



Down Syndrome  
New South Wales

UP!Club

online



UP!Club is a state wide social connection group for adults with Down syndrome.

Over the next few months we will continue to operate activities **ONLINE**. We can provide all the information you need to get set up.

[www.downsyndromensw.org.au/upclub](http://www.downsyndromensw.org.au/upclub)

# UP!Club Online - Staying Connected!

## Monday 30<sup>th</sup> March – Monday Catch UP!



Our Monday Video Chat is a great chance to talk about what you got up to on the weekend. We will also talk about what plans you have for the week ahead and what kinds of new activities you would like to do.

**What to prepare:** Have a story about something fun you did on the weekend!

**Starts:** 2:00PM

**Finishes:** 3:00PM

**Service Costs:** 1 hour NDIS scheduled rate

**Host:** Ryan

## Wednesday 1<sup>st</sup> April – April Fools Day Planning Meeting



UP!Club is going to Disneyland today. Just kidding, it's April fools day! Today we will be running our first online planning meeting. Like all of our planning meetings, this is your chance to put forward your activity ideas for the coming months. And bring a story about the best prank you have ever played on anyone – let's make each other laugh!

**What to prepare:** Have your online activity ideas ready to discuss.

**Starts:** 10:00AM

**Finishes:** 12:00PM

**Service Costs:** 2 hours NDIS scheduled rate

**Host:** Ryan



## Friday 3<sup>rd</sup> April – Feel Good Friday

“Feel Good Friday” is a chance to meet online and share your stories about something that makes you happy. Laughter is the best medicine!

**What to prepare:** Have a story about something that makes you proud, or something that makes you happy, or something that makes you LAUGH OUT LOUD

**Starts:** 2:00PM

**Finishes:** 4:00PM

**Service Costs:** 2 hours NDIS scheduled rate

**Host:** Ryan



To register please go to [www.downsyndromensw.org.au](http://www.downsyndromensw.org.au)

or phone Ryan Blunden on 0437 762 480