



Down Syndrome
New South Wales



UP!Club

Achieving our full potential

ABOUT UP!Club

UP!Club is a peer group connection program developed for people with Down syndrome by people with Down syndrome. It is a state-wide network of young adult peer groups that support social connection and capacity building. All participants are people with Down syndrome, who collectively have developed their own activity program.

Each group is managed by a coordinator who is employed by DS NSW. We provide over 20 years experience in delivering social programs that focus on capacity and inclusion.

Activities are designed to develop skills to assist participants to be independent, participate in the community, maintain relationships, chase their dreams and achieve their full potential.

ACTIVITIES TO HELP BUILD SKILLS FOR LIFE

SPEAK UP. Activities to improve communication skills to help shape and influence your community

HEALTHY ME. Learn how to make healthy food choices and how to cook-to-eat in a healthy way.

PARTICIPATE. Try new experiences and build confidence with the support of peer groups.

GIVE BACK. Volunteering is the ideal way to contribute to the community, with a sense of purpose.

CREATE. Unleash that creative genius through art, music, drama, craft and dance.

INDEPENDENT LIVING. Grocery shopping, public transport, money handling skills, for a more independent life.

DS NSW UP!Club is a registered service with the NDIS.

The program and activities are run by people with lived experience and professional qualifications and are certified against NSW Disability Standards.



UP!Club

Contact us for more information and registration.

02) 9841 4444

admin@dsansw.org.au

www.downsyndromensw.org.au/upclub