



# Bristol Area Downs Syndrome Support

## January 2008 Newsletter

### Hi Everyone

In February we took our girls up to London for the first time. As you can see from the photo Isobel and Sophie had a great time. What have you been doing? Send your photos to me and we could put them in the next newsletter. Guess who's in Casualty?



Once again your committee has been very busy looking at ideas for summer outings and get togethers. Your feedback on what trips we actually plan would be appreciated. We will give you the opportunity to have your say at Hop Skip & Jump on the 20 April, do come along. There will be an opportunity to suggest somewhere you would like to go or have been if you think it would be ideal for a group outing. A theatre trip has been booked which is ideal for younger members and their families. Don't forget we are going to the Zoo during the Easter holidays. We have also been given some information from the Vassall Centre which may be of interest to you and also about a creativity week during the Easter holidays.

### Annual Holiday at Ruda 13th -16th June

Many of you have already booked to come along to our annual holiday, to Ruda Holiday Park, Croyde, Devon. Last year we had a fantastic time and are hoping this year's will be as good!! If you haven't booked a caravan but have just decided you would like to come along, please call Andrew King as soon as possible on 01454 315469. For further information on the holiday park please visit [www.parkdeanholidays.co.uk/ruda-holiday-park.htm](http://www.parkdeanholidays.co.uk/ruda-holiday-park.htm). We hope to have a Father's Day party on the Sunday.

### Bristol Zoo, Thursday 10th April

Just a reminder that we are off to Bristol Zoo on Thursday 10th April, we will be meeting at 10.45 am at the Guthrie Road entrance. For those of you who have booked for the trip, Jane Yeoman will contact you to let you know which education session you have been booked into. For any queries Jane can be contacted on 0117 904 2807.

### Hop, Skip and Jump, Sunday 20th April

We have booked Hop, Skip and Jump for our use from 11:00 until 14:00. Please come along to have a chat, meet up with old friends and a chance to make new ones, let your children run off some energy and have a fun afternoon. Don't forget to bring a picnic or any food that you wish to barbecue. While you are there we will have some information on what we plan to do during the summer and get your opinion on what we organise.

### Summer Outings

We have looked into the possibility of going to Legoland, West Midlands Safari Park, or Drayton Manor for a theme park outing during the summer holidays. So if you cannot make HS&J then please let one of the committee members know which would be your choice. Don't forget the group is for you and your family not just your child with Down's Syndrome.

### Theatre Trip

We have booked tickets to see Cbeebies at the Bristol Hippodrome on Saturday 13th September at 2.00 pm. The story is about Recycling and features children's favourites Postman Pat and PC Plum from Balamory. Please fill in a reply slip, cheques payable to Lloyds TSB and send to Betty by 13th April.

### Appleshed Creativity Week 7th – 11th April

We have been sent details about a creativity week at the Southbank Arts Centre, Southville. The week will include fun, silliness and play that culminates in a short interactive performance. There will be professional artists, musicians and set designers helping Deb and Michelle with the week. The event is being held from 7th – 11th April from 10.00 am – 3.00 pm, the week is suitable for children aged 8 – 12. The cost is £100.00 for the week. For further details please contact Deborah Miles on 07917 412 314 or Michelle Roche on 0777 303 8570.

### What have you been doing?



Jamie and Katie Davis, will be appearing in Casualty on Saturday 3rd May. The setting is a residential home for people with learning disabilities. Jim also managed to get in the action, and can be seen playing KerPlunk!! So set your videos for that night if you're going out.

### Vassall Centre

Tracy and Jan from the Carers Centre in Fishponds visited one of our committee meetings and gave us some information which may be of interest to you. The centre cares for residents in Bristol and South Gloucestershire and supports carers of adults or children with a learning disability. Please find listed below the kind of things the centre can help you with.

- 1) Carers' Line open 10am- 1pm Monday- Saturday. Messages can be left at other times. Tel: 0117 965 2200.
- 2) Emergency Card scheme- carers' details kept on computer- who you care for, emergency contact people, who has a key to your house etc. Emergency services staff will recognise the card, and can access the stored information. 1,000 people now on the scheme.
- 3) Share with a carer- out of hours contact line, if you desperately need to speak to someone.
- 4) Sitting service in South Glos- priority given to people who care for someone who has a learning disability.
- 5) Time out/ holidays/ breaks/ trips/ relaxation days for carers- FREE!!!
- 6) Information about charities and organisations who may provide funding towards holidays for disabled person, carer, family, helpers.
- 7) A worker to aid hospital discharge plans, liase with GPs etc- more for adults than children.
- 8) Try to reach male carers- with FREE trips, outings etc.
- 9) FREE Lunch club and spa days for carers.
- 10) Benefit advice.
- 11) Support for children who care for siblings or parents- Young carers' group.
- 12) Complimentary therapies such as Indian Head Massage and Reiki at the Carers' Centre- £12

13) Newsletter 4 times a year.

14) Emmaus House relaxation day- open to Carers from both areas.

15) Carers' support groups which meet at Carers' Centre and other venues.

To get access to all of this, phone 0117 965 2200 (Carers' Line) and ask to be added to the mailing list.

Jan is running an Employment Workshop for learning disabled people and their carers from Bristol. On Friday 4th April, 10.00 am at the Carers' Centre. It is entitled 'An Introduction to Work'. It is hoped that more of these workshops will be held on future dates.

### In confidence

If you would really like to go on any of the events organised by the group but find the cost of them too much for your budget please contact any of the committee members.

### 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 28 April

### For your Diary

Event	Date	Meeting Arrangement	Reply Date
Bristol Zoo "Easter" Trip	Thursday 10th April	Meeting at 10.45am at the Guthrie Road entrance	ASAP.
Hop, Skip and Jump BBQ	Sunday 20th April.	11:00 – 14:00	
Thomas The Tank Engine and Friends Live	Sunday 25 <sup>th</sup> May	2.00 pm	
Spring Bank Holiday Trip TBD	Weds May 28th	TBD	
Fiddler on the Roof	Wednesday 4 <sup>th</sup> June	7.30 pm	
Ruda Holiday Park, Croyde, Devon	13 <sup>th</sup> – 16 <sup>th</sup> June	TBD	ASAP
Summer Trip TBD	Tues July 29th	TBD	
Hello Dolly	Wednesday 6 <sup>th</sup> August	2.30 pm	
Summer Trip TBD	Thurs Aug 14th	TBD	
Summer Trip TBD	Fri Aug 22nd	TBD	
Summer Trip TBD	Tues Aug 26th.	TBD	
Cbeebies at the Bristol Hippodrome	Saturday 13th September	2.00 pm,	April 13th
Christmas Party	TBC	TBD	

**Events – for some trips we need to be able to give the venues numbers so please cut out and fill in the forms below**

**REPLY SLIP for Theatre Trip**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

	<b>Cbeebies</b>
	<b>Bristol Hippodrome</b>
Show Date::	13th September
Show Time::	2.00 pm
Number of Tickets required::	
Ticket Cost::	<b>£10.00</b>
Total Cost::	

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

e-mail address \_\_\_\_\_

**Please send to Betty by Sunday 13<sup>th</sup> April**

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