



# Downs Support Group Newsletter April 2011

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

[www.badss.org.uk](http://www.badss.org.uk)

Welcome to the Spring Newsletter. After another successful Xmas party and the weekend in Centre Parcs, we are looking forward to another exciting year of events.

We currently have a few vacancies including running Sib workshops and helping out with the New Parent Group and Little Gems. Please contact Paul Simson if you are interested, it really does make a difference when we all start exchanging ideas.

## Forthcoming Events & Diary Dates

11/4/11	Funderworld
17/4/11	Swimming Trial Day
20/4/11	Visit to Bristol Zoo meet @ 11am
4/6/11	Bordeaux Cookery Session (13.30 & 15.00)
10-13/6/11	Ruda Weekend
14/6/11	Bordeaux Cookery session (13.30 & 15.00)

## Committee Member Contacts

Chair [Betty Humphries](#) 0117 9561915  
Treasurer [Paul Simson](#) 01454 311964  
Secretary [Andrew King](#) 01454 315469  
Minutes & Newsletter [Jane Powell](#)  
01179562706 or [jane\\_powell3@sky.com](mailto:jane_powell3@sky.com)  
Theatre Tickets [Betty Humphries](#) 0117  
9561915

## Support Groups

New Parents Group: Leonie Pollinger  
Little Gems 2-8: Helen England  
D2E Junior 8-16 [Paul Simson](#) 01454 311964  
Down to Earth 16+ [Sandie Davis](#) 01179708324  
Sibling Support - vacant

In order to help you plan your diaries, we have listed the activities organised by the **Special Friends Club**. Anyone who has not joined the club, which is independent of BADSS, can visit [www.specialfriendsclub.org.uk](http://www.specialfriendsclub.org.uk) for details

11/4/11	Cinema
13/4/11	Laser Quest
15/4/11	Puxton Park
18/4/11	St Augustines Farm
19/4/11	Horseworld
21/4/11	Diggerland
28/5/11	Playspace
31/5/11	Slimbridge
2/6/11	Butlins

These events are open to SFC members only!



## 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 are any cancellations Paul is happy to offer these places on an ad hoc basis first come first served. Current sessions: (Saturday's) 1.30pm - 2.30pm and 3pm - 4pm 14/5/11; 4/6/11; 9/7/11

Contact: Paul Simson -  
[paul.simson@btconnect.com](mailto:paul.simson@btconnect.com).  
01454 311964



Every Friday 12pm - 2pm

**HOP SKIP & JUMP** 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.

## Easter Zoo Trip 20<sup>th</sup> April

We are planning our Annual trip to the Zoo on Wednesday 20<sup>th</sup> April 2011. Cost £5.00 per adult, children & person with DS free. Meet at 11am at the entrance. Please fill in the reply slip and send to Jane Yeoman by Wednesday 5<sup>th</sup> April 2011.

Joining us at the Zoo will be 5 students from Prospect School who have been doing a GCSE project on Downs Syndrome. They want to understand more about our group and meet some families. They would like to ask some questions and take a few photos. If you are able to spare a few minutes of your time during the day they would really appreciate our support. Of course they will respect the wishes of anyone not wishing to be involved.

## Funderworld

**11<sup>th</sup> April 6pm - 9pm**  
**Free vouchers for the charity night allow entry for only £2.50 per person.**

Jane Yeoman has applied for the free vouchers for the above, please use the reply slip at the end of the newsletter.



## Summer Holiday Activities:

We currently looking into ideas for trips, please submit your suggestions before next Committee meeting on 9<sup>th</sup> May 2011.

Current suggestions are:-

Another London Coach trip to one of:-

- Madame Tussauds
- Chessington World of Adventure
- London Dungeons
- Tower of London
- Legoland

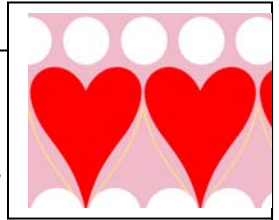
Boat Trip - with the Willow Trust boat.

**Any requests for trips, events or activities please contact Jane Powell before the next committee meeting in 9<sup>th</sup> May Deadline for entries are 3<sup>rd</sup> May 2011**

Contact: [jane\\_powell3@sky.com](mailto:jane_powell3@sky.com)

mobile: 079711968 (not during school hours)

## 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 Knibb, 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.

[j.knibb@btinternet.com](mailto:j.knibb@btinternet.com) or 0117 950 7844

(if you would prefer to talk to another mum about the counselling first, you can contact Helen England on 0117 977 4778 or email [gehe62@virginmedai.com](mailto:gehe62@virginmedai.com))

## Ruda

**Annual weekend away 10 - 13<sup>th</sup> June 2011**

All caravans have now been booked, we now have 39! Andrew is currently investigating the possibility of a visit to a local attraction whilst we are there - more details nearer the time.

Everyone who has booked a caravan will shortly be receiving a confirmation letter, which will also be asking for the second payment. Contact Andrew:

[Andrew@ahkina.freeseerve.co.uk](mailto:Andrew@ahkina.freeseerve.co.uk)



## Down 2 Earth Jr Swimming Club



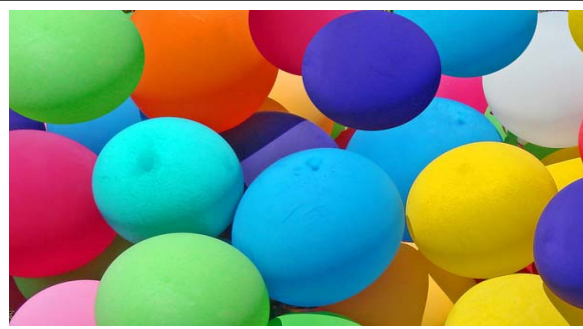
We are setting up a new swimming club for children with disabilities. It will be based at the new Severnside Triton club pool (at Tockington Manor school in Almondsbury)

We have a trial day on Sunday 17<sup>th</sup> April at 11am for approx 2hrs where your children will have a chance to swim and play, and show the coaches the ability levels across the group. (email [paul.simson@btconnect.com](mailto:paul.simson@btconnect.com) or call 01454 311964 to book your place. Siblings welcome subject to spaces being available)

You will also have a chance to talk to the coaches about the type of club you would like to see for your child - with the emphasis on lessons, games or competition etc

## Xmas Party date for diaries

We are planning to hold the event at the British Legion Club in Keynsham as last year. However, this year it will be on Saturday 10<sup>th</sup> December from 3 - 6pm. This should prevent us from clashing with the Special Friends Club Xmas Party.



## Center Parcs - Longleat Provisionally 2nd-5th Dec 11

This proved to be a popular event with everyone, although there were a couple of problems with two of the villas. We are currently applying for funding to see if we can repeat the weekend, although we will be booking individually this time. It was felt by many members that there was no advantage in the group booking. Many of the activities had been fully booked by the time the group received the booking reference. More details of this when we have received news of the funding.



## Current Shows



Blues Brothers - Friday 10<sup>th</sup> June - 17.30 - price £18.50 (book by 9<sup>th</sup> April)

An evening with John Cleese - Wednesday 22<sup>nd</sup> June - 19.30 - price £33.50 (book by 26<sup>th</sup> April)

Evita - Tuesday 28<sup>th</sup> June - 19.30 - price £10.00 (book 26<sup>th</sup> April)

Legally Blonde Wednesday - 27<sup>th</sup> July - either 14.30 or 19.30 - price £16.00 (book by 25<sup>th</sup> May)

Dirty Dancing Friday - 9<sup>th</sup> September 17.00 and Monday 19<sup>th</sup> September 19.30 - price £38.50 (book by 8<sup>th</sup> July)

We Will Rock You - Wednesday 26<sup>th</sup> October - 14.30 - price £18.50 (book by 25<sup>th</sup> August)

Peter Pan - Saturday 17<sup>th</sup> December - 14.00 - price £15.00 (book by 14<sup>th</sup> October)

Sister Act - 18<sup>th</sup> Jan 2012 - 19.30 - price £16.00. (book by 18<sup>th</sup> October)

**Please use the reply slips indicating name, number of tickets and amount by the deadline for each show. Tickets are on a first come first serve basis, and Betty only has a certain allocation for each show. Popular shows go quickly. Please make cheques payable to Lloyds TSB.**

## REPLY SLIPS:

<b>Blues Brothers 10<sup>th</sup> June 17.30</b>	
Name:	
Address:	
No of tickets: (£18.50 each)	
Cheques made payable to <b>Lloyds TSB</b> .by 9 <sup>th</sup> April	
Send to <b>Betty Humphries, 1 Quarry Road, Frenchay, BS16 1LY.</b>	

<b>John Cleese 22<sup>nd</sup> June 19.30</b>	
Name:	
Address:	
No of tickets: (£33.50 each)	
Cheques made payable to <b>Lloyds TSB</b> . By 26 <sup>th</sup> April	
Send to <b>Betty Humphries, 1 Quarry Road, Frenchay, BS16 1LY</b>	

<b>Evita 28<sup>th</sup> June 19.30</b>	
Name:	
Address:	
No of tickets: (£10.00 each)	
Cheques made payable to <b>Lloyds TSB</b> . By 26 <sup>th</sup> April	
Send to <b>Betty Humphries, 1 Quarry Road, Frenchay, BS16 1LY</b>	

<b>Legally Blonde 27<sup>th</sup> July 14.30</b>	
Name:	
Address:	
No of tickets: (£16.00 each)	
Cheques made payable to <b>Lloyds TSB</b> . By 25 <sup>th</sup> May	
Send to <b>Betty Humphries, 1 Quarry Road, Frenchay, BS16 1LY</b>	

### Legally Blonde 27<sup>th</sup> July 19.30

Name:	
Address:	
No of tickets: (£16.00each)	

Cheques made payable to **Lloyds TSB**. By 25<sup>th</sup> May  
Send to **Betty Humphries, 1 Quarry Road,  
Frenchay, BS16 1LY**

### Dirty Dancing 9<sup>th</sup> Sept 17.00

Name:	
Address:	
No of tickets: (£38.50 each)	

Cheques made payable to **Lloyds TSB**. By 8<sup>th</sup> July  
Send to **Betty Humphries, 1 Quarry Road,  
Frenchay, BS16 1LY**

### We Will Rock You 26<sup>th</sup> Oct 14.30

Name:	
Address:	
No of tickets: (£18.50 each)	

Cheques made payable to **Lloyds TSB**. By 25<sup>th</sup> Aug

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

### Dirty Dancing 19<sup>th</sup> Sept 19.30

Name:	
Address:	
No of tickets (£38.50 each)	

Cheques made payable to **Lloyds TSB**. By 8<sup>th</sup> July

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

### Funderworld

Email [jane3kids@live.co.uk](mailto:jane3kids@live.co.uk) or call 0117 904 2807 or post reply slip

Name:	
Address:	
No of vouchers (free)	

Reply slip to: Jane Yeoman, 40 Chipperfield Drive, Kingswood, Bristol, BS15 4DS

<b>Bristol Zoo 20<sup>th</sup> April 11am</b>	
Name:	
Address:	
No of tickets	PLEASE GIVE NUMBERS FOR EACH TICKET CATEGORY -----
Adults £5.00	-----
Person with DS (Free)	-----
Age 15-18 (Free)	-----
Age 4-14 (free)	-----
Under 3 (free)	-----
Season Ticket (free)	
Cheques made payable to BADSS Return slip by 30 <sup>th</sup> March 2011 Reply slip to Jane Yeoman, 40 Chipperfield Drive, Kingswood, Bristol, BS15 4DS	

<b>Peter Pan 17<sup>th</sup> Dec 14.00</b>	
Name:	
Address:	
No of tickets (£15.00 each)	
Cheques made payable to Lloyds TSB. By 14 <sup>th</sup> Oct Send to <b>Betty Humphries, 1 Quarry Road, Frenchay, BS16 1LY</b>	

<b>Sister Act 18<sup>th</sup> Jan 2012 19.30</b>	
Name:	
Address:	
No of tickets (£16.00 each)	
Cheques made payable to Lloyds TSB. By 14 <sup>th</sup> Oct Send to <b>Betty Humphries, 1 Quarry Road, Frenchay, BS16 1LY</b>	

<b>Swimming Tryout Session - Sun 17<sup>th</sup> April 11am</b>	
<b>Tockington Manor School, Almondsbury</b>	
<b>Email paul.simson@btconnect.com or call 01454 311964 or post reply slip</b>	
Name:	
Address:	
No of Children/Young Adult/Sibling (free)	PLEASE GIVE NAMES AND AGES
Reply slip to: <b>Paul Simson, 7 Jobbins Close, Chipping Sodbury, Bristol, BS37 6ER</b>	