



Up Up & Away

NEWSLETTER November 2008

Foundation for Young Australians
And DSNSW

VERY IMPORTANT NEWS FOR PARTICIPANTS AND FAMILIES

Please read and log dates in your diary!!

- **Announcing Maria Short as the new Project Coordinator!!**
- **DVD and launch News**
- **Participant News- Danielle's travels**
- **Research News**

Note: Double sided newsletter PTO each page.

Hi there folks,

Hope you are all well and enjoying the warmer weather!!

Lots of news for you this month to make sure you are well-informed...

New project coordinator

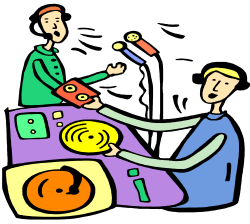
Just to let you know that I will be finishing in my role as coordinator at the end of this month and MARIA SHORT will be the new Up, Up and Away Coordinator from 1st December 2008!

As most of you will know, Maria has been working as a Team Coach on the project since 2006 and has done some fantastic work with participants and families. She is passionate about the project and has exciting visions and ideas for new directions it can go in. I hope you will all join me in welcoming Maria most warmly to her new job and giving her strong support with the ongoing project work. Go Maria!!!

I will still be attending workshops, managing the DVD and manual launch and keeping in touch with research participants so not going too far!

I have really enjoyed my time as coordinator and it has been a blessing and privilege to know you all.

Miriamx



Up, Up and Away Sound trackers get a BIG break....

Making a soundtrack for the DVD has been very exciting- Julia, Shona, Danielle, Josh and Miriam Noble have been working at the Seymour Centre with Nick Toth, Sydney composer and DJ. Danielle has written a lovely song for the group to soundtrack. The Sydney Conservatorium have kindly given us a professional recording studio for the afternoon of the 29th November. Hideki Isoda, the Associate Dean of Technology and Distance Learning, has very kindly offered to be our sound engineer for the day on 29th November. Amazing

DVD and Manual Launch date has changed

The date of the DVD Launch has changed to enable us to have more time to review the DVD and organize the launch to full effect as the previous timescale was very tight!

The new date for the launch will be Wednesday 14th October 2008 which is in the middle of World Down Syndrome Week. We are pleased with this and very grateful to the Sydney Opera House for enabling us to change the date at no extra fee!! Please fill in the form attached and return to DSNSW as soon as possible. All filming for the DVD will be finished by 17th December 2008.

The Right of Review screening for participants and their families will be on Saturday 7th February starting at 10.00am at Ryde Eastwood Leagues Club, Rydale Rd, West Ryde. You will have the chance to see and

comment on the DVD at this point. Please put this date in your diary.

Participant news

Team Voice Report

I would like to say Thank You to Miriam Stevenson for best and fantastic work in the Up , Up and Away project. All the hard work it was beautiful work for the project and so fair for us and the team voice . I am staying on the long term to this project and for our community to support all the participants in the project and . Well done to Maria who has been promoted to coordinator and we give her our full support for this project.

***Report by
James Vantol Team voice***

I would encourage you all to read this beautiful travel journal by Danielle Pham.

MY HOLIDAY EXPERIENCE OF A LIFETIME

By Danielle Pham, Up, Up and Away Participant

I would like to share my holiday and I'll be showing you some of the photos of my holiday.

My holiday started on 12th February 2008. I flew to Singapore by myself and caught up with Liz (my carer and friend) and her friend Lynne. We started our backpacking holiday by flying to Vietnam and then went trekking in SaPa where it was very wet, very muddy and very dangerous but I did it, at the end of it we had a hot spa in the mountains outside but it was only luke-warm but fun. We stayed overnight with a family in a home stay we tried many different things like mouse!!! Yuck. The next day Liz went to a waterfall by herself and fell down and broke her wrist. Then we met Lynne's brother Andrew. We travelled around Hanoi, Kiem Lake, and we went to see the water puppets, it was amazing. I was the only one allowed to go backstage to see how they made the water puppets work. They were very clever. Went to Phan Thiet where my dad was born and Dalatt where he did his army training. Couldn't go in but took photos outside of it. Went to place called Nha Trang where we went snorkelling and Liz went in with a plastic bag on her arm. We had a disco and a bar in the ocean where we all had to swim I managed to get up on the raft not for long but it was great.



Danielle and Tiger.....

Don't try this at home folks!!

Then to Saigon where my mum was born and we met my auntie and her family which was very special to me. I enjoyed my time with my auntie. We travelled around on buses, trains, boat and taxis and motorbikes. It was very busy and crowded in Vietnam lots of

Vietnamese people wearing conical hats and carry baskets of fruits and vegetables and so on. We went on a Mekong Delta tour by boat along the Mekong River. Lovely surroundings. Had a motorbike tour to the killing fields where people including children been killed during the war. It was very sad and an awful thing for people to do to each other. After Vietnam we went to Cambodia first to Phom Pehn and then a week by bus and boat to SiemRiep. We spent a few days at Angkor Watt which is an amazing place

full of ruins. We saw it at sunset and sunrise. We had a hot air balloon ride overlooking Angkor Watt and Angkor Thom. It was lovely. We took lots of lovely photos. . Liz bought me an Amethyst ring from the Handicapped Place where people did their artwork including lacquer work. They were very clever and the work was very beautiful

After Cambodia we went to Thailand where we caught up with Liz's sister Angie. We stayed in Bangkok for a few days and went on tour to the Tiger Temple and a trip to the River Kwai as well as a trip on the railway. I had lots of photos taken with the tigers who were very still and hot. Then we stayed at Ko Chang Island right on the beach. It was a lovely place. We did lots of swimming and snorkelling We went on a snorkelling trip, elephant trekking which was great, Liz drove around the island and we saw lots of different beaches.

I went to the CYO Thai class and I made Pad Thai, red curry, green curry and the Massaman curry. It was great and I enjoyed it. After Thailand we went to Malaysia by bus and train. One of the places we went to was Kluang which was where Liz was born so it was very special for her to see it. After Malaysia we went to Singapore where Liz and I said Goodbye to Andy and Lynne which was very sad especially for Liz and Lynne because they had been to travelling for a long time and had been to India as well. I ended my holiday on the 10th May when Liz and I flew back to Brisbane, what an amazing time.

Overall, I had a fantastic holiday and I managed my backpack and all the travelling, on and off buses trains all right. It is hard to say what I enjoyed most, but some of the things were the snorkelling, motor bike riding and the party on the free bar in the middle of the ocean in Nha Trang in Vietnam, great fun. I also really enjoyed the tigers and the elephants and of course all the different food. I enjoyed my time with my auntie, very nice family. The saddest part of the holiday was when Liz had a Dengue fever which is caused by mosquito and had to go into hospital she was very ill but thank goodness she came back. I would like to go on another holiday like this again and if I am lucky may be Liz will take me to South America in three years time and if Andy and Lynne let me come.

Research News

Many thanks to Andrew Case and Danielle Pham who came to the University of Sydney Post-Graduate research seminar. Lisa Dingle was a total star when she spoke alongside Miriam at the Strength in Unity Conference at Sydney in Luna Park on Wednesday 12th Feb. Lisa did a powerful PowerPoint presentation about her life and described her experiences in the Up, Up and Away project. Miriam then spoke about the research and discussed some messages from parents whose sons and daughters are in the project.

Please see our web-pages on the DSNSW for Research updates and PowerPoints

This research is seen as very valuable and Miriam has recently been given an award to travel to Canada next year to the PLAN Institute who have been building circles of support for over 20 years! Hopefully we will learn more from them. I will keep reporting back on the research to all participants by email and submit articles for the DSNSW Newsletter. I am really grateful to all who have been interviewed, its important that your voices are heard.

IMPORTANT: If anyone wishes to contact me in relation to the research, DVD, Manual or even to say 'HI!' Please use my home email which is stevensonmiriam@yahoo.co.uk . Stay in touch and good luck everyone!

Down Syndrome NSW proudly presents the.....



Up Up & Away

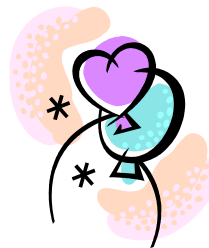


Christmas Party

Come and join us for

- Participants, friends and families invited
- Karaoke
- Disco dancing

Date: Saturday 13th December
Time: 2.00pm-5.00pm
Venue: Ryde Eastwood Leagues Club



2008/9 Diary Dates

Date and Time	Activity	Who is invited	Details
29 th November at 9.30-12.30pm	Dance workshop at Ryde Eastwood Leagues Informal coffee meeting for parents	Everyone in project	Wear comfy clothes in Black and/or White if possible.
29 th November 1.30-4.30pm	Final DVD Soundtracking workshop Sydney Conservatorium	Danielle, Josh, Shona, Miriam Noble, Julia and coaches	Meet outside the Sydney Conservatorium main entrance at 1.30pm on Sat 29 th November.
13 th December 2- 5pm	Up, Up and Away Xmas Party- Disco and Karaoke Ryde Eastwood Leagues Club	Everyone in project family and friends	Bring a plate!
Saturday February 10.00am	DVD Right of review for participants and families	Participants and families in the DVD	Bring a drink and a snack. Café on premises

Sunday 8th Feb 2009 10.00am	DVD Right of review for other participants and agencies	Agencies involved in DVD	Bring a drink and a snack. Café on premises
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That's all for now folks.....

Miriamx