

Leicestershire Down's Syndrome Group

Friendship



Fun Family

Leicestershire
**Down's
Syndrome
Group**

SPECIAL OLYMPIANS



The Spotlight on some of our Gymnasts

And also
in this issue ...

**THE AGM -
A NEW COMMITTEE
WHAT'S ON**

www.leicesterdownsgroup.co.uk



Affiliated to
Down's Syndrome
Association

Welcome ...

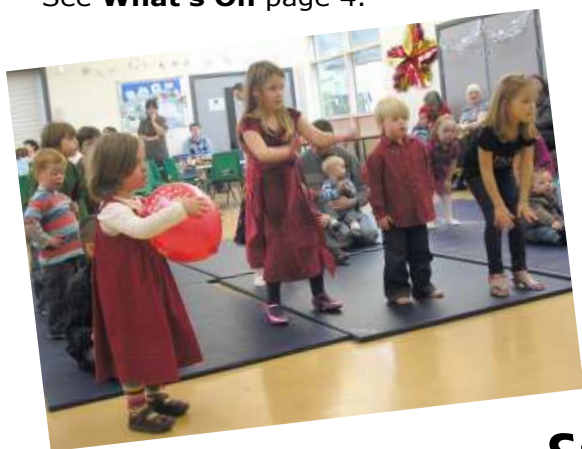
To the latest issue

After another wonderful **Christmas Fayre** in November everyone was in a festive mood. Santa paid an early visit to the Under 5's **Christmas Party**, and the theatre trip to see **Joseph and the Amazing Technicolour Dreamcoat** was the icing on the cake - were you there?

Now we're looking forward to a very special year for some of our members, as Leicester prepares to host the **Special Olympics** in July.

We're optimistic that it's going to be a good year for the group. There will be lots going on, so look out for news of events and opportunities to get together.

Why not join us at the next **Disco** in March? See **What's On** page 4.



Party Time!

The Under 5's Christmas Party was held at Dorothy Goodman School in Hinckley on 7th December.

After play in the Sensory and Soft Play rooms, the children were entertained by Jaberjacks, singing songs and joining in with bells and wands. After a hearty lunch and much fun, Santa paid a visit with a sack full of presents for the children.

Many thanks to all who came - hope you enjoyed it as much as we did.

AGM

We are ready, willing and able

The AGM held on 29th January showed the commitment of our members, who responded to an appeal to keep LDSG running by becoming more involved with the work of the committee.

Six committee members resigned - Pam Hammond (Chairperson), Vera Barker (Treasurer), Shirley Wills, Caroline Farley, Kathryn McCartney and Bill Chandler. The offices left vacant were filled by Michal Hardy (Chairperson - previously Vice Chair), Nick Abbott (Vice Chair), Dawn McIntyre (Treasurer) and Luke Feathers (new committee member).

Pam Hammond gave a report as outgoing Chairperson, commenting on how challenging this year has been, and how much some of our longstanding members will be missed -

Those of you that are continuing will I am sure add stability to the group, and continue to improve the opportunities for people with DS. Those of you here tonight who have come along in order to join the committee, I welcome you. ... Groups like ours always need new people with fresh enthusiasm and ideas.

The Treasurer's report from Vera Barker also paid tribute to hard working committee members past and present -

Thanks to Marie Moore, who steered us into Charity Status, and the strong diligence of our retiring Chairperson Pam Hammond, our group is a force to be reckoned with.

Shirley Wills's craft fairs and fund raising events are legendary and she will be missed.... Caroline Farley's wealth of experience will also be missed.... I have enjoyed the last eight years working with so many talented people, making so many friends.

A full committee list is available on page 4, and if you were unable to come to the AGM minutes are available on request.

A big THANK YOU to all the outgoing committee members, and we welcome new members to what we hope will be another successful year for the group, with some friendship and fun along the way.

Speech and Language Support Group

The Down's Syndrome Association and Symbol UK have begun training Co-Workers to work alongside Speech and Language Therapists, to provide weekly speech and language support for small groups of children with Down's Syndrome.

Two of our mums, Su Carr and Helen Feathers, are attending training courses this year, and a local NHS Speech and Language Therapist is also attending the three day course, in preparation for setting up these groups.

More information will follow shortly, but if you would like to find out more about this project further details are available on the DSA website.

Special Olympics

Here we come ...

Amongst our athletes participating in the **Special Olympics** during **25th - 31st July** are several gymnasts.

Zoe Knight and Katherine Shuttlewood are members of the **Leicester Leys Gymnastics Club**, based at the Leys Leisure Centre, Beaumont Leys, and they are part of the East Midlands team which will take part in the Special Olympics in Leicester this summer.

The Leicester Leys club, which includes some children and young adults who are members of LDSG, took a team of gymnasts to compete in Jersey in 2008, and they came away with a whole host of medals.

Zoe won silver medals for both the Vault and the Floor, and the other team members also won medals for their exercises. It was a very successful competition, and hopefully a sign of things to come for our gymnasts in the Special Olympics Leicester, July 2009.

Many members of LDSG, including swimmers and netball players, are working very hard training for their sport, and we have already been able to support some of them in their preparations. We hope you will be able to join us at the Games in July to cheer them on, as our own athletes represent us in the Special Olympics Leicester, 2009.



Want to join in?

If talk of the Special Olympics makes you want to join in, there are many opportunities to play sports in our area. With local government initiatives and sports governing bodies trying to make mainstream sports more inclusive, a variety of sports are on offer. Here are a few activities worth looking into.

Inclusive Sports Clubs countywide

Leicestershire and Rutland Sport have set up nine new inclusive sports clubs in the county, to encourage young people to participate more in sport.

The clubs aim to promote a healthier lifestyle and build confidence and self-esteem in a fun and enjoyable environment. They are for anyone aged 6 to 19, with or without a disability. All have qualified coaches who hold a range of events from fun activities through to coaching sessions.

To find out more visit the following website or contact the clubs below - www.lrsport.org.uk

Hinckley - Wayne Gudgeon 07958 229512

Menphys Sport & Leisure Club

Sarah Northern 07794 607579
Peter Coopey 0116 2827225

Junior Sportsability Club, Ashby

Wayne Gudgeon 07958 229512

Junior Sportsability Club, Melton

Jenny Smith 01664 410961/07794 01945

Oadby & Wigston - Avril Lennox 0116 2572673

Burleigh - Wayne Gudgeon 07958 229512

Harborough - Andrew Watson 01858 821289

Birstall - Phil Lord 0116 2715127



Football For All

Hinckley & Bosworth

Barwell Athletic Minis Football Club is driving forward the provision of Football for All through fun and skill sessions, from 4.00pm - 5.00pm on the all weather pitch at Marston's Stadium, Hinckley. Budding footballers from the ages of 8 - 18 who have a physical, sensory or learning disability are invited to attend.

The Football Association is keen to provide inclusive opportunities for all players to participate in football, have great fun, learn new skills and be part of a team, enhancing the lives of those involved both from a football and social point of view.

If you would like to find out more about playing football in the Leicestershire and Rutland area please contact -

Mary Rudkin at Leicestershire & Rutland FA

Tel: 0116 2844952

Email: mary.rudkin@leicestershirefa.com

What's On ...

Up and coming events to look out for

Please remember, the person with Down's Syndrome should be accompanied to all events by a parent or carer.

SPRING DISCO

14th March, 2009

7.30pm - 11pm

ABBAY SPORT
& LEISURE
SLATER ST,
FROG ISLAND



FRIDAY GROUP

Second Friday of month
during term time

10.00am - 12.00pm

NETHER HALL SCHOOL
NETHERHALL RD, LEICESTER LE5 1DT

Rays of Sunshine

Is a Down's Syndrome group which is held once a month on a **Monday morning**, at the **Early Years Centre**, Pindar Road, New Parks, Leicester.

We welcome all parents, carers and their children to meet from 10.00 to 12.00, for a friendly chat and time to interact with their children, either in the Soft Play area, Lights Room, or in the main meeting room where we have lots of toys to play with.

We also have singing, snack time and a Toy Library available.

Please contact Amanda on 07888 673021 for more details.

Moved house?

Keep us up to date

If there are any changes to your address or family details, could you please let the Secretary know so that we can update our database.

We would like to keep you informed of events and other activities, but can only do this if we have the correct details.

Committee Members

and other contacts

LEICESTERSHIRE DOWN'S SYNDROME GROUP

www.leicesterdownsgroup.co.uk
Tel: (Voice mail only) 07757 800312

Chairperson / Friday Group / Friendship n' Fun
MICHAL HARDY

Vice Chairperson
NICK ABBOT

Secretary
PHIL YORK

Treasurer
DAWN MCINTYRE

Minutes Secretary / Database / Events Organiser
Chair Friendship n' Fun
JUDY WARNER

Fundraising / Friendship n' Fun / Friday Group
LYNNE MILLER

Fundraising
SU CARR

Awareness & Press / Friday Group
VICTORIA BOWEN

Friendship n' Fun
GILLIAN AL-NOWAIHI

Friday Group Organiser
TERESA HORN

Newsletter / Friendship n' Fun
ANGELA SHELDON

Risk Assessment
DAVID MCINTYRE

Committee Member
LUKE FEATHERS

National Office DOWN'S SYNDROME ASSOCIATION

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0845 2300372/020 86145100

Down's Heart Group SARAH SMITH

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