



Term 1, Final Week, 2014 Newsletter

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Dear families and friends,

What an action-packed Term 1!! Every week we have delivered 24 dance classes across 7 Victorian locations, launched our new fitness program Beat Fit, inspired thousands of Australians through our local community performances and together we promoted Down syndrome to over 4.1 million people through our national celebration of World Down Syndrome Day at Fed Square.

The action continues over Easter when our Bendigo dancers strut their stuff for the first time in the local Easter Parade, and in May our Bundoora, Kew and Pascoe Vale sites come together to perform at the vibrant Glenferrie Road Festival in Hawthorn... with more to come throughout 2014!

Together we are *moving bodies and moving boundaries* in a BIG way!

A ground breaking initiative for 2014 is our new partnership with Kew YMCA!! This significant opportunity is enabling e.motion21 to provide young people with Down syndrome in Boroondara access to dance-fitness activities at their local YMCA just like other community members enjoy! We are thrilled that several e.motion21 classes will now be conducted at Kew YMCA and very much look forward to building on this wonderful relationship.

As we celebrate our 5th birthday this April I am increasingly proud of the growing impact we are having on the lives, self-esteem, health and inclusion of people with Down syndrome and their families. We would love to hear YOUR favourite stories or pics from your time with e.motion21 so send them in for us to share! Don't forget to 'Like' us on Facebook to be part of all the action!

To all the amazing people who choose to support our work to enhance lives and change perceptions of Down syndrome THANK YOU! We wouldn't be where we are today without your unique and important contribution. From time to time we must farewell team members who are moving on to contribute in other ways, full details of changes inside.

Enjoy the term break and Happy Easter!

Cate x
Founder and Chief Executive Officer

2014 Performance schedule so far...

- **20 April** - Bendigo Easter Festival (Bendigo)
- **29 April** - Disability Respite & Recreation Expo - Glen Eira Town Hall
- **4 May** - Glenferrie Road Festival (Bundoora, Kew & Pascoe Vale)
- **14 Sept** - Concert dress rehearsal (ALL DANCERS)
- **21 Sept** - Concert (ALL DANCERS)
- **12 Oct** – DSV Step Up for Down Syndrome - Melb (Bundoora, Cranbourne, Kew & Pascoe Vale)
- **26 Oct** – DSV Step Up for Down Syndrome - Geelong (Ballarat, Bendigo & Geelong)

Keep your eyes peeled for more performance opportunities and contact us at Mover Base if you have any ideas!

An Amazing Opportunity - Kew YMCA Recreation Centre @ 383

High Street, Kew

Your feedback in action! The 2013 research results revealed there is a heightened experience for parents and families when e.motion21 programs are conducted in a local community leisure centre ([click here](#)).

As a result, e.motion21 is collaborating with Kew YMCA to deliver classes and new opportunities within Boroondara's leisure centre network. We are really excited about the significance of this opportunity as we become more engaged and visible on a weekly basis in our local communities. Parents - there is also a cafe on site!!

Starting Term 2, e.motion21 Kew classes will now be delivered at both Kew YMCA and Villa Maria - check out the new timetable below.

Our New Kew Term 2 Timetable

TUES @ Villa Maria

Tweens 5.45 - 6.35pm (Anna Sutherland)

Tap 6.45 - 7.15pm (Cat Bland)

Teenagers 7.30 - 8.20pm (Cat Bland)

TUES @ Kew YMCA

Kinder 4.00 - 4.40pm (Jasmine Fowler)

Primary 4.40 - 5.30pm (Jasmine Fowler)

Adults 6.30 - 7.20pm (Kate Crerar)

Adults 7.30 - 8.20pm (Kate Crerar)

THUR @ Villa Maria

Beat Fit Pilot 6.00 - 6.45pm (Anna Sutherland)



FRI @ Villa Maria

Hip-hop 5.30 - 6.20pm (Jasmine Fowler)

SAT @ Villa Maria

Groovers 9.30 - 11am (Kate Crerar)

Shakers 10.30 - 12pm (Kate Crerar)

Beat Fit - Spaces Available Now!

The pilot of our exciting new fitness program Beat Fit is kicking off in Term 2!

Beat Fit is an innovative program created to increase participant's health and fitness level in a safe, positive and FUN environment! Beat Fit combines aerobics and dance moves with motivating drumming in an exciting choreographed class and is a 'hit' with our e.motion21 dancers!!!

The Beat Fit pilot is open now to all currently enrolled dancers aged 12 - 40 years from **any of our 7 sites**. The 10 week pilot is operating in Geelong and Kew and will

be formally evaluated by RMIT University adding to our evidence-based approach. To thank you for participating in the research we are offering the initial classes at a heavily discounted price of \$100 for 10 classes (one term).

Geelong classes start on Wednesday 30 April, 6pm @ Vines Road Community Centre. Kew classes start on Thursday 1 May, 6pm @ Villa Maria.

Spaces are strictly limited, enrol now to reserve your place via our [website](#).



2013 RMIT University Research Report

We are delighted to announce that the RMIT University research report is now available on our website. Thank you to all of the families and dancers who participated in this research, which has provided vital information for the continued delivery of high quality e.motion21 programs. As a small taste of the numerous findings, the three main themes relating to dancer benefits that emerged were:

- Building social networks and self-esteem
- Broadening horizons
- Pleasure and personal development.

Parents/carers consistently highlighted the following benefits for dancers from participation in e.motion21 programs:

- Spending time with friends and making new friendships
- Increased fitness
- Developing improved confidence and experiencing achievement
- Experiencing enjoyment, fun and pleasure through dance
- Participating in an activity which is safe
- Being part of an activity with others with Down syndrome
- Undertaking an activity in the community.

[Click here](#) to see the full report.

**INVITATION - Glenferrie
Road Festival**

All **Bundoora, Kew and Pascoe**

Vale dancers are invited to perform at the Glenferrie Road Festival and enjoy a fun day out!

When: Sunday 4 May

Time: TBC by festival organisers, likely 11:30am-1:30pm

Address: Glenferrie Rd,
Hawthorn

Registration: Please [click here](#) to RSVP by Friday 18 April.



Term Dates

We hope you enjoy our two-week holiday break and look forward to seeing you back at class immediately after Easter, the week starting Tuesday 22 April 2014.

Term 2

22 April - 27 June

Term 3

14 July - 20 September

Term 4

6 October - 13 December

Fed Square WDSO celebrations - WOW!!!

We were thrilled with overwhelming support ensuring the e.motion21 World Down Syndrome Day event at Fed Square was truly unforgettable. Big thanks also to Rob Mills, Jane Kennedy, Jessica Raffa, Captain Carlton and the Carlton boys as well as over 100 e.motion21 volunteers, 40 e.motion21 dancers and the iconic Dulux dog who so generously gave us their time. Our awesome sponsors who supported the event included Dulux, Tag, Carlton Football Club, Federation Square and Australian Communities Foundation. Everyone had a great time and performed brilliantly, setting the bar really high for next year's show! If you missed the action soon we will release our highlights video, but in the meantime you can relive memories thanks to the [Ch 9 news](#) and [The Today show](#) coverage.



Thank You and Farewell

We'd like to say a huge thank you and good luck to the following team members as they leave our shores for new and exciting endeavours:

- **Karina Posanzini** (Chief Operating Officer) - after almost 1.5 years of significant service Karina is now moving into the corporate sector.
- **Susanne Audsley** (Program Coordinator and long time volunteer) - after concluding her final uni placement as part of her teaching degree in May, Sus will be enjoying overseas travels for the remainder of the year.
- **Sam Hastie** (Event Coordinator) - after a brilliant WDS event, Sam is delighted to turn her focus to house renovations and young family.
- **Hazel Cook** (Geelong Volunteer Site Manager) - instrumental in starting e.motion21 in Geelong, after many years of service we thank Hazel for her passionate support as she takes a well-earned break.
- **Cathy Griffin** (Ballarat Volunteer Site Manager) - after founding our Ballarat site with immense care and dedication, Cathy turns her focus back to other commitments, we thank you and look forward to seeing you at our performances.
- **Lauren Marshall and Rebecca Koroneos** (Ballarat Dance Teachers) - unmoveable uni timetable clashes mean both girls are unable to teach for the remainder of 2014, whilst they will be missed, we hope to see them back at e.motion21 in the future.



These movements provide us with an opportunity to implement some exciting changes to our operating model and to this end we will shortly be recruiting the following:

- [General Manager - Finance & Operations](#)
- [Head of Marketing & Development](#)
- Program Coordinator (full-time)
- Communications Coordinator (part-time)
- Volunteer Site Manager Geelong
- Volunteer Site Manager Ballarat.

If you are interested in any of the above roles or know someone who might be, please contact info@emotion21.org.au.

In the interim, Lesley Allanach has joined part-time to provide support at Mover Base. Welcome Lesley!

Some of the organisations we love

[TwoSocial](#)

[50 Kaliber](#)

[Ausdance](#)

[Truly Deeply](#)

[YMCA](#)

[Funky Kids Radio](#)

[Down Syndrome Victoria](#)

[Down Syndrome Australia](#)

[Dulux](#)

[Tag](#)

Contact us

Have you a question or suggestion for e.motion21? Get in touch!

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