



Meeting Up

Details of all of our events and much more are available on our website

www.upondowns.co.uk

Do join the increasing band of our facebook friends at

www.facebook.com/upondownsherts if you would like frequent updates on clubs, groups, stories and events near you as well as the opportunity to chat with other members.

Monthly meetings - Family Socials / Coffee mornings / Top Teens

Family and Friends Gatherings

Our Family Social Meetings now have a regular slot every second Saturday of the month 2-4pm. We meet at Walsworth Baptist Church Hall, Walsworth Road, Hitchin, SG4 9SP. Bring the whole family. Friends are also welcome. Parking is available on site and there are crafts, toys, refreshments, and volunteers on hand to play with the children. Meetings are every month except for August and December.



March 12
April 9
May 14
June 11
July 9
September 10
October 8
November 12

Additional Family Get Together: June 26th, Knebworth House Trip

Top Teens are meeting for a day out but if some of our other families would like to join in on a self-paying basis they are most welcome. Knebworth House has gardens, a play fort and a playground. Bring a picnic or get lunch in the café.

Meet at 12pm in the picnic area by the fort. No need to book.



Coffee & Play Sessions

Regular drop-in, **last Wednesday of the month, 9.45-11.45am** at Beechfield School Children's Centre, Gammons Lane, Watford, Herts WD24 5TY. Please note where sessions fall in half term we are open and all family members/friends are welcome.



March 30
April 27
May 25
June 29
July 27
August 31 (tbc)
September 28
October 26
November 30

For information contact Claire on 01923 442 230 or ctinsley63@aol.com

Top Teens

Aimed at young people aged 10 and over, and their siblings, our Top Teens generally meet on the last Sunday of every month. Most events are free but all need to be pre-booked through the contacts below.

March 27th: Cinema, Welwyn Garden City (To see 'Tangled')

May 1st: Pots of Art, St Albans (A week later than usual, to avoid Easter)

May 29th: Bowling, Stevenage

June 26th: Knebworth House picnic

July 24th: Swimming at Aquasplash, Hemel Hempstead

September 25th: Visit to Church Farm

October 30th: Pattacakes Cookery Party (To be confirmed)

November 27th: Pantomime / Cinema (To be confirmed)



For more details contact Julie on 01462 452 705 or enquiries.nhdowns@yahoo.co.uk or Denise at d.bowser@ntlworld.com

Weekly groups (check for term dates)



Downs Early Development Group

Informal and on-going **every Friday, 1.15-2.45pm** term-time at Applecroft Children's Centre, Applecroft Road, Welwyn Garden City, Herts AL8 6JZ. Enrolment is open, unlimited and free. There is a nursery-style curriculum and specialist resources to promote developing numeracy, signing and general communication skills.

Contact Ruth for details on 01707 330 744 or arprap@gmail.com

General Special Needs Drop-In

Monday mornings, Ashley Church St Albans

This is a drop-in for families of children 0-4 with a wide range of special needs organised by Alban Way Children's Centre's Marian LeBlond, who is also an Up on Downs Speech therapy assistant. It has become a meeting point for our parents and toddlers in the area and can offer facilitated play.

Contact Marian for details on 07880 500962 or marianoutreach.albanway@hertschildrenscentres.org.uk

Speech Therapy Groups

Various times and locations. These are subsidised groups run by our Symbol-UK trained therapist and assistants using a programme specifically for children with Down's Syndrome. They are held at a variety of locations and times in the county. Availability varies according to the age and level of the participating children and the number of children currently in each group (maximum 4).

To express interest please contact Sande on 01462 630 459 or email enquiries.nhdowns@yahoo.co.uk. If a place is unavailable there is a waiting list.

Occasional Training for parents and teachers

February 6th: Supporting the Development of the Under Fives. This fully booked workshop, led by Helen Long, explored the developmental profile of pre-school children with Down's Syndrome and the medical and educational challenges that may be encountered.

Signing for beginners and improvers. Date and venue to be confirmed. Booking forms will be sent out separately at a later date. **See website for updates.**



Outings

Sunday May 22nd: Trip to Woodside Animal Farm near Luton

This is our annual fully funded trip. Booking forms will be sent to members electronically so if you would like to come but do not use email, please phone Sande on 01462 630 459 at the beginning of May.

August: Summer Holiday Family Outing to Paradise Wildlife Park, Broxbourne. Date and further details to be announced nearer the time



Parties!

Pumpkin Pie Halloween Party

Saturday October 29th, 4-6pm, Watford. Member and families are invited to a non-scary Halloween party with singing, face painting, crafts and other seasonal fun.



Contact Claire on 01923 442 230 or ctinsley63@aol.com

Christmas Party

Saturday December 3rd, 4-6pm at Norton Methodist Community Centre, Letchworth, SG6 1DH

Games, party tea, craft activities, raffle, a visit from Father Christmas and presents for all our member children. Booking forms will be sent to members.



Easyfundraising.co.uk

Over the Christmas period we made £22.18 from our easyfundraising registration!

This brings us to a total of £39.46 earned since we registered with the site. It costs us nothing and it costs you nothing so please do sign up if you can. This is an internet site you go through to access your normal shopping online sites. Once you've registered with the site and nominated Up on Downs as your charity, every time you place an order a small percentage donation comes to us. They make their money from the site advertising and tell us that it does not involve any extra cost to you.



Special Events Notice Board

March

12th - Family & Friends (Walsworth, Hitchin)
21st - 27th - Down's Syndrome Awareness Week - why not visit the DSA Shifting Perspectives Exhibition at the Oxo Tower?
27th - Top Teens, Cinema Trip to see 'Tangled', Welwyn Garden City
30th - Coffee & Play (Beechfield, Watford)

April

9th - Family & Friends (Walsworth, Hitchin)
27th - Coffee & Play (Beechfield, Watford)



May

1st - Top Teens, Pots of Art, St Albans
14th - Family & Friends (Walsworth, Hitchin)
22nd - Outing to Woodside Animal Park near Luton (to be confirmed)
25th - Coffee & Play (Beechfield, Watford)
29th - Top Teens, Bowling, Stevenage

June

11th - Family & Friends (Walsworth, Hitchin)
26th - Top Teens, Picnic at Knebworth House
29th - Coffee & Play (Beechfield, Watford)

July

9th - Family & Friends (Walsworth, Hitchin)
24th - Top Teens, Swimming at Aquasplash, Hemel Hempstead
27th - Coffee & Play (Beechfield, Watford)



August - School Holidays

Break for Family Meetings, Top Teens, Speech Therapy and Early Development Groups
Paradise Wildlife Park Trip to be confirmed
31st-Beechfield Coffee & Play to be confirmed

September

10th - Family & Friends (Walsworth, Hitchin)
25th - Top Teens, Visit to Church Farm
28th - Coffee & Play (Beechfield, Watford)

October

8th - Family & Friends (Walsworth, Hitchin)
26th - Coffee & Play (Beechfield, Watford)
29th - Halloween party (Watford, tba)
30th - Top Teens, Pattacakes Cookery Party (to be confirmed)



November

12th - Family & Friends (Walsworth, Hitchin)
27th - Top Teens, Pantomime / Cinema (to be confirmed)
30th - Coffee & Play (Beechfield, Watford)



December

3rd - Christmas Party (Norton Methodist Community Centre, Letchworth)

Signing Training Course to be arranged
Early Development Group - weekly during term time
Speech Therapy Groups - 3 x 9 week terms, dates set by individual therapists



Special Events Notice Board

For more information about any of our events, contact Sande or Julie on 01462 630 459 or email us at enquiries.nhdowns@yahoo.co.uk

A note on travelling

All events are open to members all over the county. If you have difficulty travelling, please let us know as sometimes we can help with transport. If you would like to organise an Up on Downs event in your own area, we will be pleased to offer support and publicity for new events open to all of our members. Contact Sande or Julie as above.

Up on Downs Advocates Wanted. Up on Downs members have been getting increasingly vocal in the community. Several of our families have appeared in the papers and on radio shows to talk about their experiences. We have invited trainee doctors and midwives to our meetings to learn from families, and we have been out to local colleges, childminder groups and after school clubs to tell them about our children. We also regularly attend consultations to make sure that people planning services take our families into account. We are now hoping to create an email group of people specifically interested in advocacy who would like to follow up campaigns, possibly report back from occasional meetings and generally keep our children's interests in the public eye. **Please let Sande know if you are interested in joining this group.**

Harvesters Football Club in St Albans in partnership with The Down's Syndrome Association and Hertfordshire FA has launched their DS Active Inclusive football initiative for young people with Downs Syndrome at their Oaklands Lane ground in Smallford. DS Active training will take place every week on our all weather pitch with the view to participation in organised DS Active Festivals and friendlies against other DS Active teams. Male and female players of all ages and abilities are welcome to get involved, get fit and make new friends. **For more information contact Steve Fletcher on 07973 263911**



Down's Syndrome Association Shifting Perspectives exhibition, 16-27 March 2011, 11am-6pm daily at the gallery@oxo, Oxo Tower Wharf, Bargehouse Street, London SE1 9PH. Now in its seventh year, the ever-expanding group of photographers can lay claim to a real transformation in the way that Down's Syndrome is viewed through the medium of contemporary photography. This year the exhibition will include new work by Richard Bailey, Fiona Bailey, Kayte Brimacombe, Fiona Yaron-Field and other guest photographers.



Admission is free - nearest train/tube: Southwark, Waterloo. 24 hour information line 020 7021 1686 or visit www.coinstreet.org. **Please let us know if you would be interested in going as a group.**



Christmas 2010



Halloween 2010



Beechfield Coffee & Play
October 2010

