

Andrew King

From: Bristol Area Downs Syndrome Support [Bristol_Area_Downs_Syndrome_Supp@mail.vresp.com]
Sent: 03 November 2011 22:42
To: andrew@ahking.freereserve.co.uk
Subject: Festive Fun Breaks for Young Adults with DS in Bristol
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**Bristol Area Down's Syndrome Support**

Some of you will know Victoria Ralfs, she moved from the DSA to Symbol, the DSA's Speech and Language Advisers, where she is the Service Manager for the DS Service.

They now have a centre in Clifton where their Family Support Service is based but this December, they are using some of the space there to hold a Festive Fun Holiday Break for young adults with DS. In her email she was keen for me to circulate their flyer to members with young adults 16 and over. Although some of you will not have family members in this age range, I thought you may like to know about it or could mention it to someone else who may have not have seen it advertised.

Its hot off the press and places are very limited so she wanted to give the Bristol group the first bite of the cherry. and that they could get Christmas off to a great start for lots of young Bristolians with DS.

Below are all the details

Andrew



**'Festive Fun' Holiday Breaks
For Young Adults with Down's Syndrome
(16 years and over) Bristol or Kent
Friday 2nd- Sunday 4th December OR Tuesday 13th December to
Thursday 15th December**

Christmas is a time for fun and for being with friends, new and old. At Symbol, we are delighted to offer a chance for young adults with Down syndrome to kick start the holiday period with a residential weekend or mid week break at either our Kent or Bristol centre. Over the three days, we will spend time cooking, creating, music & dancing and, of course, chatting and chilling, all with a festive theme and with lots of

opportunity to share and learn. We will take in some local sights, do a bit of Christmas shopping, mostly we will just have a great time!

As you would expect from the team here at Symbol, this weekend will be very much about developing communication, social skills and self-confidence. We can also have on hand members of our widely experienced multi-disciplinary team, including Psychologists and OTs, for particular issues or it may also be that you would like us to take a particular look at topics such as relationships, self travel, or managing money - we would be happy to hear your ideas on what you would like us to include in the programme. Clifton Park in Bristol and Newington Manor in Kent are two of our well established residential centres and so your son or daughter will be very comfortable staying with us over the course of the break, with great facilities and a very skilled and energetic team on hand.

Cost: £180 per person, including all accommodation, food and activities.
Weekend Timings - Arrival: 1pm Friday, Departure: 4pm Sunday
Midweek Break timings - Arrival: 1pm Tuesday, Departure: 4pm Thursday

Places will be allocated on a first come first served basis. Register your interest for a place with our Down Syndrome Team by emailing Vik on vikralfs@hotmail.co.uk or by calling 0781 746 5614. We will let you know if your son or daughter has a place as quickly as possible and then send you the full booking details.

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