

Fundraising and theme for Buddy Walk 2009

Theme for 2009: It's a G.A.S!

Last year our theme was AAA (Access All Areas) - Our **Buddy Walk Heroes** raised over \$40,000 to improve access to information and resources for all communities across NSW, as well as to improve the broader community's understanding of Down syndrome, so we can build a more inclusive, supportive society.

This year, we celebrate the very important role grandparents, brothers and sisters play in the lives of many people with Down syndrome with the theme...

It's a G.A.S! 'Grandparents and Siblings'.

The constitution of Down Syndrome NSW was amended earlier this year 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, aunties, uncles, employers, teachers – all are welcome and celebrated at **Buddy Walk – Australia 2009!**



Want to hold a **Buddy Walk** in your local neighbourhood? It doesn't matter where you are, you can join in **Buddy Walk - Australia 2008!**

Call Priscilla 0402 503 885 priscilla@dsansw.org.au



FUNdraising: The emphasis is on the 'FUN' part of 'fundraising' - simply set a target; ask relatives, friends, neighbours, schoolmates, workmates, your club, whoever you like, to sponsor your Walk, kick in a few dollars to help you reach your target, for a great cause!

You can even create your own **Buddy Walk Hero Page** on the web and email it to all your friends, colleagues and family, wherever they are in the world.

Go to www.buddywalk.org.au - create your own **Hero Page** in seconds, email everyone you know, and watch your 'hero meter' rise!



Join us in 2009
for the largest
event for
Down syndrome
ever held!

Celebrate
Down Syndrome Awareness Week
(11 - 23 Oct) at **Buddy Walk - Australia!**

In 2009, **Buddy Walk** has grown into a truly National event in celebration of people with Down syndrome and their families.

Buddy Walks will be held across Australia from coast to coast - from Sydney to Perth - from Brisbane to Melbourne....

Be part of history at
Buddy Walk - Australia 2009!



Down Syndrome NSW

'steps to a brighter tomorrow'



Buddy Walk - Newcastle Sunday 18th October

Join us for a stroll along beautiful Newcastle Harbour and celebrate afterwards with a picnic together, and entertainment in the Foreshore Park.
For more details or to volunteer can Jennine - 0406 057 402 or Anna - 0414 909 040 or via email adbrown@idl.net.au. Register at www.buddywalk.org.au



INTERNATIONAL ACT - LOVEJUNX

- internationally acclaimed Hip Hop Dance group from Japan - all its members have Down syndrome,. It gives us great pleasure to welcome LOVEJUNX to perform at **Buddy Walk - Sydney 2009!**



*"The best part of **Buddy Walk**? The time we got to share with family, friends and people we had never met before. It was nice to know that we all have something so wonderful in common, it gave us confidence that our children, even though they may be a little 'different' can be accepted for who they are amongst such a widespread and loving community." - Jo*



Buddy Walk - Sydney Sunday 11th October

Sydney in springtime... no better place to be than by the Harbour... the Jacarandas blooming... the yachts darting... and the water glistening (usually) in that stunning spring sunshine.

You can have all that, great company, and a great cause too, by kicking off Down Syndrome Awareness Week at **Buddy Walk - Sydney!**

Join us again for a beautiful harbourside walk from Circular Quay, across the Sydney Harbour Bridge, and down to Milson Park, Kirribilli for picnic, games and entertainment featuring internationally acclaimed **LOVEJUNX**.

Walk start: 10:00am (registration essential)
Location: First Fleet Park, Circular Quay

Contact: Priscilla for details
*Tel 02 9841 4404 * Mob 0402 503 885
priscilla@dsansw.org.au
Volunteering opportunities available for setting up, marshalling and other jobs.
www.buddywalk.org.au

Buddy Walk in the 'Gong - Sunday 18th October

This year's Wollongong Buddy Walk will be very informal and relaxed - meet friends for a BYO picnic and a stroll along the Harbour foreshore. Email steve@dsansw.org.au or call Steve on 042 4044 930 for details..

'Have fun meeting old friends and making new ones at Buddy Walk 2009'

Buddy Walk - Canberra, Sat 17th Oct

Join us for the inaugural Canberra Buddy Walk at Regatta Point, Commonwealth Park.

Go to www.buddywalk.org.au or call 02 9841 4444

Buddy Walk - Wagga, Sat 24th October

Please join us for Wagga's 2nd Buddy Walk. This year we will be staying out of the midday sun and having a twilight Walk and picnic around Lake Albert.

Go to www.buddywalk.org.au or call 02 9841 4444