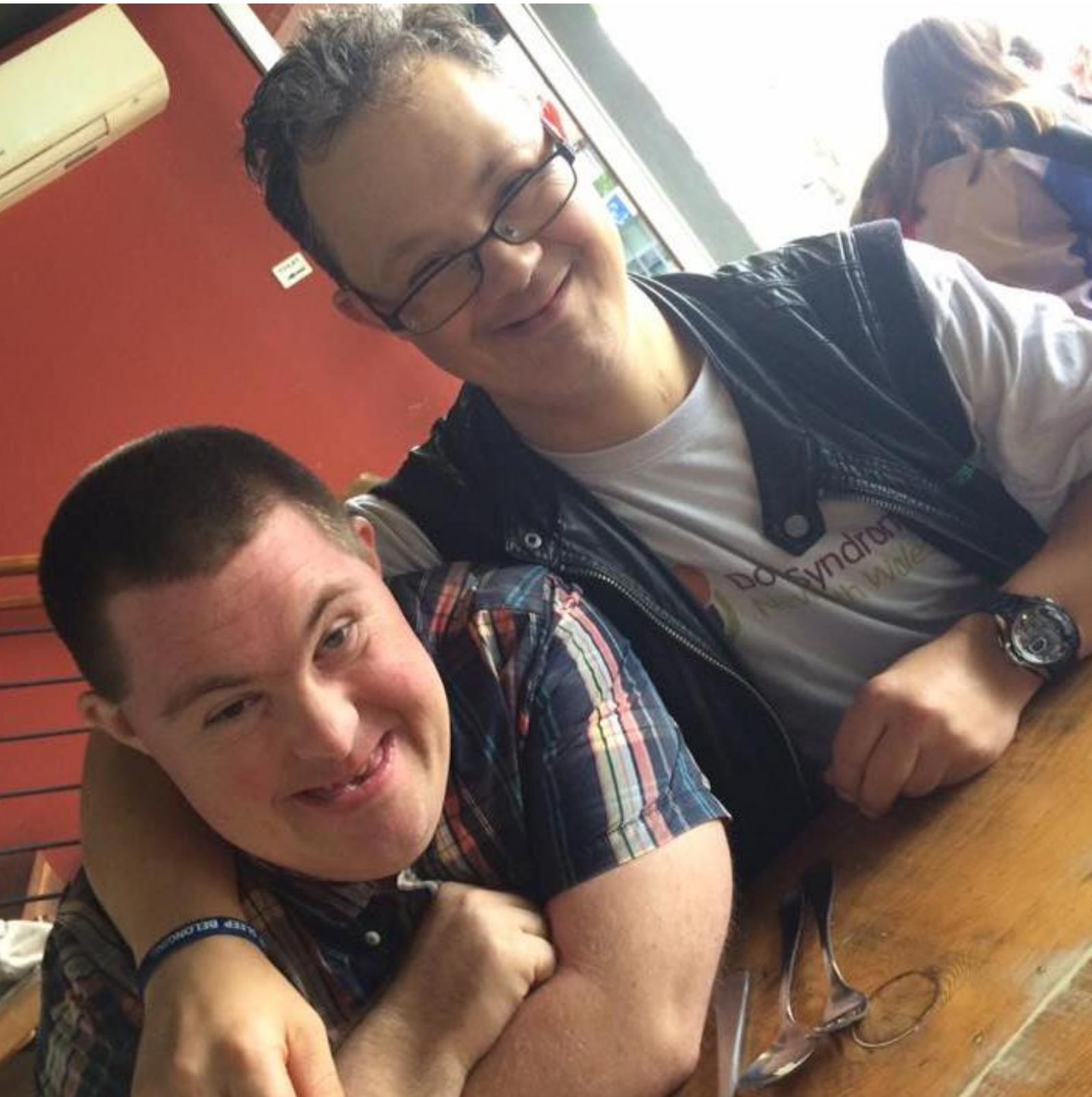




Down Syndrome
New South Wales



UP!Club

Achieving our full potential

ACTIVITY PROGRAM

OUR MISSION STATEMENT

We work with and represent people with Down syndrome to help them achieve their full potential in all life stages. We deliver value to the people we represent, and their families and carers, through information, peer support, advocacy, education and service, from a committed team that unites professional expertise with lived experience.

OUR VISION FOR PEER GROUP CONNECT

Build skills for life, with people you know in places you like to be.

OUR ABILITY TO PROVIDE

UP!Club is a registered service with the NDIA. The program is managed by DS NSW people with lived experience and over 20 years of professional experience in delivering social programs focussed on capacity and inclusion.

GROUP ACTIVITIES

SPEAK UP	Improve communication skills to help shape the community
HEALTHY ME	Healthy food choices and how to cook in a healthy way
PARTICIPATE	Try new experiences with the support of peer groups
GIVE BACK	Develop a sense of purpose through volunteer work
CREATE	Unleash the creative genius through art, music, drama, dance
INDEPENDENT LIVING	Domestic and life skills for a more independent life

CLUB LOCATIONS TO DATE

- Sydney Inner West
- Sydney North
- Sydney South
- Sydney East
- Blue Mountains
- Hornsby
- Penrith
- Parramatta
- Sydney South-West

UP!Club social group members must be a current member of Down Syndrome NSW

[Apply for or renew DS NSW membership](#)

[Apply for UP!Club membership](#)

For more information visit: www.downsyndromensw.org.au/upclub
or phone: 02) 9841 4444, or email: admin@dsansw.org.au

SPEAK UP

Participate in activities that can help improve your communication skills. Try public speaking or attend a leadership workshop. There are many ways to learn new skills in a relaxed environment. You will gain the confidence to speak up so you can actively lead, shape and influence your community.

Opportunities to speak publicly can arise at almost any event. If there is an opportunity to thank the venue or someone that has been involved in supporting the event it is nice to nominate a participant to do a “thank you” speech.



ACTIVITY IDEAS

- Public speaking - day courses available
- Opportunities to present speeches attend DSNSW events
- Leadership courses through DSNSW for individuals or groups

HEALTHY ME

Living healthily is about making good choices. There's plenty of fun things you can do to help improve your health like swimming, yoga, bushwalking, boot camp, rock climbing and meditation. Learn about healthy food choices and how to cook tasty meals for yourself. If you want to learn how to live a healthy life, we have a wide range of activities that will keep you on the right path.



ACTIVITY IDEAS

- Swimming at local pools
- Boot camp session with a personal trainer
- Yoga session with a local instructor
- Bushwalking at your local park
- Rock climbing at a local indoor recreation centre
- Guided meditation sessions to learn how to relax and reduce anxiety
- Healthy cooking classes

PARTICIPATE

Trying new things can sometimes be challenging, but when you're with a group of friends it is much easier. Get out and about in your community and do all the things you want to do. Eat at restaurants, go to the movies or sing Karaoke and dance the night away. There are so many opportunities to get out into the community. Doing it with a group of friends is so much fun!



ACTIVITY IDEAS

- 10 Pin Bowling
- Movies
- Sporting Event such as NRL, AFL, A-League etc.
- Karaoke
- Lawn Bowls
- Musicals – Is there a show near you!?
- Picnic at the park

GIVE BACK

Never doubt the ability you have to change another person's life for the better. Volunteering is an excellent way to contribute to your community and brings a tremendous sense of satisfaction and purpose.



ACTIVITY IDEAS

- Most aged care centres accept volunteers and would be happy to have visitors
- Programs to support disadvantaged kids exist in most communities and welcome volunteers
- Animal shelters often run activities where you can volunteer to feed, wash and groom their animals
- Homeless shelters or food kitchens love volunteers to help prepare meals and clean the kitchen
- Clean up Australia Day – March 2019

CREATE

Unleash your creative genius through painting, photography, music, drama, pottery, craftwork and dance. Creating fills you with satisfaction, builds confidence and gives you a sense of accomplishment.



ACTIVITY IDEAS

- Art classes
- Photography course
- Music workshops, everything from the harmonica to bongo drums can be fun.
- Drama workshop
- Pottery classes
- Craft work shop
- Dance class, you can't go wrong, whether it's hip-hop, salsa or a waltz!

INDEPENDENT LIVING

Do you have goals to live more independently? Practice makes perfect! Do some grocery shopping, master public transport and learn money management techniques. Practical activities will help you learn new skills and build confidence.



ACTIVITY IDEAS

- Visit a shopping centre
- Do a grocery shop for the week
- Go to the bank
- Run a workshop on independent tasks (DSNSW can assist)
- Catch public transport to unfamiliar places and find your way home