



Bristol Area Downs Syndrome Support Newsletter February 2010

Committee Member Contacts

Chair [Helen England](#) 01179774778
Treasurer [Paul Simson](#) 01454 311964
Secretary [Andrew King](#) 01454 315469
Minutes & Newsletter [Jane Powell](#)
01179562706
Theatre Tickets [Betty Humphries](#) 0117
9561915

Welcome to the New Year after all the snow in the early part of January I hope you are all okay.

We have a packed newsletter for you this quarter and plenty of events for the children.

Website will now be updated to include an events calendar and contact details.

www.dsa-bristol.org.uk/



Every Friday 12pm - 2pm

HOP SKIP & JUMP Friday Friends (for our little ones and their parents) meet at Hop, Skip and Jump. Drop in for a chat and a coffee whilst the children explore soft play, sensory room and toys.

Forthcoming Events & Diary Dates

- 17/2 Jungle Rumble Adventure Golf
- 24/2 Big Health Day
- 21/3 Down's Awareness Fundraiser Party @ Jury's Hotel with Afternoon Tea Party
- 11/4 Noah's Ark Play Space
- 7/4 Zoo Trip
- 6/4 Riverdance @ Hippodrome
- 16/4 Photo Competition Entries In
- 18/5 Calendar Girls @ Hippodrome
- 4-7/6 Ruda Holiday
- 26/6 Jane Macdonald @ Hippodrome
- 24/7 Les Miserables @ Hippodrome
- TBA Picnic Blaize Castle



Sport on Saturdays -

exclusively for BADSS (siblings welcome) - meet every week at St Paul's Sports Centre 12.30 -13.30.

Activities include skittle, targets, football, and basketball. Please come along and support this group - we have a great coach and need a good regular turnout to keep it going.

Price £2.75 per session.

Info - Paul Simson 01454 311964

DSA Training days for Teachers

The national Downs Association are running several courses at the Holiday Inn Hotel in Filton specifically aimed at teaching assistants. If your school has not heard then it's worth mentioning it to them. In addition to the topics covered, the people taking these courses are extremely experienced in all aspects of education for people with DS and can offer valuable insights, advice and contacts.

If you have any concerns about your child's inclusion at school, and in particular if the school have been contacting you about behaviour and inclusion, we recommend that you make sure your class teacher is aware of these conferences.

3-day course - **Supporting Pupils with Down's syndrome - Bristol**

Course dates: Friday 26th February, Friday 26th March and Friday 23rd April 2010.

Course details: This course promotes best practice in supporting pupils with Down's syndrome.

1-day course - **Access and Success: Supporting Positive Behaviour and Effective Differentiation for pupils with Down's syndrome - Bristol**

Conference Date: Thursday 22nd April 2010

Conference Details: This practical event features presentation-based workshops, and aims to enhance the day to day practice of supporting pupils with Down's syndrome. The day will focus on behaviour management as well as the creation of differentiated materials.

DSA Training days for Parents and Professionals

Again these are being held at the Holiday Inn, Filton.

Early Years (0-2 Years) - Bristol

Conference Date: Monday 8th March 2010

Conference Details: This conference aims to improve the understanding of the needs of very young children with Down's syndrome and the positive impact early intervention can have on a child. It will feature topics such as the learning profile, hearing issues, vision and visual problems and communication.

Eating and Drinking Problems Experienced by Children with Down's syndrome - Bristol

Conference Date: Tuesday 9th March 2010

Conference Details: This conference explores the difficulty children with Down's syndrome have with eating and drinking, which may include anatomical, motor, sensory or behaviour factors. Strategies will be given on how to overcome these difficulties and how to incorporate them in everyday activities.

Early Years Education - Bristol

Early Years Education - Bristol

Conference Date: Thursday 25th March 2010

Conference Details: This workshop-based conference aims to improve our understanding of the needs of children with Down's syndrome up to the age of 5 years. It will feature presentations on the learning profile and speech and language development. Delegates will have the opportunity to choose workshops on topics such as early reading skills, toileting, and behaviour, statementing and annual review procedures and communication.

Dementia and People with Down's Syndrome - Bristol

Conference Date: Tuesday 18th May 2010

Conference Details: this conference aims to increase our understanding of dementia in relation to people with Down's syndrome and to offer practical advice and strategies to improve care. It will highlight issues relating to changing behaviour patterns, medication, pain, dealing with change and how to implement strategies to support a new environment.

For more information see www.downs-syndrome.org.uk/conferences

Rumble in the Jungle Crazy Golf

We have sole use of the crazy golf game on level 2 of Cabot Circus Gallery. Wednesday 17th February 2-3pm each person with Down's Syndrome free all others £4.50. Please fill in slip at bottom of newsletter ASAP.



Mothers Day 14th March

Anyone interested in a Mum's Pamper Day at Bath Spa in time for the above? Date and Price to be organised when I know numbers. If you are interested for yourself, wife or mother contact

Jane Powell jepowell@tiscali.co.uk



Zoo Trip

We are planning our Annual trip to the Zoo on Wednesday 7th April 2010. Cost £5.00 per child over 3 (Adults and under 3 go free). Meet at 11am at the main entrance. Please fill in the reply slip and send back by Wednesday 31st March 2010.

For info contact Jane Yeoman
jane3kids@live.co.uk Tel 01179042807

Come and Help us Celebrate Down's World Awareness Day with a children's party and afternoon tea at Bristol Hotel Ballroom (was Jury's)

**Sunday 21st March 2010
2 - 4pm**

**Entrance by donation
Kids free**

Children's Entertainer & Disco

For the Adults - An optional Posh Afternoon Tea whilst the kids are entertained £6.00 (Order in advance)

Reply Slip below

Info - Helen 0117 977 4778

**Down's Syndrome Awareness Week
15th -21st March 2010**

My Perspective



Calling all budding David Bailey's

The DSA is running a competition for all budding photographers with Down's syndrome. They are looking for you to send them images of your friends, family, pets, places you've visited or anything else that interests you! They are calling for entries and the closing date is 16th April 2010. Winners will be notified 14th May 2010 and final pictures will be displayed in Proud Gallery Camden.

For further details: www.downs-syndrome.org.uk



Theatre Tickets

See reply slips for details of upcoming shows. Please send a separate reply slip and cheque for each show. The closing date is usually 2 months before the performance date (except Sound of Music), but Betty often runs out of her ticket allocation, so first come - first served. Each cheque will be held and cashed on the closing date for that show.



Santa Train

A very disappointing turn out for this event, with many people reserving tickets, but not turning up on the day. The group has had to pay for tickets reserved and not used (£120). Therefore it is with regret that in future we will collect money in advance to prevent this loss happening again.

Noah's Ark Play Centre Brislington 11th April 2010 4 - 6pm

We have managed to book sole use of the indoor play area on the above date.

Under 1 year & person with DS free

1 - 3 £3.00

4 - 11 £4.00

Please fill in reply slip

Info - Helen England.

Email heng279683@aol.com

Tel 01179774778

Ruda 4 - 7 June 2010

Planning for our Annual Holiday to Ruda weekend 4-7 June 2010 is well under way.

Everyone who has booked a caravan will shortly be receiving a confirmation letter, which will also be asking for the second payment. We have one caravan left and it will be on a first come first served basis.

Contact Andrew:

Andrew@ahking.freeserve.co.uk



Bordeaux Cookery Club

The cookery sessions at Bordeaux Quay have proved popular with the group and we are in the process of arranging a series of six consecutive weeks. We are also considering organising Dad's and Mums groups - please email or call to register interest to Helen who will forward you the details nearer the time.

Contact: HEng279683@aol.com

Tel 01179774778

Big Health Day

Making Health Services better for people with learning difficulties.

Every year as part of our assessment framework we want you to have your say about the health service.

Are we giving good service to people with disabilities?

The meeting will give you the chance to comment on

- Access to services
- Safety in the NHS
- Valuing people
- What do you think we need to do!

Wednesday
24th February 2010
9.45am - 3pm

Rose Green Centre
65 Gordon Road
Whitehall
Bristol

Please notify Helen Purver 0117 9585666
01179617536

Helen.purvery@bristol.gov.uk

By 12th February if you wish to attend.

Channel 4 Sex Education Programme

I work for television production company, Remarkable TV, an Endemol Company. We are currently making the third series of the critically acclaimed and groundbreaking Channel 4 series, The Sex Education Show.

The third series is returning with a new campaign "It's OK to be different" and as part of this campaign, we intend to feature people from all walks of life who are sexually active and have stable relationships.

We will be filming 4 x 1 hour episodes for the series and as part of one of those episodes we would like to film a series of pieces with individuals or perhaps a couple who have learning difficulties and would like to or are enjoying a fulfilling sex life and be part of a loving relationship. We are acutely aware that, for some people, discussing your sex life on camera is far too personal or sensitive a subject but if there are individuals who are keen to talk about, and celebrate their relationship then we would love to hear from them about doing a feature on their relationships.

I wondered if it was possible to see if your support group would be at all interested in working with us on the series and particularly our appeal to find couples who may wish to participate in this feature.

In the first instance I'd love to discuss the programme with interested and relevant people over the phone or meeting in the flesh to discuss the project further. My contact number is 0208 222 4886.

Thank you so much for your time and I do hope to hear from you soon.

Regards,

Marcus English

Assistant Producer

SNAPS Calendar

Snaps produced a calendar for 2010. Its focus was to show positive images of children who happen to have Down's syndrome. They are still available to buy on e-bay:

http://cgi.ebay.co.uk/Snaps-calendar-2010-Childrens-disability-group_W0QQitemZ150382537735QcmdZViewItemQQptZUK_Collectables_Paper_RL?Hash+item23037f6c07 or search snaps calendar

Media / Publicity

Anyone interested in telling your inspirational story, Julie Cook a journalist for national women's magazines such as Bella, Best, and Woman etc is currently looking for stories about people with Down's syndrome.

She is looking for everyday things – not just the out of the ordinary. E.g. Things like passing a driving test, achieving at school, excelling in a hobby.

If we want to show the world what people with Down's syndrome are capable of achieving then we need to show what our children can do and remove that perception.

If you are interested contact her on jules_77213@hotmail.com

You will be involved in all stages of the article being published to ensure you are happy with the finished article. Also if the article went ahead you would be paid a fee on publication, usually between £200 and £500.

She can also promise a prominent mention of the DSA and any other relevant charities who you may wish to thank or publicise.



Any requests for trips, events or activities please contact Jane Powell before the next newsletter due out in March. Deadline for entries is 8th March 2010.

Jane Powell jepowell@tiscali.co.uk

Support Groups

New Parents Group [Jo Garrad](tel:01173789798) 0117 3789798

Little Gems 0-8 [Helen England](tel:01179774778) 0117 9774778

D2E Junior 8-16 [Paul Simson](tel:01454311964) 01454 311964

Down to Earth 16+ [Sandie Davis](tel:01179708324) 01179708324

Sibling Support - vacant

REPLY SLIPS:

Riverdance - 6th April 8pm

Name:

Address:

No of tickets:
(£28.50 each)

Cheques made payable to Lloyds TSB. by 6th Feb

Send to Betty Humphries, 1 Quarry Road,
Frenchay, BS16 1LY

Calendar Girls - 18th May 2010 7.30pm

Name:

Address:

No of tickets:
(£24.50 each)

Cheques made payable to Lloyds TSB. by 18th Mar

Send to Betty Humphries, 1 Quarry Road,
Frenchay, BS16 1LY

Sound of Music - 27th Nov 2010 at 2.30pm

Name:

Address:

No of tickets:
(£35.50 each)

Cheques made payable to Lloyds TSB by 27th Jun

Send to Betty Humphries, 1 Quarry Road,
Frenchay, BS16 1LY

Les Miserables Saturday 24th July 2010 at 7.30pm

Name:

Address:

No of
tickets:
(£46.50
each)

Cheques made payable to Lloyds TSB by 24th May.

Send to Betty Humphries, 1 Quarry Road,
Frenchay, BS16 1LY

Bristol Zoo	
Wednesday 7th April 2010 at 11am	
Name:	
Address:	
No of tickets: (£5.00 child 3+) Adult and under 3 are free	NB Please tell us how many under 3 and children with season tickets so we buy enough Easter eggs. Also let us know any intolerances.
Cheques made payable to BADSS by 24th March	
Send to Paul Simson, 7 Jobbins Close, Chipping Sodbury, Bristol, BS37 6ER Info - Jane Yeoman - jane3kids@live.co.uk Tel 0117 904 2807	

Noah's Ark Playspace	
11th April 2010 4-6pm	
Name:	
Address:	
No of tickets:	Under 1 = free 1-3 - £3.00 4 - 11 £4.00 Person with DS FREE
Cheques made payable to BADSS By 4th April	
Send to Paul Simson, 7 Jobbins Close, Chipping Sodbury, Bristol, BS37 6ER Info- Helen England - heng279683@aol.com Tel 01179774778	

Rumble in the Jungle	
Wednesday 17th February 2010 2-3 pm	
Name:	
Address:	
No of tickets: (£4.50 each) Person with DS Free	
Cheques made payable to BADSS by 12th February .	
Send to Paul Simson, 7 Jobbins Close, Chipping Sodbury, Bristol, BS37 6ER Info- Helen England - heng279683@aol.com	

Down's Awareness Day	
Sunday 21st March 2010	
Name:	
Address:	
No of tickets for afternoon tea @ £6.00: (optional)	
Cheques made payable to BADSS By 14th March	
Send to Paul Simson, 7 Jobbins Close, Chipping Sodbury, Bristol, BS37 6ER Info- Helen England - heng279683@aol.com Tel 01179774778 Tel 01454 311964	