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

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| **Name of peer network** | **Who the peer network is for** | **Location of the peer network** | **Who to contact for more information** |
| Up! Club Inner West  <https://secure.downsyndromensw.org.au/participation/up-club-local/innerwest> | Adults with Down Syndrome and other intellectual disabilities | Inner West area of Sydney | Judith Bellewood Project Coordinator  9841 4444  0412 551 622  Judith.bellewood@dsansw.org.au |
| Up! Club South  <https://secure.downsyndromensw.org.au/participation/up-club-local/south> | Adults with Down Syndrome and other intellectual disabilities | Caringbah/Cronulla area of Sydney | Judith Bellewood Project Coordinator  9841 4444  0412 551 622  Judith.bellewood@dsansw.org.au |
| Up! Club North  <https://secure.downsyndromensw.org.au/participation/up-club-local/north> | Adults with Down Syndrome and other intellectual disabilities | Chatswood and Lower North Shore of Sydney | Judith Bellewood Project Coordinator  9841 4444  0412 551 622  Judith.bellewood@dsansw.org.au |
| Up! Club South West  <https://secure.downsyndromensw.org.au/participation/up-club-local/south-west/event-calendar> | Adults with Down Syndrome and other intellectual disabilities | Campbelltown/  Narellan area of Sydney | Judith Bellewood Project Coordinator  9841 4444  0412 551 622  Judith.bellewood@dsansw.org.au |
| Up! Club Parramatta  https://secure.downsyndromensw.org.au/participation/  up-club-local/Parramatta | Adults with Down Syndrome and other intellectual disabilities | Parramatta area of Sydney | Judith Bellewood Project Coordinator  9841 4444  0412 551 622  Judith.bellewood@dsansw.org.au |
| Up! Club Penrith  https://secure.downsyndromensw.org.au/participation/  up-club-local/Penrith | Adults with Down Syndrome and other intellectual disabilities | Penrith area of Sydney | Judith Bellewood Project Coordinator  9841 4444  0412 551 622  Judith.bellewood@dsansw.org.au |
| Up! Club Blue Mountains  https://secure.downsyndromensw.org.au/participation/  up-club-local/bluemountains | Adults with Down Syndrome and other intellectual disabilities | Blue Mountains area of Sydney | Judith Bellewood Project Coordinator  9841 4444  0412 551 622  Judith.bellewood@dsansw.org.au |
| Up! Club East  https://secure.downsyndromensw.org.au/participation/  up-club-local/east | Adults with Down Syndrome and other intellectual disabilities | Eastern Suburbs area of Sydney | Judith Bellewood Project Coordinator  9841 4444  0412 551 622  Judith.bellewood@dsansw.org.au |
| Up! Club Hornsby  https://secure.downsyndromensw.org.au/participation/  up-club-local/north | Adults with Down Syndrome and other intellectual disabilities | Hornsby and Upper North Shore of Sydney | Judith Bellewood Project Coordinator  9841 4444  0412 551 622  Judith.bellewood@dsansw.org.au |
| NDIS & Me Nepean  0-18 Facebook Group | Not applicable – online support group with regular participation by / interaction with group members. | Parents & carers of children with Down syndrome and intellectual disabilities living in the NDIS Nepean rollout area. | Judith Bellewood Project Coordinator  9841 4444  0412 551 622  Judith.bellewood@dsansw.org.au |