



# BADSS Newsletter March 2012

## Committee Member Contacts

Chair [Betty Humphries](#) 0117 9561915  
Treasurer [Paul Simson](#) 01454 311964  
Secretary [Andrew King](#) 01454 315469  
Newsletter [Nadine Etter](#) 0117 9569682  
Minutes [Jane Yeoman](#) 0117 9042807  
Theatre Tickets [Betty Humphries](#) 0117 9561915

## Welcome to the Spring Newsletter

Yes, looks like spring is finally here.

Longer days, more sunshine and some

exciting things to enjoy. Please read on for new ideas and upcoming events. Also a new fund raising link for BADSS can be found here:

<http://www.justgiving.com/brandy-spears>



## Forthcoming Events & Diary Dates

|        |           |
|--------|-----------|
| 2/4    | Zoo Trip  |
| 6/4    | Grease    |
| 8-11/6 | RUDA 2012 |
| 2/9    | Lion King |
| 17/12  | Aladdin   |
| 30/12  | Aladdin   |

## Harvey Hext Appeal

Please consider donating to Harvey Hext, a little boy with Down's Syndrome, who needs very expensive medical treatment abroad. Please read here for further details:  
[www.bmycharity.com/HarveyHextAppeal](http://www.bmycharity.com/HarveyHextAppeal)

## Zoo Trip 2<sup>nd</sup> April – Urgent Action needed !

Our annual trip to Bristol Zoo (including a visit to the education centre) is on Monday 2<sup>nd</sup> April. Meet at 10.45 at main entrance. Adults are £5 and children go free. Please fill out attached reply slip as soon as possible. **Deadline to take part in this activity is 23<sup>rd</sup> March.** Please make sure your payment by cheque gets to Jane in time (see reply slip below).

## THEATRE TICKETS

Betty has secured Tickets for this year's Pantomime Aladdin.



Two dates are on offer, so please be careful when returning the reply slip:

- 17<sup>th</sup> December at 7pm for £15.00 each
- or
- 30<sup>th</sup> December at 1pm for £21.50 each

**Symbol UK** offer mini breaks for children/adults with Down's Syndrome aged 16 and over. It is an opportunity, over 2-3 nights, to meet and stay with others and take part in fun activities. Supported by an experienced and skilled team of learning disability practitioners, they offer a chance to build confidence, social skills and enjoy a new and exciting experience independently.

Please contact Victoria Ralf.  
[vikralfs@hotmail.co.uk](mailto:vikralfs@hotmail.co.uk)  
TEL: 0781 746 5614

## LOTS OF THINGS TO DO:

### Gateway club (MENCAP)

Games, singing, days out etc.

Tuesday night's for primary school children 5.45 till 7.15 pm ,  
Thursday night's at 5.45 till 7.30 pm for secondary school children and later in the evening for the over 18's. Please phone Fry's Club on 0117 9865659.

### Hive Club

Crafts, Games, Cooking etc.

Tuesday 7 till 9pm in Kingswood  
contact: 0117 9614372

### Saturday Sports

At St. Pauls Sports Centre for Children 8 years and above.

Contact: 0117 9042807

### Gymnastics

Fromeside Gymnastics Club,  
Winterbourne on Saturday's 1.30 till 2.15pm just turn up. Cost £5 for SEN children any ability.

### SEN Football Club

Filton Wise Campus Sunday's 9.30 till 10.30



Filton Wise Campus offer a Drama Workshop which includes children and young adults with SEN. These are on Saturday and Sunday mornings. Please contact Andrew King for more Details.

*DSA journal article worth reading.....*

It has been brought to our attention, that the latest DSA journal included a concerning article, describing the assumptions that Doctors can sometimes make in diagnosing other health issues, in people with DS. This certain Doctor missed a simple diagnosis of an underactive thyroid, and incorrectly suggested to test for Alzheimers; due to this person's forgetfulness.

Please read the article for more information.

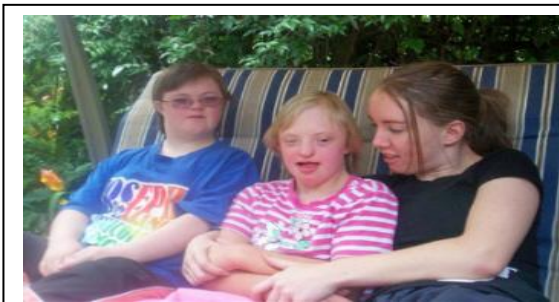
**Ruda 8<sup>th</sup> - 11<sup>th</sup> June 2012**

Our Annual Holiday to Ruda weekend 8<sup>th</sup> - 11<sup>th</sup> June 2012 is approaching.

Final Payments will be requested soon.

Activities to be confirmed nearer the time.

In total we have 32 Caravans booked this year and there is one left. If interested contact Andrew on 01454 315469.



A new Down to Earth (15+) group has been started. This is run by Tina and Margaret on Saturday's 2-4pm, approximately every 6 to 8 weeks at Stockwood Church.

Activities will include: bowling, watching films at church, games, cooking, etc.

Spaces are still available, please email [paul.simson@btconnect.com](mailto:paul.simson@btconnect.com)

*SWIMMING*

*For anybody interested in meeting up for a swimming session, Andrew King and family, are usually at Yate Leisure Centre on Saturday Afternoons. Please ring Andrew to confirm he will be there.*

**Any requests for trips, events or activities please contact Andrew or Paul before the next newsletter.**

## 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 us for more details or to book an appointment.

[Helen@gehe62@virginmedia.com](mailto:Helen@gehe62@virginmedia.com)

## Support Groups

New Parents Group

[Leonie Pollinger](#) 07703 475453

Little Gems 0-8

[Helen England](#) 0117 9774778

D2E Junior 8-16

[Paul Simson](#) 01454 311964

Down to Earth 16+

[Sandie Davis](#) 01179708324

NEW Down to Earth Group

[Tina Hounsom](#) 01275 891464

Sibling Support - Vacant



## Cookery Club

The cookery sessions at Knowle have proved popular with the group

There are a couple of individual slots available and they will be offered on a first come first served basis.

25<sup>th</sup> March, 6<sup>th</sup> May, 3<sup>rd</sup> June, 8<sup>th</sup> July £10 per session

Email: [paul.simson@btconnect.com](mailto:paul.simson@btconnect.com)

|  |  |
|--|--|
| <b>Zoo Trip 2<sup>nd</sup> April Reply by 23<sup>rd</sup> March</b>  |  |
| Name:  |  |
| Address:   |  |
| Mobile Number:   |  |
| No of tickets:<br>Adults :£5.00<br>Children :free,<br>(please provide age and how many with DS)<br><br>+ £1.00 P&P   |  |
| Cheques made payable to <b>BADSS</b><br><br>Send to Jane Yeoman, 40 Chipfield Drive,<br>Kingswood, Bristol, BS15 4DS |  |

**REPLY SLIPS:**

|   |  |
|---|--|
| <b>Aladdin 17<sup>th</sup> December at 7pm<br/>Reply by 25<sup>th</sup> September</b>                                       |  |
| Name:   |  |
| Address:  |  |
| No of tickets:<br>(£15.00 each)<br>+ £1.00 P&P  |  |
| Cheques made payable to <b>Betty Humphries</b><br><br>Send to <b>Betty Humphries, 1 Quarry Road,<br/>Frenchay, BS16 1LY</b> |  |

|   |  |
|---|--|
| <b>Aladdin 30th December at 1pm<br/>Reply by 25<sup>th</sup> September</b>  |  |
| Name:   |  |
| Address:  |  |
| No of tickets:<br>(£21.50 each)<br>+ £1.00 P & P  |  |
| Cheques made payable to <b>Betty Humphries</b><br><br>Send to <b>Betty Humphries, 1 Quarry Road,<br/>Frenchay, BS16 1LY</b> |  |