



香港唐氏綜合症協會

The Hong Kong Down Syndrome Association

DSC & PRN NEWSLETTER

2018 OCTOBER - DECEMBER



Highlights

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DS Centre

Address: Room

1303, 13/F, Tung Wah Mansion, 199-203 Hennessy Road, Wan Chai, Hong Kong

Telephone: 3694 0996 Fax: 3694 0997

Bradbury Parents Resources Centre

Address: No.1, G/F., Wing A, Chun Tung House, Tung Tau Estate, Wong Tai Sin, Hong Kong

Telephone: 2718 7772 Fax: 2718 0811

Review of Activities

Breaking the Guinness World Record

The Largest Djembe Ensemble including people with DS



Nearly 1000 people from different organizations, ages and backgrounds took part in the event in Tsim Sha Tsui on 27th May 2018.

The participants successfully broke the Guinness world record by having the largest number of people continuously playing Djembe, dancing and singing for longer than 6 minutes under the hot sun in order to encourage the public to recognize the potential of people with Down syndrome.



Sharing from Wendy Li, parent of Chow Yat Long Jeffery

Thank you for HKDSA for letting us participate in the breaking Guinness event. We were the first time to play djembe. At first, we felt a bit hard to play djembe, as we had to remember the tempo and the action. Fortunately, we could practice at home through watching the video tutorial and become confident to play with the djembe. Practice makes perfect, finally, we found that it was easier to handle it than before.

On 27 May 2018, the event day, there were lots of participants. Although it was so hot and shiny, we felt happy and relaxed. We enjoyed the event so much, and we look forward to playing dejembe next time!

World Down's Syndrome Congress (WDSC)



*MJ: I was the flag holder of Hong Kong.
Suddenly, I found my mum and I couldn't wait to
give her an air kiss.*



*We made lots of new friends and learnt a lot
from the congress.*

*We need some time to integrate all the information.
Please look forward to the E-News later.*



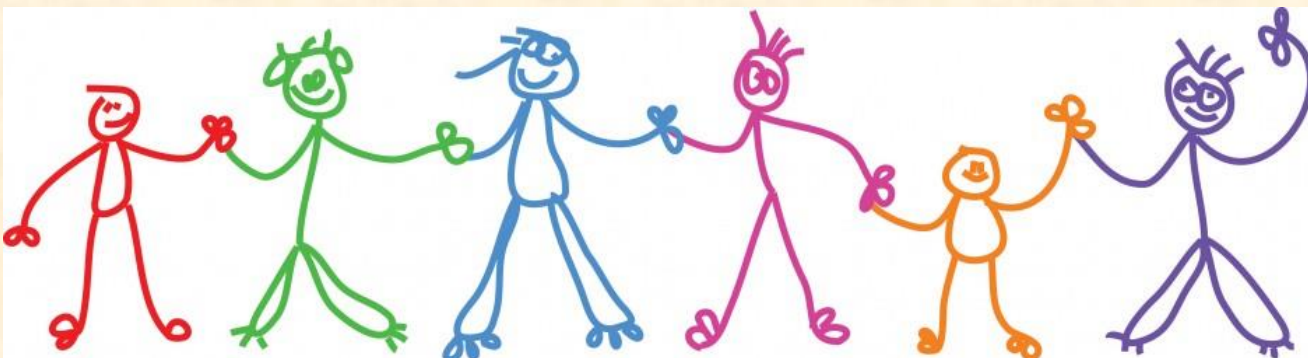
The power of DS parents' network



In May 2018, there was a teenager with Down Syndrome got lost nearby his living district and fortunately, he was found by the police the next day.

In this accident, our parents' network did share the same feelings of the parents of the case, and we helped spread the missing person notice to our parents' network in 5 districts in Hong Kong immediately so as to help find our member as soon as possible. Some parents even came out voluntarily and helped find the members and spread the notice.

Finally, we shared the great happiness of the member's returning to his parents. Reviewing the case, we reassured that our DS parents' network was very reliable, strong, effective, supportive and affectionate. Though each parent might not know all in this network, it is very much appreciated that we still care and keep concerning on others. We hope that we can keep on working out this power in this future!



Dental Education Talk

—Common Oral Conditions and Care for Special Needs Children aged 0-12 years old

Content:

1. Getting to know common oral conditions & diseases - Dr. Lily Tong, PHD.

An account of common oral conditions and diseases in children aged 0-12 with particular emphasis on the intellectually disabled group.

2. Ways to improve/tackle – Ms Donna Simchison.

Introducing various practical approaches in the prevention of oral diseases and improving the methods for administering appropriate measures to improve the oral hygiene for this group of children.

Date: 13th Oct, 2018 (Saturday)

Time: 3:00 – 4:30pm

Venue: DS Centre

Target: Parents, teachers, care-givers and staff involved in service of children with intellectual disabilities aged 0-12 years old

Places: 30

Fee: \$10/per head

Guest Speakers : Dr. Lily Tong PHD, Dentist trained in Paediatric Dentistry,
and Ms. Donna Simchison, Dental Hygienist.

Enrollment: <jothy.kwan@hk-dsa.org.hk>Ms. Jothy Kwan



Biography of Dr. Lily Tong PHD, Dentist trained in Paediatric Dentistry

Dr. Tong graduated with the degree of Bachelor in Dental Surgery from the University of Hong Kong in 1985. She belonged to the first batch of dental graduates from the Faculty. Shortly after graduation, she was granted the Japanese Government Monbusho Scholarship to pursue her postgraduate studies in Japan and in 1987, she obtained the Diploma in Paediatric Dentistry at Osaka University, where she had the opportunity to perform dental treatment for a group of medically compromised, intellectually and physically disabled children.

Since her return from Japan in 1987, she had started working as a part-time associate dentist in the private sector, Research Associate until 1991 as well as Clinical Lecturer in the Discipline of Paediatric Dentistry, Faculty of Dentistry, University of Hong Kong, until 2016. She obtained the degree of Doctor of Philosophy at HKU in 1999.

Dr. Tong was in the Council of the Hong Kong Society of Paediatric Dentistry from 2009 to 2016. She has been the Vice Chair of the Hong Kong Special Care Dentistry Association since 2013. Apart from being a private practitioner, Dr. Tong is actively involved in voluntary dental work. She had just left the Hong Kong St. John Ambulance Dental Command, where she had served for nearly 11 years. At present, she is a voluntary dentist of the Loving Smiles Special Care Dental Centre, Po Leung Kuk and Sik Sik Yuen Dental Centre.

Biography of Ms. Donna Simchison, Registered Dental Hygienist

A “newbie” to Hong Kong Donna is an honours graduate of the Dental Hygiene program St. Clair College, Windsor, ON, CANADA. She maintains Registration with the College of Dental Hygienists of Ontario. Donna is also an active and long standing member of the Canadian Dental Hygiene Association as well as a member of the Hong Kong Dental Hygiene Association.

Having worked in a preventive oriented family practice as a Registered Dental Hygienist for 27+ years, Donna brings with her great enthusiasm along with a wealth of knowledge in the oral hygiene instruction department.

Donna looks forward to applying her extensive dental hygiene experience and skills to help support the Hong Kong Downs Syndrome Association.

GOODBYE TO ZOE

We are going to miss Zoe the little girl as her family will move to Singapore in late September. Still remember the dates we having playgroup when she was just a baby. She will try to attend the playgroup in early September and let's have a farewell party with her. Hey! Our playgroup friends, let's get a reunion before Zoe leaving Hong Kong.

Hope our little girl grow with happiness and health.

Hope Zoe's family all the best!



We will miss you!

Hope you all the best!



DS CENTRE

Information

A. Activity register process of DS Centre

For activity registration, please send e-mail to dsc@hk-dsa.org.hk. We will draw lots to decide the application if the registered members are more than the quota. The deadline of registration is on 16th September, 2018 (Sunday) 5:30pm. The draw's result will be publicized at on DS Centre on 21st September, 2018 (Friday). We will distribute the receipt during 24th September to 27th September, 2018. You can collect the receipt at reception desk during that period.

B. The Centre will be temporarily closed for the following days

Staff Retreat Day	5 th September, 2018 (Wednesday)
Chung Yeung Festival	17 th October, 2018 (Wednesday)
Member Annual Meeting	24 th November, 2018 (Wednesday)
Christmas Day	25 th December, 2018 (Tuesday)
The first Weekday after Christmas Day	26 th December, 2018(Wednesday)

C. Notice – Adverse Weather Arrangement

Please be aware of the weather condition before joining our activity. DS Centre will apply the following action if below Severe Weather warning announced by The Hong Kong Observatory during 3 hours before the activity.

If Severe Weather Warning announced during activity, centre will keep participant safe before centre close.

Members should also consider the weather condition of living area before going to centre.

Severe Weather warning	Centre operate	In-door activity	Our-door activity
No.8, 9 and 10 Tropical Cyclone warning signals/Black Rainstorm Signal	✗	✗	✗
No. 3 Tropical Cyclone warning/ Red Rainstorm Signal	✓	✗	✗
No.1 Tropical Cyclone warning/ Amber Rainstorm Signal	✓	✓	✓

✗ = Centre close and activity cancel

✓ = Centre operate and activity keep

Happy Friday 😊

DS.6/Spo/2018-23

Shaolin Kung Fu Course

The course focuses on the basic of Shaolin Kung Fu technique. The styles encompass a wide variety martial arts and are rich in content. The course emphasizes body's reaction especially. It can help you strengthen your muscles and reduce the risk of osteoporosis.

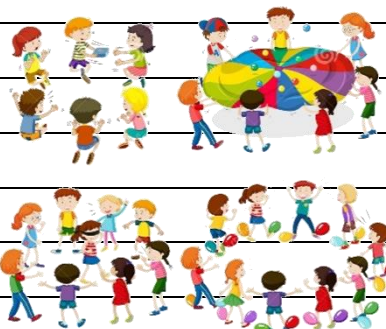
Content	Basic of Shaolin Kung Fu technique
Date	12 th October – 7 th December 2018 (Fridays, 7 sessions except 26 th October & 30 th November)
Time	5:00pm - 6:00pm
Venue	Dancing Room, DS Centre
Target	HKDSA Members aged 10 or above
Places	10
Fee	\$490 full term
Instructor	Mr. WONG Ka Ming, Samson
Inquiries	3694 0996 Ms. TAI Po Yi
Note	Please dress in sportswear

DS.6/Spo/2018-24

Fun Indoor Games

They are the different types of indoor games. Not only entertaining, but also enhances the vitality. It can help you remember things better, think faster and be more organized to improve your life efficiency. Come and play the exciting and fun games together!

Content	Play various games, such as Twister, Soft-Soccer, Soft-Basketball, Soft-Hockey etc.
Date	12 th October – 7 th December 2018 (Fridays, 7 sessions except 26 th October & 30 th November)
Time	6:00pm - 7:00pm
Venue	Dancing Studio, DS Centre
Target	HKDSA Members aged 6 or above
Places	10
Fee	HK\$10 per session or HK\$70 full term
Inquiries	3694 0996 Ms. TAI Po Yi
Note	Please dress in sportswear



SCHEDULE OF SATURDAY PROGRAMMES

***Period: 13th October – 15th December, 2018 , except 24th November (Saturdays, 9 sessions)**

***English is the main language in class.**

Teachers and Volunteers will assist to English speaking members in other classes.

Time	Class	Target	Fees (per quarter)	Fees (per session)
10:00am - 11:00am	Jazz Dance Tutor: Miss Ho Gi Lam, Natalie	Aged 6 or above	\$720 (9 Sessions)	\$80
11:45am - 12:45pm	Physical Fitness and Stretching Exercise Class Tutor: Mr Tang Wai Hung	Aged 10 or above	\$720 (9 Sessions)	\$80
1:00pm - 2:00pm	Island Dance* Tutor: Ms Nimi	Aged 7 or above	\$1170 (9 Sessions)	\$130
1:00pm - 2:00pm	Chinese Brush Painting A Tutor: Cindy Lau	Aged 10 or above	\$720 (9 Sessions)	\$80
2:00pm - 3:00pm	Chinese Brush Painting B Tutor: Cindy Lau			\$80
2:00pm - 3:00pm	Juggling Class Tutor: Mr So	Aged 7 or above	\$900 (9 Sessions)	\$100
3:00pm - 4:00pm	African Drum Tutor: Tommy Hung	Aged 10 or above	\$960 (8 Sessions) Except : 13/10	\$120



Starting from October, IL class A and B will be cancelled since Ms. Sonja cannot help conduct the classes for personal reason.

Thank you for Sonja's love and patience towards our members and hope her all the best in the future.

We will try to recruit a teacher for the classes.

DS Center

SATURDAY PROGRAMMES

DS.14/Art/2018-27

Jazz Dance

The course consists of the exuberant and fast-moving of Jazz Dance. It emphasizes a whole-body approach including flexibility, sliding, body's reaction and body awareness to allow freedom of expression.

Content	Element of Jazz Dance
Date	13 th October – 15 th December 2018 (Saturdays, 9 sessions except 24 th November)
Time	10:00am - 11:00am
Venue	Dancing Room, DS Centre
Target	HKDSA Members aged 6 or above
Places	10
Fee	HK\$80 per session or HK\$720 full term
Instructor	Miss HO Gi Lam, Natalie
Inquiries	3694 0996 Ms. TAI Po Yi
Note	Please dress in suitable wear

DS.6/Spo/2018-25

Physical Fitness and Stretching Exercise Class

Having physical fitness training and stretching exercises with simple equipment under the instruction of the coach. It can help strengthen your muscles and gross motor skill. It can also improve your coordination and flexibility of the body at the same time.

Content	(1) Physical Fitness (2) Stretching Exercise
Date	13 th October – 15 th December 2018 (Saturdays, 9 sessions except 24 th November)
Time	11:45am - 12:45pm
Venue	Dancing Room, DS Centre
Target	HKDSA Members aged 10 or above
Places	10
Fee	HK\$80 per session or HK\$720 full term
Instructor	Mr.TANG Wai Hung (He obtained the certifications in Physical Fitness Foundation and Resistance Training Instructor issued by the Physical Fitness Association of Hong Kong, China)
Inquiries	3694 0996 Ms. TAI Po Yi
Note	Please dress in sportswear

DS.14/Art/2018-22**ISLAND DANCE**

Island Dance taught by the English native tutor, it is easy to learn and you may have opportunities to perform. Let's get everybody dancing!!!

Content	Learning Disco and Modern Jazz
Date	13th October – 15th December 2018 (Saturdays, 9 sessions except 24th November)
Time	1:00pm – 2:00pm
Venue	Dancing Studio, DS Centre
Target	HKDSA Members aged 7 above
Places	20
Fee	\$130 per session or \$1170 full term
Instructor	Ms Nimi (Tutor from Island Dance Limited)
Inquiries	3694 0996 Ms. Hoo Shuk Fan

Chinese Brush Painting

Dipping and mixing different pigments with the traditional Chinese painting brushes, you can make creative work of painting art. Chinese brush painting can help develop your peaceful and meditative mind to release stress from daily life.

Code	DS.14/Art/2018-28	DS.14/Art/2018-29
Class	Chinese Brush Painting A	Chinese Brush Painting B
Content	A mixture of Chinese brush and pigment of brush painting	
Date	13 th October – 15 th December 2018 (Saturdays, 9 sessions except 24 th November)	
Time	1:00pm - 2:00pm	: 2:00pm - 3:00pm
Venue	Activity Room, DS Centre	
Target	HKDSA Members aged 10 or above	
Places	6	6
Fee	HK\$80 per session or HK\$720 full term	HK\$80 per session or HK\$720 full term
Instructor	Miss LAU Ho Yan, Cindy	
Inquiries	3694 0996 Ms. TAI Po Yi	

DS.9/Int/2018-02

Juggling Class

Juggling, juggling and juggling. Let's learn Plate Spinning, Chinese Yoyo and juggling three balls, etc. Juggling can improve coordination and concentration. Let's be a smart Downs Juggler!

Content	Learning easy juggling skills
Date	13th October – 15th December 2018 (Saturdays, 9 sessions except 24th November)
Time	2:00pm - 3:00pm
Venue	Dancing Studio, DS Centre
Target	HKDSA Members aged 7 or above
Places	8
Fee	HK\$100 per session or HK\$900 full term
Instructor	Mr So (Tutor from A To Z Magic Company)
Inquiries	3694 0996 Ms. Hoo Shuk Fan
Note	Please dress in sportswear

