

# Speak UP!

Issue 30

Spring 2008

## UP-Coming Events

Norths Rugby day  
NSW Art Gallery  
Yum Cha  
UP Club meeting  
Centennial Park

Call the office for  
details.

9683 4333  
upclub@  
dsansw.org.au

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## Spotlight on ... Caroline Leafe

Hi, I am Caroline and I am 20 years old.

I do Hospitality at Tafe as well as Practical Retail and Kitchen Assisting. On the other days I do some work experience in Hornsby Nursing Home and I go to Studio Artes on Wednesday.

My sister, Jessica is studying for her year 12 and my 7 year old brother is Samuel, who is cool. We have a dog that wanders everywhere - his name is Mr Frodo. My dad works as a Dentist in Lindfield.

My hobbies I love hip hop. I also do other dance lessons like Contemporary and Latin American. I also love knitting squares for Wrap with Love and I like typing.



## Note from the editor

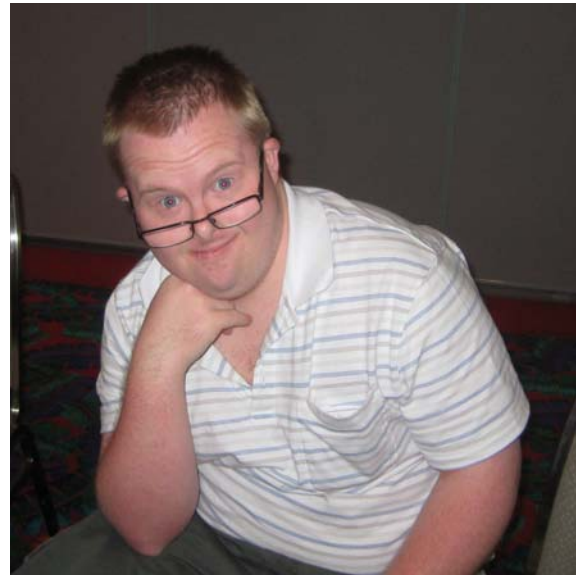
My email address is  
elizaj@optusnet.com.au. if anybody  
wants to send me anything for Speak Up.

Eliza Bailey



# Job spot

## Josh Naylor



**1. Where do you work?**

I work at Chatswood industries

**2. How long have you been there?**

I have been there since I finished school, two years ago. I started on the transition to work program, but now I get a payslip like everyone else. Its really important to me.

**3. How did you get your job?**

I don't know. When I was at school at Clarke road, I did work experience at Chatswood industries. I liked the work and the people.

**4. How do you get to work?**

Have bus and two trains

**5. What are your work hours?**

I work full time from 8am until 4pm

**6. Tell me about your work mates ?**

I have lots of friends at work. Peter ,Megan, Emma and Tim

**7. What do you do in your job?**

Fix Qantas headsets. I un-tangle the cords, put on new ear pieces, wrap the cords and put them in the bags.

**8. What do you do with the money you earn?**

In bank. At home I have a locked money box with different plastic bags in it. On pay day, I take all my pay out of the bank and put it into the bags so I can organise my money for the next two weeks. One bag is for transport , one is for my personal trainer, one is for going out , one is for haircuts, one is for wrestling DVD's and one is for savings.

**Josh Naylor**

## PHOTOS OF THE UP! CLUB OUT & ABOUT



The UP! Club would like to thank SPIGILO ITALIAN RESTAURANT for inviting us to eat at their wonderful restaurant. It was honestly the best food we have ever had! Thank you Pino and your team, we had an unforgett-able night! SPIGILO in Stanley St, Darlinghurst, phoned to invite to UP! Club after *On a Wing and a Prayer*. It was their way of showing their support to Down Syndrome NSW and the UP! Club and we can't thank them enough for having us!



# A NOTE FROM EMILY ;-)

Hi everyone!!!

I am now back in Australia after having a wonderful time in Belfast.

I also spent a week in Paris and 4 days on the south coast of France in a beautiful city named Nice.

I have been lucky enough to go along to some UP! Club activities and catch up with some of you again, which has been great! I will try to come along as often as possible to see you all again and catch up on what you are all doing.



I am currently working at National Disability Services as Policy Officer. This is a very interesting role and I am enjoying it very much. Although it has been a steep learning curve, I am in charge of the portfolio areas of children and young people with disabilities and their families, as well as post school programs, which includes Community Participation and Transition to Work which some of you are involved in.

National Disability Services, or NDS, is a non-government organisation that represents service providers and aims to promote the interests and wellbeing of people with disabilities and their careers in both state and federal politics.

I work closely with many Ministers and Government Departments and hope to make some real changes!

I am also still involved in the UP! Club and have been working with Brooke to organise another event for this year's International Day for People with Disability.

But, enough about work... I hope you are all very well and I can't wait to see you again soon.

If you wish to email me, my address is: [emilycaska@hotmail.com](mailto:emilycaska@hotmail.com)

Love Emily. ;-)