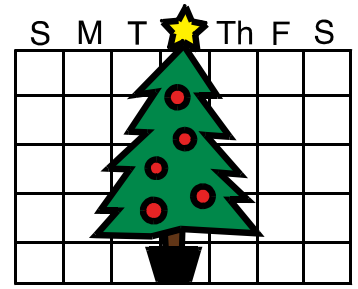




South Manchester
Down's Syndrome Support Group
Fulfilling Potential



December 2010



phone: 07593 542 107, email: contact@dsmanchester.org.uk
website: dsmanchester.org.uk

Group news

Chatterbox Club December 18 Heaton Moor Evangelical church, Green Lane, Heaton Moor SK4 3LH. Our monthly SALT sessions combined with play, a chance to meet other families, sing and sign and craft activities. **Teachers and TAs welcome** - the activities modelled in these sessions are suitable to be used in educational settings. **Even if your child is not enrolled for SALT sessions, your family is very welcome to come along for coffee, chat and sing and sign—just pop a donation in the box at the kitchen counter.**



Theme for December "Multi-Sensory Christmas"

10:50—11:30 Christmas sensory session for the under 5's with Laura of Sensory Stars

Family Christmas Party Saturday December 18 11:45am—2pm

FREE ENTRY but please bring a wrapped, labeled gift (value no more than £5) for each of your children. Make sure it goes in the black bag by the door - Santa will deliver it when he arrives!



Christmas sensory session with Sensory Stars for the under 5's—see above
Raffle tickets on sale until 12.30, Tombola 11-12.30 -be prepared to buy lots of tickets!
Food 11:45-12.30, Circus skills to watch and do with Curious Eyebrows 12.30-1.20, Raffle draw 1.20. Chrystal Chords Choir will sing Christmas songs and Carols 1:30—2
Santa will be visiting about 1:45.**Please book a place by contacting Bernadette:**



Telephone: 07593 542 107, email: contact@dsmanchester.org.uk.

If you would like to bring some food, please use our poll at :

<http://doodle.com/m9635a32ivygaffq>

If you haven't got access to this, just call Bernadette to volunteer some food or drink.



Fundraising Ideas and volunteers

It would be great to have volunteers to do some fundraising ... any ideas or volunteers

Personal stories for website

Have you anything you would like to be posted on our website page entitled "Our Stories" Contact Bernadette 07593 542 107, contact@dsmanchester.org.uk.



Training/Advice

Proposed for Manchester 2011

Thursday January 27 9.30—2.30

The Inclusion of children with Down's syndrome—Expectations of Behaviour

By considering the learning profile of a child with Down syndrome and looking at areas of need this course will aim to understand and address areas where difficult behaviours may develop. It will look at expectations, appropriate behaviour, including self help skills and go on to outline strategies to encourage good behaviour.

If you would like to attend, please register ASAP—This training will go ahead only if we have sufficient delegates by January 13.

Downs International www.downsed.org/en/gb/

Interactive web seminars and online courses—detailed information and guidance on all aspects of development and education for children and teenagers with Down syndrome. The courses of seminars share the structure and content of the accredited training provided at Down Syndrome Education Conferences. They describe practical, evidence-based interventions for children and young people with Down syndrome and explain the evidence. They offer in-depth information for parents, teachers, teaching assistants, educational/school psychologists, speech and language therapists/pathologists, and other health and education professionals. The speech and language course and sessions are specifically designed for speech and language professionals.

Free advice webinars - live group advice provided by expert practitioners focused on specific issues and areas of development for young people with Down syndrome. Participants can submit questions during the session and engage in discussions on a variety of practical topics across different age groups. Suitable for families, teachers, teaching assistants, educational/school psychologists, speech and language therapists/pathologists, other health and education professionals, and representatives of support groups. Each session lasts 1 hour, with a brief 5-10 minute presentation to introduce the topic, followed by a 50-55 minute interactive question and answer session. See <http://www.downsed.org/en/gb/online/>



Events/Activities/Groups

Bury Support Group Christmas Party Sunday December 12 2pm - 5pm*

Prestwich church Institute, Bury New Road, Prestwich

(please note to those who have attended these parties before it is a different venue)

Disco, party games, buffet, Visit from Father Christmas, present for each child, licensed bar Price - £5 per family (up to 5 persons) £1 per extra family members.

Everybody welcome Contact: Sheila 0161 798 6931 (07729179201)

she.swarb@tesco.net or Jackie 07796765361 jackie-1968@hotmail.co.uk



At Seashell Trust Stanley Road, Cheadle Hulme, Cheshire SK8 6RQ*

CADS swimming development team runs lessons for all ages and abilities. Both group sessions and one to one sessions are available and also parent and baby sessions in the hydro-therapy pool. Please contact Wendy McNeil 0161 610 0159
wendy.mcneil@seashelltrust.org.uk

CADS dance and drama session run by the Y dn't U dance group at the Seashell Trust. The cost of the sessions are £3.00 per child and they run **every Saturday in term time**. 10-11.30am Aged 4-11yrs and 11.45 -1.00pm ages 11+yrs. All abilities welcome. For more information please call 07960 279074 or 07966 559164

CADS Fitness Club Every Thursday during term time, £1.50 per session, £10 per term. 13-17 years 6-6.45pm, 18-25 years, 7-7.45pm. Contact Heather Potter on: 0161 610 0121 or email: heather.potter@seashelltrust.org.uk

December at the donkeys*

Christmas Fair/Saturday Club on Saturday 4th December from 10.00 am till 3.00 pm. Come along and meet the donkeys! The theme for this year is the 'The Wizard Of Oz' with a fabulous grotto for children to visit. All the children that attend can take part in a donkey ride or go in the cart or take a donkey for a walk and meet Father Christmas in his grotto and have their picture taken with him and their donkey. All children will also receive a Christmas gift. This is one of the main fundraising events of the year so they look forward to welcoming as many visitors as possible on the day. Festive refreshments available throughout the day. Lots of stalls will be on offer as well as a Christmas raffle and tombola. At EST Donkey sanctuary Manchester, Green Fold Abbey Hey Manchester M18 8RJ, www.elisabethsvendsentrust.org.uk/view/manchester Tel 0161 301 4051 for details.



Candlelight Service on Wednesday 8th December 5-8 pm Carols, a brass band, and a local minister. Christmas is a very special time of the year, for many of us to think of loved ones, who sadly may no longer be with us. The service is hoped to be a good way of being helpful and comforting. Refreshment such as mince pies, mulled wine, and soup will be served, as well as teas and coffees.

Please take note of the times:- **Twilight Rides 3.15 pm - 5 .00.pm** (rides only open to disabled and children with SEN). There will be a nativity and hopefully a choir and a brass band from 6pm - usually finish about 8pm. Some of these activities may be subject to change.

Cheetham - New group for parents who have children with DS under 5 yrs old*, every 4th Monday at 10.30- 11.30. Its a meet up/play & learn group, at **Woodville children's Centre**, Shirley Rd, Cheetham M8 7NE. For more information, contact the Pre-school Special Needs Service on 0161 274 6377.

Bamboo* parent support group. Every Friday, 12.30—2.30, Burnage Children'e centre, Broadhill Rd. For parents of children with additional needs. For details, please call Nicki Mansfield (07815 675581), Sam Stout (07791 114179) or Sam Emblow (07948 961049).

New Downs Syndrome Football Team*

For Young people with Downs Syndrome aged 8-16

Starts Tuesday 23rd November 2010,

**Continuing every Tuesday throughout the season
6pm- 7pm**

**@ Partington Sports Village
Chapel Lane
Partington
M31 4ES**

Indoor Sports Hall (Trainers should be worn)

£1 Per Session

**For Further Information contact Adam Temple at
atemple@broadoak.trafford.sch.uk or call
07748 6600 65**

***Please note: not run by the South Manchester Down Syndrome Support Group. For information only—we are not responsible for changes to date, time or venue. Please use the contact information supplied to confirm details and to ask any questions.**



Information

Disabled children: a legal handbook

Author: Steve Broach, Luke Clements and Janet Read

Full Price: £40 Edition: First (October 2010) c420pp

Disabled children: a legal handbook is an authoritative, yet accessible, guide to the legal rights of disabled children and their families in England and Wales. The authors expertly navigate the many, often overlapping, sources of law, explaining the difference between what public bodies must do to support disabled children and that which they may do.

Disabled children and their families have the same human rights as others, including the right to live 'ordinary lives'. The law in relation to disabled children is complex and frequently misunderstood by those who have duties and responsibilities towards them. Many families also lack essential information about legal matters which substantially affect their lives and about the ways the law might be used to assist them.

This handbook clearly sets out the law in key areas, in particular children's social care services, education and health care. It includes a summary of the key provisions of the Equality Act 2010, which are newly in force.

Contents include:

Legal entitlements

Understanding disabled children's lives

Legal fundamentals

Children's services

Education

Health

Welfare benefits

Housing

Carers

Equality and discrimination

Transition to adulthood

Appendices: extracts from legislation, guidance and international conventions

Disabled children: a legal handbook aims to empower disabled children and their families through a greater understanding of their rights and entitlements. It is essential reading for the families of disabled children, their advocates and lawyers, voluntary and statutory sector advisers, commissioners, managers and lawyers working for public authorities, education, social and health care professionals, students and academics.

<http://www.lag.org.uk/Templates/System/Publications.asp?NodeID=93342&Mode=display>

INCLUSION MESSAGE

We all need opportunities to question, challenge and explore if we are to develop into balanced adults. As children grow and develop they begin to make more choices in life. It is choice that helps us to learn about what interests us and increases opportunities and experiences in our life; making decisions helps us to develop. Choice helps us develop problem solving skills and personal control. Unsuitable choices can be used as opportunities to learn- we all learn from our mistakes.

Overprotection of a person with Down syndrome can limit opportunities and therefore limit development. Choice does not have to be free and open but at least increased. Daily choices do not have to be large choices but enough to develop a sense of independence and a sense of self: what game to play, what to wear, what to watch on TV, where to go out for the day, what time to go to bed, what to eat. As children grow into adults, having no choice can lead to helplessness. Choice is very important.



Dates for your diary



CADS Saturday club	Saturdays
Seashell Swimming	Saturdays
Bamboo	Fridays
Candlelight service at the donkeys	December 8
Bury Support Group Christmas Party	December 12
Chatterbox Club	December 18
Christmas party	December 18
Inclusion and Behaviour	January 27



The views and items in this newsletter are not necessarily those of the South Manchester Down's Syndrome Support Group. Mention does not necessarily mean recommendation or support.



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