



UP! FOR FUN

Celebrate Down Syndrome Awareness Month with us

Sunday 19th October
11:00am – 2:00pm



Crescent Precinct, The Domain
(corner of Art Gallery Road & St Marys Road)

GETTING THERE



By car

- You can park at Wilson Parking – The Domain.
- If you book online it costs \$13.
- If you pay on the day it costs \$18.



By train

- You can get off at St James Station. Walk about 7 minutes.
- Or get off at Martin Place Station. Walk about 9 minutes.

WHEN YOU ARRIVE



- You will see friendly staff and volunteers.
- They will say hello and help you.

WHAT WILL HAPPEN



- You will see families and friends.
- You can have a picnic.
- You can buy food or bring your own.
- You can join in games, music and fun.

WHAT TO WEAR



- Wear casual clothes.
- Wear comfortable shoes.

ACTIVITIES



- Games for all ages
- Music and dancing
- Drumming
- Nail art
- Adults Arts and crafts

WHY WE CELEBRATE



- We celebrate Down Syndrome Awareness Month.
- We celebrate people with Down syndrome.
- We have fun together.

REMEMBER



- Bring a hat, sunscreen and water.
- You can take photos.
- Ask for help if you need it.
- Most of all: Have fun!