

Leicestershire Down's Syndrome Group

Friendship



Fun Family

Leicestershire
Down's
Syndrome
Group

AGM

**Yes it's that time
of year again**

You all have valuable skills and fresh ideas which we need just come along to the meeting We really value your time and commitment In order for us to carry all of this forward into next year we need you to get involved, either join the committee or offer support when you can If you value what we have done together this year, come to the AGM and share in our future

**and We Need
YOU**

www.leicesterdownsgroup.co.uk

Also in this issue - WHAT WE'VE BEEN UP TO IN 2010
NATIONAL AWARENESS DAY 2011 WHAT'S ON



Affiliated to the
Down's Syndrome
Association

AGM time again!

WE NEED YOUR HELP!

The **LEICESTERSHIRE DOWN'S SYNDROME GROUP ANNUAL GENERAL MEETING**

will be held on **Thursday 10th March 2011, 8pm** at the **Hilton Hotel**, Leicester, LE19 1WQ - J21 Approach. We need as many members as possible to attend the AGM.

Once again the group needs new people to join the committee, to continue the programme of amazing activities we are currently able to offer.

You will have received a letter from Michal Hardy, our Chairperson, making you aware of how much we need your input if the group is to continue -

This year we will be saying 'goodbye' to half of the committee members. Unless new people step forward and join the committee, the Leicestershire Down's Syndrome Group will not only be unable to provide the large range of activities it previously has, but also may face closure if positions such as the Secretary are not filled.

Closure of the group would result in all the funds raised to date being transferred to the Down's Syndrome Association. As you can imagine, this would be a major disappointment, based on the time and effort that has gone into raising these funds.

Do you know how this would affect you, your children and young adults? Activities every month might cease to exist, such as -

Fish & Chip Suppers	Go Kids Go	Coffee support meetings
Cinema trips	Snowdome	Christmas Fayres
Theatre trips	Dancing	Christmas parties
Discos	Pottery	Softplay
Theme Park trips	Farm Picnic	Bowling
Swimming	Karts 4 Kids	

There would be no Newsletter to keep us all in touch.

Positions on the committee which need to be filled will be -

Secretary, Vice Chairperson, Fundraising, and we also need more general **committee members**.

You all have valuable skills and fresh ideas which would be so helpful on our committee ... just come along to the meeting, we would like to see you and really value your time.

Our committee meetings are usually every one to two months, and how involved you become is entirely up to you. Being a member of the committee provides you with an opportunity to help shape the future of our children. Please telephone 07757 800312 if you would like more information.

The group will only be able to continue with your support, and so if you value what we have done together over the past 12 months, please come to the AGM and share in our future. We really do need you.



What does the Secretary do ?

LDSG cannot continue without filling the position of **Secretary**, and as committee posts such as this can seem a bit scary, Phil York, our existing Secretary, gives a summary of what the main tasks of the role are -

To take minutes at committee meetings, write them up in word and email to all committee members.

Read any post that arrives for the Secretary, this is very minimal less than 10 items a year, and pass any relevant information on to the committee. Also check emails for the group and pass on to other committee members.

Keep track of risk assessments and ensure they are sent to the DSA, 6 to 8 weeks before an event. The event organiser prepares the risk assessment.

Fill in the annual return after the AGM for The Charity Commission, which is done via their website, and takes about 1 hour to do.

Keep the list of Trustees up to date, also via the Charity Commission website.

Ensure each committee member has signed a code of conduct form each year, and file any policy documents, newsletters, minutes and Treasurer's reports.

Send an update form to the national office after the AGM, with any changes to Secretary, Chair or Treasurer.

Be a trustee of the charity, as Chair, Treasurer and Secretary must be trustees. We have 8 trustees at present.

The job is not that time consuming, but the Secretary needs to be able to attend most of the monthly meetings. Phil says he will be available via email, to help and support the new secretary in their role.

If you have any interest in supporting the group by taking on this role, please let us know, or come to the AGM. **WE NEED YOU!**

Another fun packed year for LDSG

What we have been up to in 2010

Over the past year LDSG has once again been out and about having lots of fun, and hopefully you have been able to join in. These events happen because of the work of our committee, and other group members who are able to support them.

We could not offer such excellent activities each month without the on-going support of **Hilton in the Community Foundation**, and the **Voluntary Action Leicester Grassroots** scheme.

We cannot thank them enough for the grants they have given us, which have made such a huge difference to what the group has done together this year.

The AGM is a time to look back at what we have achieved, and to recognise how much we value the support and friendship of our group, with social events, fun outings and shared experiences, as the lives of our children and young people move forward.

In order for us to carry all of these activities forward into the next year we need members to get involved, by either joining the committee or offering support when they can.

We really do have some great times together, with lots of smiles and laughter. And with your help we can do it all again this year.

Looking forward to seeing you soon.



Awareness Week 2011

March 21st – 27th

With **Down's Syndrome Awareness Week** now being held to coincide with **World Awareness Day** (21st March), it is an ideal time to help us raise those much needed funds.

As many of you know, we have been very fortunate to receive grants from the Hilton Foundation and also from Grassroots. These will end this year.

The Leicestershire Down's Syndrome Group relies entirely on grants like these, donations and fundraising, to provide the range of activities and events that we hold.

Would you be able to help us raise these funds?

It could be a coffee morning, a buggy walk, a car washing event, nail painting. The sky is the limit. As we have found when we held a balloon release, to mark a previous Down's Awareness Week.

We are grateful for all donations, whatever their size, as they all go towards giving you the opportunity to meet and make friends. So any ideas you might have, big or small, can make a difference.

If you would like more information, or want to know how to pass on any funds to us, then please call or text **07757 800312**, or email us at **info@leicesterdownsgroup.co.uk**

We have yet to finalise our own event, but keep up to date by checking our website.

And don't hesitate to bring forward any ideas as to how we can create more awareness of Down's Syndrome, within our own communities.



Thank You all ...

Fun at the Fayre

For your competition entries

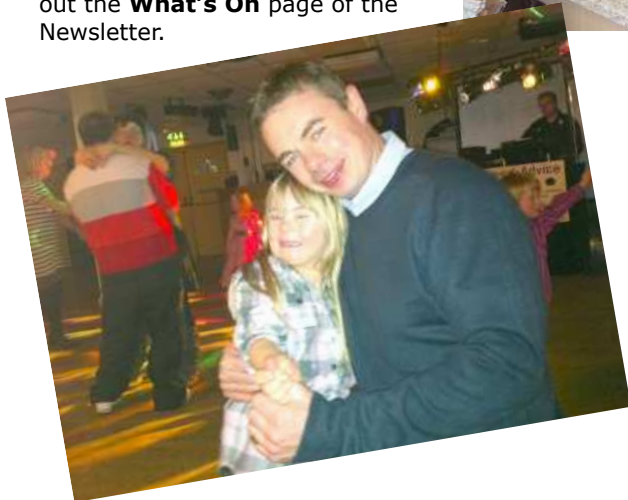
LDSG has many sponsors and friends who support our activities in many ways, and we wanted to acknowledge their help. And so we have run a competition to design a card to say a big *Thank You*. Zoe Knight was the competition winner, and she was presented with her prize at the Autumn Disco in October.

We would also like to say *Thank You* to everyone for all your competition entries, and congratulations to Zoe for a great design.



And you too can dance ...

Just come along to one of our group discos, and boogie on down, or just join in the fun, socialising with your friends at the bar and buffet. They are usually held in the spring and autumn, so check out the **What's On** page of the Newsletter.



Another great Christmas Fayre

A lovely crisp morning for our annual Christmas Fayre, which was opened by Deputy Mayor, Councillor Linda Broadley, accompanied by her consort, Mr. Frank Broadley.

The Town Crier, Joe David, supported us once again, looking majestic in his uniform, and bringing a sense of occasion to the proceedings.

Shirley Wills, the Fayre organiser, had this to say about the day -

We had a variety of crafts and stalls, Usborn Books, handpainted bargeware, cakes, Fairtrade gifts, handcrafted jewelry, patchwork & quilting, Caitlin O'Halloran, who made poppies from red and black buttons and Katie Wills with her beadwork, selling lots this year. A book stall, Christmas Tombola and gift stall, and new this year, nail art.

Colin and Christine Parker entertained us with a Dutch organ and accordion, and Sally manned the door, with at least 150 people coming through.

The Kitchen Crew didn't stop all day, and the raffle was brilliant.

Thanks to everyone who made the Fayre another success, see you all again next year.

A huge thank you to all our kind sponsors and donors, especially Caterpillar, and to Lynne Miller for all her hard work.

With all your help we raised £1,500, and hopefully had a lot of fun in the process.



Let it Snow!

And it did ...

Yes, we picked *that* snow packed Sunday to visit the Tamworth Snowdome - almost colder inside than out!

But what a great time we had.

Despite having to brave the weather conditions to get to the Dome, everyone turned up well equipped with thick gloves and hats, and even a few ski-suits as well.

Snow Play and Tubing were the delights on offer, and for those of us who do not know one end of a ski from the other, Tubing is like tabboganing but on a big rubber tyre. And can they go fast! Maybe a bit too fast for some of us, but most of the children didn't want the session to stop.

Adrenaline Tubing for the older ones was even more exciting, as the start was even higher up the slope.



The youngest ones were let loose in the Snowplay area, with all the traditional fun such as snowballing, igloo building, making snowmen, and a smaller snow slide.

It offered all the kind of fun and games you could carry on with afterwards in the snow outside!

We all needed to warm up a bit after the excitement, especially the mums and dads, and we had more fun together at a party meal, complete with the season's first crackers.

It was a very different trip out for the group, and we won't forget this one in a hurry!



Panto time again

Did you know?

Oh yes it is ...

The Christmas trip out this year was the traditional panto 'Cinderella' at Loughborough Town Hall. And, as you'd expect, it was packed full of all the anticipated glitter, glamour and corny jokes a panto should have.

According to the Town Hall publicity it was

'a place where dreams come true ... a land of excitement and romance, of daring princes, flying coaches, magic spells and two nasty ugly sisters whose evil plans must be thwarted'.



The Prince was charming, the sisters very ugly, and Cinderella was, of course, especially beautiful. The flying coach and horse were brilliant, and naturally the Prince got his Princess at the end.

It all added up to a great afternoon out.

This seasonal treat is always popular, and as usual lots of you came along to join in the fun. It's wonderful to see all those happy faces, full of laughter, and the kids enjoyed it as well.

If you are interested in any of the following information, please contact the group concerned for full details, since it is intended as a guide only - Leicestershire Down's Syndrome Group cannot take responsibility for it's accuracy.

Something to make life easier

BICYCLES

Is your child too big for a rear fitted bicycle seat ? Unable to balance sitting on a trailer bike?

Well www.wiggle.co.uk may have just the thing to help you have a family bike ride.

They sell a back rest which fits onto a trailer piggy-back bike, with a strap to help secure your child whilst riding.

CHANGING MAT

As your child gets bigger a regular changing mat is not large enough.

www.incywincy.net have a fold up, washable changing mat measuring 70 x 150cms. Not many others on the market!

If you come across other things which make life a little bit easier, please let the rest of us know.

Speak Up

A local voluntary group which offers speech and language activities and practice, for children with Downs Syndrome from 18 months up to 7 years old.

If there are any parents/carers of children with Downs Syndrome, from the ages of 18 months up to 7 years, who would be interested in taking part in the groups, please contact Su or Helen for more information.

Su - 0116 2388368

Helen - 0116 2251353

Speech Therapy

LDSG will part fund speech therapy, and if you would like to access this please contact the group Treasurer, who will be able to give you more information.

Contact details are on the back page.

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.

FISH N' CHIP SUPPER

February

Details to be announced

GO KIDS GO

4-11

March, 2011

Details to be announced

HAVE A GO

Sports Day for the Disabled

11-16

27th March, 2011

Details to be announced

SPRING DISCO

April, 2011

7.30pm - 11pm

ABBEY SPORT & LEISURE

SLATER ST, FROG ISLAND, LEICESTER

Details to be announced

SOFT PLAY

Under 5s

April, 2010

Details to be announced

CINEMA

May, 2011

Details to be announced

DON'T FORGET

To check out our website for the latest information on events - www.leicesterdownsgroup.co.uk

Committee Members

and other contacts

LEICESTERSHIRE DOWN'S SYNDROME GROUP

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PHIL YORK

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JUDY WARNER

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VICTORIA BOWEN

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Friday Group Organiser

TERESA HORN

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