



# Bristol Area Down's Syndrome Support

## July 2008 Newsletter

### Hi Everyone

The summer is almost here, let's hope the sun decides to join us. It did at Emma Firman's house at the end of Down's Syndrome Awareness week. We had a lovely time, thanks Emma. It also came to Ruda where we all had a fantastic time. Everyone wanted to go again so we intend to book it next year 19 -22 June. E-mail Andrew on [info@badss.org.uk](mailto:info@badss.org.uk) if you are interested.

### Summer Outings

It is time to book for the two exciting trips we have planned. Here is a reminder of what we have for your entertainment.

#### Saturday 26th July - Horseworld

All places booked.

#### Tuesday 29th July - Kingston Seymour

We hope that many of you who live in Bristol will join some of our newer members living south of Bristol at Kingston Seymour. Bouncy castle, face painting and an entertainer. Arrive from 13:30 then stay for a picnic tea for BADSS only from 16:30. Contact Becky Bryne to confirm numbers. Phone No 01934 833762. [Becky@fountaintimber.co.uk](mailto:Becky@fountaintimber.co.uk)



#### Wednesday 6th August - Victoria Park

For those of you who are not going to see Hello Dolly, we are planning to go to Victoria Park in Bath at about 14:00, if the weather is nice or if it looks like rain we will be going to the cinema, please let Jane Yeoman know on 0117 904 2807 or [janemy@blueyonder.co.uk](mailto:janemy@blueyonder.co.uk), if you are interested in the park or the cinema let her have a contact number so she can let you know which film and performance time we have planned to see.

#### Wednesday 13th August – Legoland



The coach will leave Stockwood Vale Golf Club at 08.00 prompt. It will then pick up at B&Q Filton at 08:30 returning late afternoon, you need to park at the far end away from their store entrance. We have

confirmed with Legoland that we will get an exit pass stamp for everyone which means no queuing. The group rate is £18 and carer goes free. [www.legoland.co.uk](http://www.legoland.co.uk)

#### Friday 22nd August – Bournemouth



We are meeting at Bournemouth Park, Wootton Under Edge, at 11.00 am, please bring a picnic and plenty to drink. If you need directions or if the weather looks dodgy on the day please contact Jane Yeoman

on 0117 904 2807, she will give you the access code.

#### Tuesday 26th August West Midlands Safari Park



The trip to the West Midlands Safari Park has the same coach arrangements as legoland. The price for disabled & carer was not as good as the group rates. So the basic price for everyone is £5.75 which is travel and entrance to the safari park and for those who want to do the rides you need to pay the extra £7.75 for a wristband, [www.wmsp.co.uk](http://www.wmsp.co.uk)

### Theatre

Betty has booked Footloose 1<sup>st</sup> Sept 7:30 at £10; Can't smile without you 24<sup>th</sup> Sep 7:30 at £12:50; Blood Brothers 24<sup>th</sup> Nov 7.30 at £10; Beauty and the Beast 4th Dec 7.30 at £12; The Panto is Cinderella 20 Dec 14:00 at £15 and finally Riverdance 27<sup>th</sup> Jan 7.30 at £10 each. Please complete forms and return to Betty.

### E-mail

If you had given us your e-mail you would have heard about Evita on July 28<sup>th</sup>! So please spend a couple of minutes and send it to:

Andrew [info@badss.org.uk](mailto:info@badss.org.uk) or

Debs [dq007f9637@blueyonder.co.uk](mailto:dq007f9637@blueyonder.co.uk)

### In confidence

If you would really like to go on any of the event organised by the group but find the cost of them too much for your budget please contact Zoe Warman on 01179701839. There is a small budget to assist with costs.

## Maternity and newborn services review

Inge Shepherd the Bristol Primary Care Trust Programme Manager Children and Maternity Services came to our committee meeting to tell us about the Maternity and newborn services review. See our website what's new.

<http://www.badss.org.uk/welcome.htm>

## Bristol Half Marathon

We have more runners this year in the Bristol Half Marathon. Friends and relatives of Helen Bush will be running. Please cheer for them on the 14th Sep 2008 and more importantly sponsor them at.

<http://www.justgiving.com/lynsey-michelle>

## Charity Ball in Nov

Advance notice for a Charity ball being organised by Helen England at Jurys hotel. Tickets are £35. This gets you a drink on arrival, 3 course meal, coffee, disco and an auction. Also available will be concession on double room inc breakfast £79. Contact Helen 01179774778 [heng279683@aol.com](mailto:heng279683@aol.com). If you cannot make the Ball can you help Helen find prizes to auction?

## Saturday Sports Sessions

A reminder about Saturday sports. Now parents can sit in the coffee area to watch their children- rather than standing at the back of the hall. This gives us a better opportunity for parents to talk, and the children were more inclined to join in. The sessions are held at St Paul's Sports Academy, M32 Bristol, from 12.30 pm – 1.30 pm, the cost is £2.75 per child. The sessions are for children with Down's Syndrome over the age of 8 and their siblings. Please contact Jane Yeoman 0117 904 2807 for more information.

## Appleshed Creativity Week

18th-22nd August – Southville Methodist Church Hall 10am-3pm Age 7-11

The Appleshed Creativity week is a week of fun, silliness and play that culminates in a short interactive performance at the end of the week, but don't worry it's not just about performance! We use inclusive games to

create learn and work collaboratively inviting professional artists, musicians and set designers to work with us.

Deb Miles, teacher of extraordinary creativity is a qualified drama teacher of 8 years, has funny thumbs and does a great frog impression. Michelle Roche is qualified in silliness and produces and directs The Wonder Club Theatre Company and has been working with young folk for over 10 years.

Contact Deb on 017917 412 314 or Michelle on 0777 303 8570 or e mail us at [info@appleshed.org.uk](mailto:info@appleshed.org.uk)

## Down's Heart Group 8/9<sup>th</sup> November

Conference "From Cradle to Independence" and Family Fun weekend, Holiday Inn, Filton Rd, Bristol

Main speakers are

Jill Davies - Research Programme Manager at Foundation for Learning Disabilities

Dr Rob Tulloh – Cardiac Consultant at Bristol Children's Hospital

Dr Graham Stuart – Cardiac Consultant at Bristol Children's Hospital

Laura Rossiter – advisor from Dept. of Work and Pensions  
A representative from Derwen College

Solicitors talking about wills and trusts

Jay Lee – Interactive Bristol Sport Initiative

Music Therapy

Contact Sarah Smith Information Officer Down's Heart Group [sarah@dhg.org.uk](mailto:sarah@dhg.org.uk) direct tel:01455 888344

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

## Committee Member Contacts

Chair [Andrew King](#) 01454 315469

Treasurer [Paul Simson](#) 01454 311964

Secretary **Vacant** – Volunteers Anyone

Minutes Secretary [Jane Yeoman](#) 0117 904 2807

Sibling Support **Vacant** – Volunteers Anyone

Down to Earth [Sandie Davis](#) 01179708324

[Sheila Forsythe](#) 01454 419 909

Newsletter [Deborah Griffiths](#) 01454 327672

Special Activities [Maggie Saunders](#) 0117 9096163

Theatre Tickets [Betty Humphries](#) 0117 9561915

Next Committee meeting Monday 8<sup>th</sup> Sept at Zoe's

## For your Diary

Event	Date	Meeting Arrangement	Reply Date
Horseworld	Saturday 26th July	5.30 pm	Sold Out
Evita	28 July	Hippodrome	Sold Out
Kingston Seymour	Tuesday 29th July	13:30 onwards 4:30 picnic	
Bath Park or Cinema	Wednesday 6th Aug	2:00 pm Call Jane	
Hello Dolly	Wednesday 6 <sup>th</sup> Aug	2.30 pm Hippodrome	Sold Out
Legoland	Wednesday 13th Aug	08:00 & 08:30 am	1st Aug
Bournstream	Friday 22nd Aug	11.00 am	
West Midlands Safari Park	Tuesday 26th Aug	08:00 & 08:30 am	1st Aug
Footloose	1 <sup>st</sup> Sept	7.30 pm Hippodrome	
Can't smile without you	24 <sup>th</sup> Sep	7.30 pm Hippodrome	
Blood Brothers	November 24th	7.30 pm Hippodrome	
Beauty and the Beast	4th December	7.30 pm Hippodrome	
Cinderella	20 Dec	2:00 pm Hippodrome	
Christmas Party	Sunday 7th December	TBD	
Riverdance	27th January	8:00 pm Hippodrome	

## REPLY SLIP for Legoland and West Midland Safari Park

Date	Legoland 13 <sup>th</sup> August		West Midland Safari Park 26 <sup>th</sup> August		Please return to: <b>Tina Hounsom,</b> 9 Atkins Close Stockwood Bristol BS14 8JS
	Adult/child	Carer	Entry	Rider wristband	
Number of Tickets required					
Ticket Cost	<b>£18</b>	<b>Free</b>	<b>£5.75</b>	<b>£7.75</b>	
Total Cost					

I enclose payment of £ \_\_\_\_\_ Those who have paid too much should have been refunded.

Name:..... Adults' Names.....

Telephone number Mobile preferably:..... Children's' Names and Ages.....

Address:.....

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e-mail address .....

Please include a cheque (payable to BADSS)

After 1st Aug please call Tina to check on coach availability 01275 891464

Please note for WMSP that you must be over 0.8m tall to ride. This probably also applies to Legoland or similar.

All riders and accompanying adults require a wristband. *There are no wristband concession prices.*

*In addition to the height restriction below, the park may expect children with cognitive disabilities to be accompanied on some rides for safety reasons.*

Height restrictions

Under 0.8m you may not ride

0.8-1.0m tall there are 15 rides available

1.0-1.2m tall there are 23 rides available but you must be accompanied on 8 of them

1.2-1.4m tall there are 18 rides available but you must be accompanied on 1 of them

Over 1.4m tall there are 20 rides available

**Please send to Tina by Monday 1<sup>st</sup> August**

## REPLY SLIP for Theatre Trips

Name:.....

Address:.....

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Please return to:  
**Betty Humphries,**  
Woodstock  
1 Quarry Road  
Frenchay  
BRISTOL

	Footloose	Can't smile without you	Blood Brothers	Beauty and the Beast	Cinderella	Riverdance
Show Date:	1 Sept	24 Sep	Nov 24th	4th Dec	20 Dec	27th Jan
Show Time:	7:30	7:30	7.30	7.30	14:00	8:00
Cost	£10	12:50	£10	£12	£15	£10
Number of tickets required:						
Total Price						
Commitment date	1 Aug	20 Aug	24 Sept	24 Oct	30 Sep	27 Dec

Can you provide individual cheques for each show as this will help Betty account for the money easier? They will not be banked until the commitment date.

Please include a cheque (payable to **Lloyds TSB**), add £1.00 post and packing to the total cost of tickets

**Please return by 1 Aug for Footloose otherwise 20 Aug for the rest.**

Questions? Call Andrew King on 01454 315469 or email info@badss.org.uk