



Up Up & Away

*JUNE 2009
NEWSLETTER*

Hello participants and families, welcome to the June newsletter.

I would just like to say a big farewell to one of our team coaches, Lauren Parsons who has a university scholarship to study in America. What a great opportunity this is for Lauren, but what a loss she will be to us.

Lauren has been working with Rachel Murphy, who comes from the south coast of NSW.

Lauren has done some amazing work with Rachel, and has put a lot of time and effort into helping Rachel achieve her goals.

We wish Lauren well in her new venture - farewell.

Filming experiences

3 of our participants had the joy of experiencing what it was like to go for an audition for a TV series. Rachel, Julia and Danielle did a fantastic job and the film makers were very impressed with the girls' auditions.

You never know what things will eventuate in the future.

WORKSHOPS

We have had our first healthy eating workshop with Susan Jones, all participants are learning about food groups and how much of each food group we need to eat in order to be eating healthy.



We will be continuing on with this workshop for the month of June, and the July workshop will be fun dance class, as dance is a great form of exercise.

Team Voice Report



This report for all pass and current participants and team coaches to be aware from the team voice has an announcement to make you all find out who will step down from the project there will be the last newsletter of team voice report

There for I am james vantol the team voice is step down from the up, up and away project I had a good time working with this project as a team voice as for up, up and away project for 4 years and I will not continued working next six months I am on a temporary bases as acting team voice for the up, up and away project

Thanks to the current team coaches and the participants and all past team coaches and participants I have been on

this project and so fair on this project I loved them so much and the former coordinator god bless to you all.

James Vantol, Team Voice
Up, Up and A Away Project .

Yes unfortunately James will be giving up his position as Team Voice for this phase of the project, but will hopefully come along to our workshops and be our DJ at our Christmas party.

What I would like to see happen, is if any of participants would like to write a story about yourself and how things are going with achieving your goals, with your team coach. Please feel free to write a story or anything that you would like to be printed in this newsletter. All you need to do is give it to your team coach or email it to Maria Short upandaway@dsansw.org.au I will print it up in the newsletter.

YEP PROJECT

On the 27th May, 2009, and the 3rd of June, 2009 Amrita Ramjas, Julia Wilcox and Danielle Pham presented at the University of Sydney as part of YEP.

They were teaching second year Occupational Therapy students about their experiences of living with Down syndrome. The girls had a PowerPoint presentation that was projected onto a big screen and it contained loads of photos of the many achievements and important parts of their lives. The students were particularly impressed with Amrita's huge haul of gold medals from the Special Olympics and with Julia's overseas holidays, and Danielle's trip to Vietnam.

Amrita, Julia and Danielle spoke really well. Amrita was asking very challenging questions to the students that made them think about their current views on disability. Julia took charge of the students in a very teacher-like-style and ran an interactive session on her own. Danielle was great at answering all the questions, that the students were asking.

Feedback from the students was all positive. Some of the things the students said they liked the best were hearing the girls' stories and playing the interactive games. One student said the only thing that could be improved is that the session should be longer, so they could learn even more about the girls. That's not usually something uni students say!! The main thing that the students said they learnt is that just because somebody has a disability doesn't mean they can't achieve brilliant things - the three presenters were living proof of that.

Congratulations Amrita Danielle, and Julia, you are all very talented young women and have done a wonderful job!

INVITATION

Come and help us celebrate the launch of

“Up Up and Away DVD”

A locally produced film featuring the stories of five young adults with Down syndrome striving to achieve their life goals.

A Down Syndrome NSW Project in conjunction with The Foundation for Young Australians

To be opened by
Dr Michael Spence
Vice Chancellor
University of Sydney

Date: Friday 16th October

Time: 1.00 –5.00 pm

Venue: Utzon Room Opera House, Sydney

Music and light refreshments provided

RSVP: by Fri 28th August

Book early as limited tickets are available!

Angela Adams (02) 9683 1900 (phone) or admin@dsansw.org.au

Up, Up and Away Research News

As you know we are doing research into Phase 2 of the project.

Miriam Stevenson is a researcher at the University of Sydney and started the research in 2007. We call the project "Voices for Change" Participatory Action Research in partnership with young adults with Down syndrome.

Where we are up to.....

We have done interviews with participants, team coaches and parents and are now at the stage where we are starting to write up the interviews and learn what everyone is saying about the project and their experience of disability.

The great news is that the **Parramatta Lions** have donated some funds to the project to pay James Vantol and Danielle Pham to be co-researchers for 3 months. They will help to 'code' the data (this means look at what ideas and views people have come up with in the interviews) and help Miriam to write a journal article by October this year!!

James and Danielle start work in July - BIG THANKS to the LIONS!! If anyone else is interested in this work let me know!

We will keep a journal on the research and let you all know how we get on. We are hoping to do our work at the University of Sydney Camperdown Campus.

If anyone has any questions or ideas about the research, please contact Miriam at mste8601@usyd.edu.au