy Walk 2009'; raising funds to help children and adults with Down syndrome reach their full potential.

Name (title, first name, last name)	Address (for receipting and acknowledgement)	Phone No. & Email (optional)	Pledge (\$)	Donation Method	Paid (\$); date	Sponsor's Signature	Fundraiser's Signature
Eg. Mrs Jane Smith				<input type="checkbox"/> Cash <input type="checkbox"/> Cheq./MO <input type="checkbox"/> Visa <input type="checkbox"/> M'Card Card Exp: ___ / ___ Card#: _____/_____/_____/_____ Name: _____			
				<input type="checkbox"/> Cash <input type="checkbox"/> Cheq./MO <input type="checkbox"/> Visa <input type="checkbox"/> M'Card Card Exp: ___ / ___ Card#: _____/_____/_____/_____ Name: _____			
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