

Leicestershire Down's Syndrome Group

Friendship



Fun Family

Leicestershire
Down's
Syndrome
Group

www.leicesterdownsgroup.co.uk



Affiliated to the
Down's Syndrome
Association

More Fun at the Farm



Also in this issue

Want to become a Gymnast?
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Welcome ...

Are You Ready

To the latest issue

Well the summer may be over but the fun goes on.

The lead up to Christmas is busy for us all, and LDSG is no exception.

The usual Fayre is in November, various group events are on offer, and a Christmas party for all the family will be full of fun for everyone.

We are already looking forward to 2012, with quite a few treats in the pipeline.

Check out *What's On* on the back page, or see our website for the latest information on events.

We look forward to sharing this special season with all of you.

for some festive fun ?

Yes, I know it seems as if we have only just had a little summer, but the autumn leaves are falling and it's time to start preparing for Christmas.

What better way than joining in our annual **Christmas Fayre**, either by helping out, or coming along to have some fun. The Fayre will be on **Saturday 19th November**, from 11am to 3pm, at our usual venue, the **Age Concern Building** at Paddock Street, Wigston, LE18 2AN.

We have the usual attractions on offer, Crafts, Christmas Games, a Tombola, Cake stall, and the ever ready Kitchen Crew will be serving refreshments.

Our main fundraiser is only possible with your help, so if you can assist with setting up, man a stall, bake a cake or help out in any other way please get in touch with the Fayre organiser, Shirley Wills - contact details on the back of this newsletter.

We need you to sell as many **Raffle Tickets** as possible, and return the stubs and monies to the Treasurer in good time before the Christmas Fayre, since this is a huge part of our fund raising.



A poster for the Christmas Fayre. It features the Leicestershire Down's Syndrome Group logo, which includes a smiley face and the words 'Friendship Fun Family'. The main text reads 'CHRISTMAS FAYRE' in large, bold letters. Below that, it says 'SATURDAY 19TH NOVEMBER 2011 11.00am - 3.00pm'. The venue is 'AGE CONCERN BUILDING Hawthorn House Paddock Street, Wigston, Leicester LE18 2AN'. It also mentions 'Large Car Park opposite Age Concern in Paddock Street'. The poster lists activities: 'Come along and join in the fun - Crafts, Christmas Games, Tombola, Refreshments'. Admission is 'Adults £1 Children Free'. There is a drawing of a Christmas tree and a Santa Claus figure.

Ring the group number for additional tickets and please return unsold tickets to the Treasurer, as we really do need your help to make the raffle successful.

Come along and join in with some festive fun.

... Or are you more into Halloween?

If so, get your Ghoul suit out because this is the one for you.

A **Halloween Party** is being held at **Hinckley Golf Club**, in aid of two charities, including us!

So if you want to party, party, party on **Saturday 29th October** contact one of the organisers below, or you can get tickets from the Balloonatics Party Shop, who are sponsoring the party.

Jim & Pete 07789 553325 or **Stuart 07940 504589**

Have lots of fun and support your favourite charity at the same time.

A poster for the Balloonatics Charity Halloween Party. It features a large, glowing jack-o'-lantern. The text includes 'BALLOONATICS PARTY SHOP.CO.UK PROUD SPONSORS OF CHARITY HALLOWEEN PARTY'. It also mentions 'WITH LIVE ACT "LOST IN MUSIC" PLAYING ALL THE PARTY CLASSICS!' and provides contact information: 'WHEN SATURDAY 29th OCTOBER 19:30 to 01:00 WHERE Hinckley Golf Club WHY Supporting two great charities WHAT It's Halloween, so let's PARTY! HOW MUCH £15.00 Per Ticket Jim & Pete 07789 553325 or Stuart 07940 504589 or from BALLOONATICS PARTY SHOP'.

Fun at the Farm

LDSG picnic at the farm

The late summer picnic at Stonehurst Family Farm in Mountsorrel, is certainly becoming a favourite fixture in the LDSG calendar.

With the rather late appearance of summer, a trip to the farm was just the thing for us, and it was lovely to get together with so many of the group. The ever popular tractor trailer rides, play area and straw barn, entertaining animals and pet corner all added up to a great afternoon out, and it's easy to see why we keep coming back.

A communal picnic gave everyone a chance to catch up and enjoy each other's company, whilst the children refueled for more hectic fun.

I'm sure the animals enjoy our visits, with so many buckets of tasty animal food available, although there's always one greedy sheep or goat who gets more than it's fair share.

We all had a great time, and no doubt quite a few of the children slept well that night.



And don't forget the Disco ...

The regular discos remain as popular as ever, so if you are more of a night owl, come along for a bit of a dance, or to sample the buffet or just to socialise. Look out for details of the next group disco on *What's On* page 8.

Maybe not quite Saturday Night Fever or Glee, but we still have just as much fun!



Leicester Leys Gymnastics Club

Are looking for You

Are you interested in trying out gymnastics? Then **Leicester Leys Special Needs Gymnastics Club** is especially looking for you.

This special needs club was started by Yvonne Haines, after the Special Olympic Games which took place in Leicester in 1989.

As a result of these games, and the inspiration that they provided, Yvonne was approached by the parents of some young children with DS, to see if she could set up a gymnastics club for them.

The club, which meets at **Beaumont Leys Leisure Centre** on a Saturday, between 9.45 and 11.45am, was initially started as part of the BLISS group which already met there on Saturdays.

Yvonne, with the help of other volunteers, now coaches the club, and under their guidance the members have achieved much success. Leicester Leys gymnasts have competed at World Championships, and teams from the club have enjoyed great success at National Championships.

Many gymnasts with Down's Syndrome have shared in this success, and the club are now actively encouraging children with DS, of school age, to join them.

The activities and exercises involved can be of great benefit to people with DS, building strength and discipline, improving balance and posture, and the coaches work within each individual's abilities.

Many gymnasts with learning difficulties can achieve much more than they thought themselves capable of, with the support and commitment of volunteers and coaches, such as those at Leicester Leys Gymnastics Club.



Please contact
Yvonne Haines
0116 229 0272
if you would like to
know more about
the club.
You are sure to
receive a warm
welcome.

Winners every one

Championships for DS gymnasts

Sport for people with DS is growing rapidly, and following on from swimming and athletics, a Down's Syndrome National Gymnastics Championships is being established.

The early stages were held at New Parks College in September, where gymnasts from around the country competed. The event also attracted gymnasts from Slovakia and the USA.

Competitors are judged in age groups, with 3 levels of ability in each group, so that everyone is able to compete at their own level.

Leicester Leys Gym Club were able to enter a large squad, including many members of our group, since the competition was held on their home turf, and most of the club members came away with medals.

Many of the medal winning competitors also took part in a demonstration of their skills by the National Gymnastics Display team, where they gave an entertaining performance which they have toured around the world.

It was very inspiring to see members of LDSG participating, and to share in their joy and excitement in achieving so much.

We can be very proud of all of our gymnasts, whatever their achievements.

There are other special needs gymnastics facilities within Leicestershire, such as Huncote Pavillion Sports Centre which offers Trampolining for children with SEN. Contact **Kelly Smith** on **0789 4851426** for more details. Why not ask in your area?



Cooking up a storm

Our group members are achieving success in other ways as well.

Katie Wills entered a competition at the Evington Fete, and following a recipe she was given produced a prize winning cake.

She was thrilled to come second, as this is the first time she has entered the competition.

Katie started her second year at Leicester College in September, where she is taking her City & Guilds in Cooking. She will be serving in the staff and student galley in this year.

She has also been busy with Southfields Netball Club, which Katie is a member of, as they took part in a competition in Edinburgh in September, and we hope they had a successful tournament.



Need some help?

Speech and Language Therapy

LDSG offers **Speech and Language therapy Sessions** at a subsidised rate to our members.

They take place at **Christchurch**, Clarendon Park Road, Leicester, five times a year.

The sessions are available to children and young adults up to the age of 19, and they aim to provide the following -

- Support and advice in developing attention and listening, understanding of language, expressive language and speech.

- Assessment of speech and language skills
- Therapy

- Therapy targets and resources

For more information contact either of the following -

Dawn MacIntyre (Treasurer) **0116 2368133**

Marion Youssouf (Speech and Language Therapist) **07890 385288**

Speech and Language Therapy for babies

Speak Up! for babies



Speech and Language support groups for children and babies with Downs Syndrome in Leicestershire

Leicestershire Down Syndrome Monthly Support Group

We are on the move.

Starting from Thursday 7th July 10am until 12pm.
Our new venue will be

St Saviours Sure Start Centre
10 St Saviours Road,
Leicester.
LE5 3GE.
Tel: 0116 2211774

The support group will run on the following dates:

Thursday 4th August 1pm until 3pm
Thursday 8th September 10am until 12pm
Thursday 6th October 10am until 12pm
Thursday 3rd November 10am until 12pm
Thursday 1st December 10am until 12pm

Come along and join us, meet for a chat, share experiences.
We offer support to all family members and would love to meet you.

If you would like any further information then please call 07757 800312 or email info@leicesterdownsgroup.co.uk

Support Group

Don't forget the **LDSG support Group**, which continues to meet once a month on thursdays from 10 - 12pm.

Check the website for the dates when the group will be meeting, throughout the year.

Speak Up! are starting a parent and baby group on Thursday 10th November. This will be a term time weekly group for parents & babies with Downs Syndrome up to the age of 18 months. We will offer ideas and activities to support you in helping your baby learn some early communication skills. We will meet for coffee, cake and the first session at Braunstone Frith Sure Start Centre at 10.30am until 12pm. Cost £2 per session. If you are interested please contact either:

Su Carr 0116 2388368 suandtony@btinternet.com or
Helen Feathers 0116 2251353 helenfeathers@gmail.com

Su and Helen are both parents of children with Downs Syndrome and have been trained to run speech and language support groups by the national Downs Syndrome Association and Symbol UK and work closely with a local Speech and Language Therapist from the NHS.



More details are in **What's On** page 8.

Did you know ...

Support Groups here to help.

All kinds of support is available in the form of different groups, some provided by local authorities, others voluntary or charities like ourselves.

For further information please contact the group concerned since this is intended as a guide only - Leicestershire Down's Syndrome Group cannot take responsibility for the accuracy of the information.

Sketchley Hill Menphys Nursery

Within a purpose built building for children aged between 2 and 5 years, who have a special educational need, the nursery aims to provide a caring, supportive, stimulating and happy environment within which each child is encouraged to reach their full potential.

Helen Johnston - Headteacher

Sketchley Road, Burbage, Leicestershire LE10 2DY

01455 890684

The Birstall Playgroup

A playgroup for children with special needs aged 0 - 5 years, it can offer a lively, warm, stimulating place for your child to come and play once or twice a week.

They meet at Birstall Methodist Church Centre, Wanlip Lane, Birstall.

Deborah Hoggar

0116 2606309

Tiny Tim's Children's Centre

A centre which welcomes children with disabilities and special needs, which can offer paediatric massage, physiotherapy, reflexology and Bowen for a wide range of conditions.

The charity offers an indoor soft play area - **Tiny Tim's Purple Planet** and **cafe**, the profits from which are used to fund the treatments for children with special needs and disabilities.

Whitefriars Lane, Coventry, CV1 2DT

02476 228254

Speakeasy Theatre

Offer exciting new Disability specific youth theatre and drama workshops, for young people aged 11 - 18

Bob or Jenny

0116 2836646

info@speakeasy.fsbusiness.co.uk



Family Information Service

A free and impartial service providing information and advice about children and young people, to parents, carers, guardians and grandparents who look after children and young people aged 0 - 20 years.

0116 3056545

family@leics.gov.uk

www.leics.gov.uk/family



Carers Break

Oadby & Wigston

If you are a carer who lives in the Borough of Oadby & Wigston, feel you need a regular break, and want to meet others in a similar situation in a friendly environment, why not come along.

South Wigston Carers Group meets at the Salvation Army, Wigston.

The Oadby & Wigston Carers Group at the Barnabas Centre, Oadby.

Sarah Lambrianou - Carers Development Worker

0116 2810026

admin@vaow.org.uk

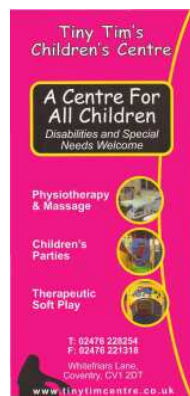


Children's Disability Service

Optimising health from birth to 19 years. Helpline open 12pm - 2pm Monday - Friday

0116 2256560

www.leicschildhealth.nhs.uk



Bogus Callers Campaign

A campaign has been launched to stop bogus callers conning people with learning disabilities. Stickers have been produced giving prompts to people on how to handle door step traders.

They are available from -

0116 3057543

alison.little@leics.gov.uk

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.

SUPPORT GROUP

Once monthly on a Thursday from 7th July, 2011

10am - 12pm

ST SAVIOURS SURE START CENTRE
10 ST SAVIOURS RD, LEICESTER LE5 3GE
0116 2211774

CHARITY HALOWEEN PARTY

29th October, 2011

7.30pm until late

HINCKLEY GOLF CLUB

£15 per ticket - for more details contact
07940 504589

CINEMA TRIP

November, 2011

Details to be announced

CHRISTMAS PARTY FOR ALL THE FAMILY

11th December, 2011

ADHD SOLUTIONS
KERRYS DALE AVENUE, LEICESTER LE4 7GH
See invitation for more details

SWIMMING EVENT

January, 2012

Details to be announced

COMING IN 2012

**SPECIAL OLYMPICS
YOUNG ATHLETE DAY**
2 - 10 years

OUTDOOR PURSUITS
Friendship n' Fun 11+ years

Watch this space or check website for more details

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

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

Chairperson

MICHAL HARDY

Vice Chairperson

VICTORIA BOWEN

Secretary

CLAIRE TONG

Treasurer

DAWN MCINTYRE

50 Link Rd
Anstey
Leicestershire LE7 7BW
0116 2368133

E-mail Controller

JILLY HUMPHRY

Health & Safety

LUKE FEATHERS

Fundraising

SARAH BASSETT

Committee Members

FERDOZ AMOD

RICHARD BLACKMAN

LEENA CHANDE

PAM HAMMOND

Newsletter

ANGELA SHELDON

Christmas Fayre

SHIRLEY WILLS

0116 2811401

National Office

DOWN'S SYNDROME ASSOCIATION

Langdon Down Centre
2A Langdon Park
Teddington, Middlesex TW11 9PS
0845 2300372/020 86145100

Down's Heart Group

SARAH SMITH

17 Tyers Close, Thurlaston
Leicestershire LE9 7TW
01455 888344

Website Host

SPECNET LTD.

Unit 9, Hill Top Works, Earl Shilton
Leicestershire LE9 7DP
01455 447928