

downsyndrome OK

Help for people with Down's Syndrome, parents, carers
and professionals in southeastern England

Affiliated to the Down's Syndrome Association

www.downsyndromeOK.org.uk

news
Number 38

April 2016

Dear Members and Friends,

2016 is being a busy year for your trustees and we look forward to meeting you at our Family Day in May (programme enclosed), Picnic in June, our Education Day in October and our Christmas Party in December. Encourage your children's teachers to keep 8 October 2016 free to hear two experts on practical ways in which to enable children and young adults with Down's syndrome in their classes to achieve their potential. Parents are also invited, emphasising the importance of all working together for the benefit of the pupil.

For this vital day for teaching professionals in mainstream and special education, we are returning to Overton Grange, the modern school with tiered seating in Sutton (SM2 6TQ). You will find information about our speakers on page 6 of this newsletter.

Shirley Quemby, Editor

FAMILY DAY SATURDAY 21 MAY

Taking photographs is enjoyed by many with Down's syndrome and we have all admired the results of the MY PERSPECTIVE competition (more details in the DSA *Journal* and our October 2015 *news*). Professional photographer, **Emma Dunham**, loves to work with children and young people and between 10 and 11.30 am will be getting us all to take photographs. Bring a camera or mobile phone, with the connector to a computer, and enjoy the experience and the fun. See photos on a big screen! Parents will be responsible for your equipment throughout - and please make sure it is fully charged.

Before lunch **Mikael Undrom**, who has Down's syndrome, will tell us about his experiences at the Special Olympics and his life as a qualified chef and a professional golfer.

Back by popular demand, a teacher from the Performance Preparation Academy will lead us into dance, drama and games from 1 pm. As a reward for all this activity, tea and cake will be served so that everyone can stay and chat from 2 pm.

Please book on the enclosed programme to help our volunteers with catering.

PICNIC FUN

Our annual summer picnic will again take place at Malden & District Society of Model Engineers Ltd. at Thames Ditton. On the front page of our October 2015 *news* you will find many reasons for keeping the date and bringing your families! MDSME hold this Charity event each year for people with special needs and include dsOK in their invitation. The date is **Sunday 19 June** from 2 pm when rides on the two little railways are free. Although 'little', the railways are suitable for adults enabling us to enjoy the rides and accompany our person with a disability if wished. The picnic field is available before 2 pm and tea and cake may be purchased during the afternoon. The address is Willowbank, Claygate Lane, KT7 0LE. Visit www.malden-dsme.co.uk for directions.

WORLD DOWN SYNDROME CONGRESS

Having been held around the world for some years, this will take place in Glasgow in 2018. As, years ago, when it was held in Brighton, we hope many DSA/dsOK members will wish to attend. The dates are **24 - 27 July 2018**.



INTERNATIONAL ATHLETES

In November last year a team of three represented the UK at the International Athletics for Athletes with Down's syndrome World Championships. Our guest on 21 May, Mikael Undrom, won medals at the Down's syndrome Athletics European Championships in Sardinia. Come to meet him!

KATE POWELL AND MICHAEL PORTILLO

Viewers of Michael Portillo's fascinating *Great British Rail Journeys* around our country were perhaps surprised that he visited the Langdon Down Centre in January. Kate Powell, editor of the DSA's *Down 2 Earth* magazine, gave a most competent description of the work of the DSA and her own, speaking beautifully clearly to him. Well done, Kate!

VALUED GIFT

downsyndrome OK is most grateful to the Year 7 pupils at Dunottar School, Reigate, for running a disco to raise funds for us. The money will contribute to our Education Day being planned for 8 October to enable teachers and learning support assistants to encourage children with Down's syndrome in their classes to achieve their potential.

EASY2NAME LABELS

The makers of these labels donate a small commission to dsOK for all orders placed with them which mention us. There are labels suitable for all types of school and sports property plus labels which alert about a child's or adult's allergy. When ordering be sure to mention downsyndrome OK with the post code KT4 8LJ. Visit www.easy2name.com to order on line or tel. 021635 298 326. Malthouse Farmyard, Echinswell, Newbury, RG20 4TT.

CAPITAL TO COAST SUNDAY 26 JUNE 2016

Norwood is a leading charity in the UK supporting vulnerable children and their families, children with special educational needs and people with learning disabilities. Norwood was founded in 1795 and, in 1995, created the annual Capital to Coast sponsored cycle ride. This year's date is **Sunday 26 June** with starts in London and Sussex. Full details at www.capitaltoeast.org.uk to register to ride (part or all) or to help along the way. The Down's Syndrome Association is one of its beneficiaries. Tel. 020 8420 6944 or email info@capitaltoeast.org.uk to offer help and say you are a member of downsyndrome OK. Norwood also organises many other - mostly strenuous - fundraising events. Norwood, Broadway House, 80 - 82 The Broadway, Stanmore, HA7 4HB. The magazine, *Norwood Now*, is offered in Easy Read at norwood.org.uk/easyread or tel. 020 8420 6916.

TEMPLATE FOR FITTING SIGNATURE

Frames are available from suppliers of equipment for blind people which help to keep a signature within the box on a form. There is one to help a blind or partially sighted person to write cheque details in the right places. For a person whose writing tends to spread, such a frame could enable them to sign in the box provided.

HOME FARM TRUST

This longstanding charity for all with learning disabilities provides Supported Living, Residential Care and Short Break services. They empower people to make their own choices, including finding a job, building friendships and relationships and taking part in activities. Their website gives several addresses but one in our area is at New Malden, Surrey.

SUSSEX HEALTH CARE

A brochure from this organisation, founded 1985, has been received by dsOK. Welcoming Care Homes for people with a variety of needs and of a wide age range are offered. For details contact Sussex Health Care, Tylden House, Dorking Road, Warnham, Horsham, RH12 3RZ Tel. 01403 217338 or visit www.sussexhealthcare.org

'NEW SHOOTS' PROJECT IN LAMBETH

The Friends of Archbishop's Park 'New Shoots' provides activities in horticulture, floristry, carpentry and other related crafts including general garden maintenance and growing fruit and vegetables. Work is at a number of different sites, some indoor, plus visits to public gardens, museums and other places of interest. The project is managed by an experienced horticultural therapist assisted by trained volunteers and provides a safe and caring environment where individual members participate at their own pace. Sessions run on Tuesdays and Thursdays 9.30 am - 3 pm costing £52 per day which may be funded by individual service users either through Social Services or through personal budgets. Contact for information: Helen Lees, Chair, Friends of Archbishop's Park tel. 07981 908 919 or email info@newshoots.org.uk

SUTTON BUS DAYS

Sutton Community Transport (SCT) offers Bus Days to help build confidence when travelling. Bus Days are a real but controlled training experience (staged on a double-decker bus) aiming to help increase confidence and encourage independent travel whilst helping people to stay safe. Bus Days usually run once a month for about 90 minutes. Tel. 020 8683 3944 or email charityprojects@suttonct.co.uk to book a place. For readers not resident in the London Borough of Sutton, ask your local authority if they have a similar offer.

ERIN'S FRAMES FOR BETTER FIT

As a result of an enquiry by a trustee, we have received information on frames for spectacles which could be helpful for our young people who wear glasses. Their Jaysree Vasani suggests you visit www.betterfiteyewear.co.uk where there is a section on stockists with a map to guide you. Both World and Mighty frames are offered. Mr. Vasani may be contacted direct at vasanij@hotmail.com. He offers an article which he wrote with parents in mind. Better Eyewear Ltd. is at 19 Grange Gardens, Southgate, London N14 6QP.

SPECTACLE FRAMES

Stuart Mills, Information Officer at the Down's Syndrome Association, held a research event in January and invited families to bring their children. Families who need help with well-fitting spectacle frames may like to contact Stuart on 0333 1212 300 or stuart.mills@downs-syndrome.org.uk. We also recommend the article by Dr. Maggie Woodhouse on the dsOK website.

FREEWHEELERS THEATRE COMPANY

Performed on 3 December in the Leatherhead Theatre - to an almost full house - the production AMANDLA! was a remarkable performance about the life of Nelson Mandela. The large cast included people in wheelchairs, people with disabilities (some with Down's syndrome) and some with no disabilities but all with a huge commitment to the company to work hard and to have fun.

During the first act, percussion drumming by actors at the side of the stage reminded us that this was Africa. While Nelson Mandela was in prison, during the second half, there was appropriate silence for much of the act. All speech could be read, heard on personal earphones or seen from a BSL interpreter. All forms of media presentation were included in telling this almost incredible yet true story. Appropriately, the performance took place on World Disability Day. There are plans to put on this remarkable show in local schools - watch www.freewheelers theatre.co.uk and be sure to be present if you can. AMANDLA means Power to the People.

FREEWHEELERS DANCE AND MEDIA CLASSES

The Freewheelers Theatre Company has vacancies in their Dance and Media classes on Thursdays in Cobham, Surrey. The Media workshops are held at 10 - 12 noon at Cobham Link, Cobham Centre for the Community, Oakdene Road, KT11 2LY. To join the dancers, go to Cobham Village Hall, Lushington Drive, KT11 2LU at 1.15 - 2.45 pm.

MAN WITH NO SPEECH

During the Freewheelers' performance at Leatherhead Theatre, your Editor met a family whose tall, adult son has no speech. He holds a phone which has four photos on its screen. His parents found he was confusing the word 'home' so he now has a photo of the care home where he lives in Surrey and a photo of his parents' home to help his understanding. The other photos are of things he might want e.g. food or drink. This man does not have Down's syndrome but this solution emphasises the need for visual cues for many with a learning disability.

DOWN'S HEART GROUP

Heart defects are still found in nearly a half of babies born with Down's syndrome but most are operable. The long-established Down's Heart Group is a vital early contact for parents whose baby has this diagnosis. Visit www.dhg.org.uk or contact their new telephone number 0300 102 1644 for assistance with all aspects including making decisions about your baby. An e-learning package is available.

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NOTICE is hereby given that the thirteenth ANNUAL GENERAL MEETING of downsyndrome OK will be held on **Saturday, 21 May 2016** at 11.30 am at The United Reformed Church, 38 Stoke Road, Cobham, KT11 3BD. (Only full members may vote).

AGENDA

1. Chairman's welcome
2. Apologies for absence
3. Minutes of the eleventh Annual General Meeting held on 9 May 2015
4. Adoption of the Trustees' report and the Financial Statements for 2015/16.
5. Election of Trustees: Mrs. Bambina Gonsalves and Mr. Ajit Mané retire by rotation and offer themselves for re-election.

A member entitled to attend and vote at this meeting is entitled to appoint a proxy to attend, speak and vote in his stead. A proxy need not be a member of downsyndrome OK.



MINUTES of the twelfth Annual General Meeting of downsyndrome OK held on **Saturday, 9 May 2015** at 12.30 pm at The United Reformed Church, 38 Stoke Road, Cobham, KT11 3BD. Eighteen members and friends were present.

CHAIRMAN'S WELCOME

Mrs. Helen Pattison announced the apologies for absence of Mrs. Karen Edmonds, downsyndrome OK Chairman, and continued

with downsyndrome OK's welcome to all present especially to those who had not attended a dsOK meeting before. Mrs. Pattison explained that we are a limited company and the meeting has to be quite formal. Only current members of downsyndrome OK may vote.

THE MINUTES OF THE ELEVENTH ANNUAL GENERAL MEETING, held at St. Dunstan's School, Anne Boleyn's Walk, Cheam, SM3 8DF on 10 May 2014, had been sent to all members with today's programme in the April 2015 dsOK news. It was agreed these should be taken as read.

THE TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR 2014/15

Adoption of the Annual Report was proposed by Mrs. Sarah Suggitt and seconded by Mrs. Karen Jaswal and agreed. Mrs. Pattison announced that, following the successful Education Day held in February, 2014, trustees planned another on Saturday 8 October 2016 for which helpers would be needed to ensure a really professional standard.

ELECTION OF TRUSTEES

Trustees' meetings take place in members' homes on Sunday afternoons usually four times each year. One third has to retire each year and Mrs. Helen Pattison and Mrs. Shirley Quemby both offered themselves for re-election. Mrs. Kathy Maillat and Mr. Ajit Mané proposed and seconded their re-election which was agreed.

The meeting ended at 12.45 pm.

Helen Pattison Chairman

REPORT of the TRUSTEES FOR THE YEAR ENDED 29th FEBRUARY, 2016

OBJECT OF THE CHARITY

To create and develop the conditions which will enable people with Down's syndrome to attain their full potential in south eastern England.

REVIEW OF THE YEAR

Family Day

A new format was tried for our Family Day on Saturday 9 May. Instead of speakers, a day of activities was arranged in which all ages could take part. The dual theme of dance and drama plus party games attracted 16 families including children and adults with Down's syndrome. There was supervised craft in a small room and most families stayed for the 'stay and chat' time after lunch. Our speaker with Down's syndrome was Hannah Sampson, a professional dancer who travels the world. The URC church centre in Cobham, Surrey, a new venue for us, was ideal for the programme and the Pattison family served a good and plentiful lunch. It was disappointing that no new trustees volunteered to assist with organising dsOK.

Social events

As the Epsom URC hall was not available for our Christmas party on Sunday 6 December, this was also held at the URC church centre in Cobham and was much enjoyed. Stephanie led the activities with enthusiasm supporting the Gonsalves family. Mrs. Morrin led the team who served tea before the arrival of Father Christmas. An advantage of holding events further west than the Sutton area has been to bring in new families.

During June, having been invited again to the Charity Day of the Malden and District Society of Model Engineers Ltd., dsOK families once more enjoyed the free train rides and a picnic as well as meeting each other and sharing the benefits of being with other families with a child or adult with Down's syndrome. Trustees are looking forward

to learning the date of this event in 2016 so that it can be announced in dsOK news and on our website.

It is regretted that no other social events have been organised. These were possible when volunteers gave the time to run bowling or disco sessions to develop social skills of our teens and twenties with Down's syndrome but currently we have too few trustees.

Publications

Two editions of dsOK news were published during the year, forty of each again being sent by email and 360 by post. Contributions of useful information have been welcomed from members and gleaned from other magazines. The editor has continued to collect advice on organisations which are available to the offspring of our members who are older than Youth Club age. Some related enquiries come to the dsOK 'info@' email address and are answered by trustees.

When the charity and affiliate downsyndrome OK was formed in 2003, the Down's Syndrome Association signed the agreement to confirm that the list of members in the dsOK area would be passed to dsOK. This continued until the despatch of the October 2015 edition when the list was withheld meaning at present no new DSA members nor changes of address are being notified to dsOK.

During October a paediatrician at St. Helier Hospital requested a pack for the families of new babies with Down's syndrome. The contents of this pack is being agreed with Lu Cooper, founder of Get on Down's, and her members. This work is ongoing and is involving rewriting existing publications.

Response to email enquiries

Another aspect of the emails received on 'info@' has been requests for help from families from abroad planning to move to our area with a child with Down's syndrome. In addition, requests from students for

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REPORT of the TRUSTEES FOR THE YEAR ENDED 28th FEBRUARY, 2015 (continued)

help with their research have brought the need to consider subjects as varied as the abilities of infants, the link between brain development and dementia and, in December, clothing problems. Trustees have been able to share some of these requests with other members with an interest in the topic.

An email from a DSA parent in Leamington Spa was greeted with enthusiasm by dsOK Trustees. Nicola Enoch was setting up Down's Syndrome Parents Support Groups Network with an inaugural meeting on 11 June. No trustee was free to attend but Lu Cooper, founder of Get on Down's, had a 'great day' there and reported to dsOK news. It is believed this network will continue.

Website

Voluntary or professional help is being sought to improve the dsOK website as trustees have not found the time to provide the advice and guidance necessary for its revision.

FUTURE PLANS

The date for the Education Day mentioned in the last Annual Report was fixed for Saturday 8 October 2016 and expert speakers are all booked. In the October edition of dsOK news, parents were asked to spread the word to their children's teachers to ensure strong support by education professionals for the benefit not only of pupils with Down's syndrome but others in their classes too. Our experts will cover the learning profile, curriculum differentiation and positive behaviour, all relating to junior and secondary pupils with Down's syndrome whether in special or mainstream education.

RISK

The trustees have assessed the major risks to which the charity is exposed and have taken steps to mitigate exposure to them.

FINANCE

Costs of events held this year have been lower than in previous years but our funds are depleting. Income relies almost entirely on donations and we are grateful for generous gifts from Graveney School (in acknowledgement of talks to all Year 8 classes), Dunottar School (from fundraising) and Mr. Mark King, a neighbour of a member family (for a sponsored challenge and a donation from his employer). The purchase of Easy2Name labelling products brings small sums of commission from time to time provided dsOK is mentioned with the order.

We are aware that subsidising the planned Education Day, for the benefit of pupils with Down's syndrome across our area, will incur high expenditure. Cost of the speakers alone will be considerable. We invite support to increase funds to enable us to continue to provide a wide variety of information to families, individuals and professionals. Donations may be made through our website to Virgin Money who will reclaim Gift Aid on our behalf.

TRUSTEES

Trustees are elected by members in general meeting: one third retire by rotation each year and are eligible for re-election. Mrs. Bambina Gonsalves and Mr. Ajit Mané retire by rotation and, being eligible, offer themselves for re-election.

Six board meetings were held on Sunday afternoons in trustees' homes, attended by between four and six trustees. Trustees have also met informally and when assisting at dsOK events. All are in email contact to ensure smooth running of the charity.

Approved by the Trustees on 10th April, 2016 and signed on their behalf by

Karen Edmonds
Chairman

FINANCIAL STATEMENTS - 2016

LEGAL AND ADMINISTRATIVE DETAILS

REGISTERED OFFICE

61 Ruskin Drive, Worcester Park, KT4 8LJ

CONSTITUTION

Company limited by guarantee governed by its memorandum and articles of association. Company number 4756272. Registered Charity Number 1099580.

TRUSTEES

Karen Edmonds
Bambina Gonsalves
Kathy Maillet
Ajit Mané
Helen Pattison
Shirley Quemby

BANKERS

National Westminster Bank plc,
St.Nicholas Centre, High Street, Sutton, Surrey, SM1 1AW

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 29th FEBRUARY, 2016

	2016		2015
	£	£	£
INCOMING RESOURCES			
From generated funds:			
Donations	1,047		372
Interest received	28		27
From charitable activities:			
Social integration	49		66
	<u> </u>		<u> </u>
TOTAL INCOMING RESOURCES		1,124	465
RESOURCES EXPENDED			
Charitable activities:			
Social integration	151		381
Governance costs:			
Administration	13		13
Annual General Meeting	228		351
Newsletters	470		510
Website	45		35
	<u> </u>	907	<u> </u>
SURPLUS/(DEFICIT) for the year		217	(825)
BALANCE brought forward		<u>8,047</u>	<u>8,872</u>
BALANCE carried forward		<u><u>8,264</u></u>	<u><u>8,047</u></u>

downsyndrome OK**FINANCIAL STATEMENTS - 2016 (continued)****ACCOUNTING POLICIES**

The financial statements have been prepared in accordance with the Statement of Recommended Practice, Accounting, and Reporting by Charities issued in March, 2005.

Subscriptions, donations and interest are included in incoming resources when received.

Income and expenditure relating to fundraising activities are included in the financial year in which the event takes place.

TRUSTEES

No expenses have been reimbursed to trustees.

RELATED PARTIES

£470 (2015 - £510), the cost of producing and distributing newsletters and other material has been reimbursed to Colin and Shirley Quemby.

BALANCE SHEET - 29th FEBRUARY, 2016

	2016		2015	
	£	£	£	£
ASSETS				
Cash and Bank balances:				
Current accounts	1,733		1,794	
Charities deposit fund	6,281		6,253	
	<u> </u>	8,014	<u> </u>	8,047
Debtor		250		-
		<u> </u>		<u> </u>
		8,264		8,047
		<u> </u>		<u> </u>
REPRESENTING				
UNRESTRICTED FUNDS				
General Reserve		8,264		8,047
		<u> </u>		<u> </u>

The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies' regime within part 15 of the Companies Act, 2006.

The company is entitled to the exemption from an audit given by Section 477 (1) of the Companies Act, 2006 and members have not requested an audit under the provisions of Section 476 of that Act. The trustees acknowledge that they are responsible for ensuring that the company's accounting records comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of the company's affairs at 29th February, 2016 and of its incoming resources and application of resources for the period then ended in accordance with the requirements of Section 396 and which otherwise comply with the requirements of the Act relating to accounts.

Approved by the Trustees on 10th April, 2016 and signed on their behalf by

Karen Edmonds,

Chairman

SEQUENCING

Kathy Maillet, dsOK trustee and author of our downloadable booklet *Down's syndrome - A booklet for Nursery and Reception staff* has found that children with Down's syndrome often have problems with sequencing including such lists as days of the week, months of the year and so may struggle to say the number names in order. This does not mean they cannot progress with numeracy. Mrs. Maillet recommends pupils should be offered challenging maths activities using counters, fingers, Numicon or other maths apparatus.

Equally, children and adults with Down's syndrome who have limited speech should be offered more challenging reading material. Indeed, reading more difficult work helps to develop their spoken vocabulary.

Download our booklet on tips and wrinkles from our website www.downsyndromeOK.org.uk

BOOK FOR PRIMARY AGE CHILDREN

Let's Talk - My Friend has Down's Syndrome is a book for young readers by Jennifer Moore-Mallinos from www.book-house.co.uk ISBN 978-1-908177-08-7 Book-house strap line is Knowledge is Power whose website illustrates a variety of titles for this age group. The book on Down's syndrome encourages children to overcome barriers that can exist between children with Down's syndrome and their playmates.

BRITISH MUSEUM FOR TINIES

Young learners under 5 are welcome free at Little Feet drop-in sessions at the British Museum WC1B 3DG where fully inclusive activities are available in an accessible environment for all families. We are assured there is no hard sell attached to this offer where staff are fully supportive of all young learners and parents and carers are free to drop-in and out with no expectation on how long they stay nor what the outcomes are for each family - just lots of creative activities and plenty of laughter. Tel. 020 7323 8124 or email khoare@britishmuseum.org or visit www.britishmuseum.org/whats_on/events_calendar/under_5s_events.aspx for this year's dates.

BIRKBECK COLLEGE

Students at Birkbeck College have initiated many research projects requiring interest from families with a child or adult with Down's syndrome. One aspect of the work is towards identifying links with dementia. If your child is aged between 2½ and 5 years of age, Hana D'Souza, Post Doctoral Research Fellow, would like to hear from you, please, on ubhkyj001@mail.bbk.ac.uk

CORNISH LOOKING UP

Whilst the children of members of the Down's Heart Group were enjoying the activities at the Down's Heart Group's annual meeting in Somerset last May, their parents were shown a 'Looking Up' book by members of the Cornwall Down's Syndrome Support Group. The book follows pictorial stories of the early years of 28 children with Down's syndrome. The Cornwall Group delivers a copy of this wonderful gift to all new babies born in their local hospital and is keen to spread the book countrywide. It helps to explode the myths and shows that, given the right opportunities, children with Down's syndrome develop alongside their peers. The book (ISBN 978-0-9569367-3-8) can be ordered in bulk by contacting the group (www.cdssg.org.uk). For single orders (£19.99) visit www.edgeoftime.co.uk/index.php?c=lkup

Parent support groups in Cornwall are 'Looking Up' groups.

**Contributions for the next issue to the Editor by Sunday
18 September 2016 please**

SPEAKERS AT OUR EDUCATION DAY - SATURDAY 8 OCTOBER 2016

Cecilie Mackinnon and Jane Beadman, both members of the U.K. Down's Syndrome Education Consortium, have many years' experience in Primary and Secondary Education. Each has published extensively for all involved with the education of children and adults born with Down's syndrome.

Cecilie will guide us on the learning profile of pupils aged 3 - 18 with Down's syndrome then give practical ideas on differentiating the curriculum. In response to requests to dsOK, Cecilie will help with sharing planning with teaching assistants. Cecilie will demonstrate practical teaching resources to support the

education and development of language, communication and maths skills for everyday living.

Jane will guide us on promoting positive behaviour for Primary and Secondary pupils with Down's syndrome and developing practical strategies. Jane is a Specialist Educational Psychologist for pupils/students with Down's syndrome and their families and schools. She travels the country training professionals, parents and carers including advising on inclusion for pupils aged from 3 to 18 and their transition at each stage.

CLOTHING ADVICE

dsOK trustees receive, usually by email, a variety of requests for help. A student at Leicester, whose twin brother has Down's syndrome, is studying clothing for people with Down's syndrome. Information on trousers with fewer fastenings and shorter legs has now arrived including: bhs jogging bottoms in denim for boys aged up to 16, jeans from America which incorporate an artificial fly, and 'Independence Day' reversible clothing from the USA for children with autism or other disabilities. These have a space for a tracking device for serial escapers and no itchy labels.

CHRISTMAS PARTY

Families with young children have enjoyed lots of fun at dsOK Christmas parties. We are grateful to trustees who have ensured these continue. The venue was changed last December from Epsom to Cobham. Sadly, in spite of repeated announcements, enlarged print and a map on the programme, several families went to Epsom - disappointment for all.

ACTIVE HOLIDAYS

For families seeking holidays for a young or adult member, these could be worth checking on the internet:

jollydaysholidays.co.uk breakawayactive.co.uk and
letsgosupportedholidays.co.uk We believe all these holidays are intended for those with disabilities, some go abroad and some provide support.

DISABLED AFLOAT RIVERBOAT TRUST

Founded 24 years ago, this charity offers canal boat holidays for those with a wide range of disabilities. Visit their 'DART' website or contact them at PO Box 21, Hungerford, RG17 9YY. Volunteers are welcome to assist on the holidays,

FOOTBALL FOR WOMEN IN MERTON

Football for women of all ages is offered on Sundays 12.30 pm - 1.30 pm at Southfields Academy, Merton. Contact Emma O'Connor on 07824 536545 or email femalefootball@afcwimbledonfoundation.org.uk for details. Sessions are held at the Aspire Centre Entrance, 337 Merton Road, London SW18 5JKU. Players are asked to wear appropriate footwear for an indoor sports hall.

CARAVAN IN SUSSEX

Debbie Aldridge, from charity www.miraclesthecharity.org has contacted dsOK telling there is a caravan at West Sands, Selsey West Sussex which may be booked by families for respite breaks. It sleeps 6/8 people, is double glazed and has full central heating. Another website also gives information: <http://www.bunnleisure.co.uk/our-parks/west-sands.aspx>

STEALTH LEARNING

DSA founder, Rex Brinkworth MBE, showed that babies and children with Down's syndrome can learn and go on learning. We can help our youngster at odd moments, as suggested in Families magazine for March/April. "Sneak some maths and literacy into everyday life e.g. adding up the cost of shopping, dividing a café bill, playing Monopoly or snakes and ladders or budgeting for a gift". Reading signs, writing a post card or emailing all increase communication skills without feeling like school work.

DATES FOR YOUR DIARY

Saturday 21 May	Family Day Cobham
Sunday 19 June	Picnic (model trains)
Sunday 26 June	Capital to Coast
Sunday 26 June	Meeting of trustees
Sunday 18 September	Meeting of trustees
Saturday 8 October	Education Day Sutton
Sunday 4 December	Christmas Party

TRUSTEES

All trustees are available to DSA and dsOK members seeking help or support. E-mails can be sent to <firstname>7@downsyndromeOK.org.uk (note the extra 7)

Website www.downsyndromeOK.org.uk

CHAIRMAN/SECRETARY

Mrs. Karen Edmonds (Son 1994) 020 8330 1597

VICE CHAIRMAN/MEMBERSHIP SECRETARY

Mrs. Bambina Gonsalves (Son 1996) 020 8640 7248

NEWSLETTER EDITOR/MINUTES SECRETARY

Mrs. Shirley Quemby (Son 1971) 020 8642 3720

43 Devon Road, Cheam, Sutton, SM2 7PE

WEBMASTER

Mr. Ajit Mané (Daughter 1981) 020 8979 7485

Mrs. Kathy Maillet (Son 1994) 020 8669 8942

Mrs. Helen Pattison (Son 2001) 01372 842911

TREASURER

Mr. Bart Gomes

DOWN'S SYNDROME ASSOCIATION

The Langdon Down Centre, 2a Langdon Park,
Teddington, TW11 9PS 0333 1212 300 (fax 020 8614 5127)

e-mail info@downs-syndrome.org.uk

website www.downs-syndrome.org.uk