



Bristol Area Downs Syndrome Support Newsletter June 2010

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

www.badss.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 around 2 months before the performance date, 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.

Committee Member Contacts

Chair [Helen England](#) 01179774778
Treasurer [Paul Simson](#) 01454 311964
Secretary [Andrew King](#) 01454 315469
Minutes & Newsletter [Jane Powell](#)
01179562706 or jane_powell3@sky.com
Theatre Tickets [Betty Humphries](#) 0117 9561915

Forthcoming Events & Diary Dates

5 th July	Committee meeting (Zoe's House) ALL WELCOME
10 th July	Bordeaux Cookery session 2.30 – 3.30
5 th August	Narrow boat trip (Willow Trust)
16 th – 20 th August	Interact Course at Southville Centre
December/January	Possible extra BADSS holiday

Any requests for trips, events or activities please contact Jane Powell before the next committee meeting on 5th July

Contact: jane_powell3@sky.com
Mobile: 07973 511968

Support Groups

New Parents Group [Jo Garrad](#) 0117 3789798
Little Gems 0-8 [Helen England](#) 0117 9774778
D2E Junior 8-16 [Paul Simson](#) 01454 311964
Down to Earth 16+ [Sandie Davis](#) 01179708324
Sibling Support – vacant



Bordeaux Cookery Club

The cookery sessions at Bordeaux Quay have proved popular with the group and we have a series of sessions fully booked for this year. However, if there is enough interest Paul has offered to try and arrange additional sessions if there is enough interest. If you are interested please email him ASAP. The prices are £5/session for child with Down's Syndrome and £15/session for siblings. Current sessions: (Saturday's) 10/7/10; 18/9/10; 16/10/10; 13/11/10 all from 2.30pm - 3.30pm

Contact: paul.simson@btconnect.com or 01454 311964

Down 2 Earth Junior

**Acting Sessions: 10am - 4pm
16th -20th August 2010**

Interact are once again running a week long acting course at the Southville Centre, Beaulley Road (off Coronation Rd) Bristol.

The cost is £10 for the whole week. A number of us went last year and the kids had a great time. Spaces may be available to siblings subject to availability. Again contact Paul ASAP as places will be offered on a first come first served basis.

Contact: Paul Simson
Email: paul.simson@btconnect.com



HOP SKIP & JUMP

**FRIDAY FRIENDS
(for New Parents)
Every Friday 12pm - 2pm**

Friday Friends meet at Hop, Skip and Jump. Drop in for a chat and a coffee whilst the children explore soft play, sensory room and toys.

After a successful outing to see Noddy at Toyland in Weston-Super-Mare, we are planning a return trip to see Postman Pat on 1st August. Contact Jo Garrad for details

Email jojogarrad@yahoo.co.uk or telephone 0117 3789798

Sports

In addition to the Saturday Sports (12.30-1.30 Saturdays at St Pauls Community Centre Bristol), Bristol City council run lots of sports clubs both in term-time and during school holidays. There are specific disability sessions but all sessions are supposed to be inclusive.

For termtime activities www.bristol.gov.uk/sportunlimited
For school holidays www.bristol.gov.uk/sportunlimitedplus

Advance Notice of the Down's Syndrome Ball

**Saturday 6th November
7pm - 1am**

**3 Course meal and drink on
arrival £37 inclusive.**

Raffle and auction.

**Individual tickets or
Tables of 10-12**



Reserve your place NOW!
Email: helengehe26@virginmedia.com

Summer Holiday Activities:

5th August - Narrowboat Trip (Willow Trust) 10.30am - 4pm TBC

Saturday 14th August - Legoland by coach
£10 per child, £20 per adult (person with DS & carer free) Under 3 free

Weds 25th August - Drayton Manor by coach
£20 per person (person with DS & carer £10, OAP 60+ £10) Under 4 free

Book now to secure your place!
Coach pickup points and times to be decided.

Provisional Dates for Special Friends Club Summer Activities:

26th July - Old Down Country Park
28th July - Puzzleworld, Forest of Dean
30th July - Keynes Water Park
3rd Aug - Willow Boat Trip 1
4th Aug - Diggerland
6th Aug - Puxton Park
10th Aug - Cotswold Farm Park
12th Aug - Bournestream
16th Aug - Portishead pool 7pm - 8pm
18th Aug - West Midlands Safari Park
20th Aug - Willow Boat Trip 2
24th Aug - Cattle Country day - not sole use
26th Aug - Ashton Court Railway
27th Aug - Avon Valley day - not sole use
31st Aug - Pirate walk through Bristol
1st Sept - Fleet Air Arm Museum

To join, see website for details
www.specialfriendsclub.org.uk

Heart to Heart Counselling Service



Are you a parent of a child with Down's syndrome?

Are you feeling overwhelmed?

Would you like to talk to someone in confidence?

We offer a free session to explore your needs.

Jenny our counsellor is experienced in working with parents of children with special needs and is a BHCP senior Counsellor.

Individuals or couples welcome. Low cost subsidised counselling (a donation if able)

Please contact Helen in confidence for more details or to book an appointment.

Helen@gehe62@virginmedia.com

Tel 0117 977 4778

ANOTHER BADSS HOLI DAY?



The exciting news is that we have been awarded a grant from North Somerset's Aiming High 2010 fund. The Aiming High fund is specifically aimed at short breaks and respite.

We are examining the possibility of organising a second short break to be taken before March next year (we are looking Centerparcs as a possibility) For the second break, we estimate that the subsidised cost per family will be similar to RUDA at £150. More details will follow, but in order that we can reserve the correct number of accommodation units we are asking everyone to either email info@badss.org.uk or send back the attached reply slip to show their interest. This does not commit you at this stage. In due course we will be asking for a deposit to secure your place. If the number of places is limited, priority will be given to those who registered their interest!

REPLY SLIP FOR INTERACT THEATRE SCHOOL	
Name	
Address	
Email	
Telephone	
PLEASE RESERVE ME A PLACE ON THE ONE WEEK INTERACT COURSE 16-20 TH Aug 10-4	
Name & age of Child with Downs Syndrome	
Names & ages of Siblings	

I enclose a cheque made payable to BADSS for £ (€10 per person)

Note: Places will be allocated on a 1st come, 1st served basis with priority to children with DS.

REPLY SLIP FOR BOAT TRIP	
Name	
Address	
Email	
Telephone	
PLEASE RESERVE ME A PLACE ON THE NARROWBOAT TRIP 5 TH Aug 10.30AM	
Name of Child with Downs Syndrome	
Names of Siblings	
Names of Carer/Adult	

I enclose a cheque made payable to BADSS for £ (€5 per person, person with DS FREE)

Note: Places will be allocated on a 1st come, 1st served basis with priority to child with DS plus carer, additional family places subject to availability (the boat capacity is 30)

EVENT BOOKINGS

SEND ALL EVENT BOOKINGS (EVERYTHING EXCEPT THEATRE TICKETS) TO;
 PAUL SIMSON
 7 JOBBINS CLOSE
 CHIPPING SODBURY
 BRISTOL
 BS37 6ER

REPLY SLIP FOR Helen's Heart to Heart Ball - Sat 6 th November	
Name	
Address	
Email	
Telephone	
PLEASE RESERVE THE FOLLOWING PLACES AT THE BALL	
Number of Places (£5 deposit per place)	
Table Preference (see below)	

I enclose a cheque made payable to BADSS for £ (€5 per person)

Note: Balance of £32 due on 1st September.

Table Preference - list people you would like to sit with or identify the group you would like to be seated with: Ladies Tables, D2E Tables, D2E Jr Tables, Little Gems Tables, Friday Friends Tables, or Surprise Me! (this is to help plan table allocation - you may change your preference nearer the time subject to space)

REPLY SLIP FOR COOKERY SCHOOL (AGES 8-16+)	
Name	
Address	
Email	
Telephone	
I WOULD BE INTERESTED IN A PLACE ON THE COOKERY COURSE DO NOT SEND ANY PAYMENT AT THIS TIME	
Name & age of Child with Downs Syndrome	

REPLY SLIP FOR 2 nd BADSS HOLIDAY	
Name	
Address	
Email	
Telephone	
I WOULD BE INTERESTED IN BOOKING A PLACE ON THE PROPOSED SECOND BADSS HOLIDAY THIS WINTER. DO NOT SEND ANY PAYMENT AT THIS TIME	

SEE PREVIOUS PAGE FOR DETAILS OF WHERE TO SEND YOUR EVENT BOOKINGS

REPLY SLIP FOR LEGOLAND - SAT 14 th AUGUST	
Name	
Address	
Email	
Telephone	
PLEASE RESERVE ME A PLACE ON THE LEGOLAND COACH TRIP	
Name of Child with Downs Syndrome @ FREE	
Name of 1 x carer @ FREE	
Names of extra Adults @ £20	
Names of extra Children @ £10	
Names of Under 3 @ FREE	

I enclose a cheque made payable to BADSS for £

REPLY SLIP FOR DRAYTON MANOR - Weds 25 th Aug	
Name	
Address	
Email	
Telephone	
PLEASE RESERVE ME A PLACE ON THE DRAYTON MANOR COACH TRIP	
Name of Child with Downs Syndrome @ £10	
Name of 1 x carer @ £10	
Names of extra Adults & Children @ £20	
Names of OAP (over 60) @ £10	
Names of Under 4 @ FREE	

I enclose a cheque made payable to BADSS for £

SEE PREVIOUS PAGE FOR DETAILS OF WHERE TO SEND YOUR EVENT BOOKINGS

REPLY SLIP FOR George's Marvellous Medicine - Hippodrome Sat 4 th Sept 2.30pm	
Name	
Address	
Email	
Telephone	
PLEASE RESERVE ME THE FOLLOWING TICKETS	
Number of tickets At £11 each	

I enclose a cheque made payable to Lloyds TBS for £
 CLOSING DATE IS 5th JULY - we have 29 seats scattered around the stall. 1st come, 1st served.

REPLY SLIP FOR Hairspray - Hippodrome Tues 19 th April 2011 7pm (evening show option)	
Name	
Address	
Email	
Telephone	
PLEASE RESERVE ME THE FOLLOWING TICKETS	
Number of tickets At £30.50 each	

I enclose a cheque made payable to Lloyds TBS for £
 CLOSING DATE IS 5th September 2010

REPLY SLIP FOR Hairspray - Hippodrome Weds 20 th April 2011 2.30pm (matinee option)	
Name	
Address	
Email	
Telephone	
PLEASE RESERVE ME THE FOLLOWING TICKETS	
Number of tickets At £26.00 each	

I enclose a cheque made payable to Lloyds TBS for £
 CLOSING DATE IS 5th September 2010

SEE NEXT PAGE FOR DETAILS OF WHERE TO SEND YOUR THEATRE TICKET BOOKINGS

REPLY SLIP FOR XMAS PANTO (DICK WHITTINGTON) - Hippodrome Sunday 19 th Dec 1pm	
Name	
Address	
Email	
Telephone	
PLEASE RESERVE ME THE FOLLOWING TICKETS	
Number of tickets At £22.00 each	

I enclose a cheque made payable to Lloyds TBS for £
 CLOSING DATE IS 27th September 2010

REPLY SLIP FOR Sound of Music (as seen on TV) - Hippodrome Sat 27 th November 2.30pm	
Name	
Address	
Email	
Telephone	
PLEASE RESERVE ME THE FOLLOWING TICKETS	
Number of tickets At £35.50 each	

I enclose a cheque made payable to Lloyds TBS for £
 CLOSING DATE IS 20th July 2010

ABOUT THEATRE TICKET BOOKINGS

ALL BOOKINGS MUST BE MADE BY THE CLOSING DATE. SUBJECT TO AVAILABILITY AND FAIR TICKET ALLOCATION PER FAMILY.

SEND YOUR REPLY SLIPS TOGETHER WITH A SEPARATE CHEQUE FOR EACH SHOW MADE PAYABLE TO LLOYDS TSB TO:

BETTY HUMPHRIES
 1 QUARRY ROAD
 FRENCHAY
 BRISTOL
 BS16 1LY

EACH CHEQUE WILL BE HELD AND ONLY CASHED ON THE CLOSING DATE.

AFTER THE CLOSING DATE, ALL BOOKINGS ARE FINAL AND NON-REFUNDABLE