

**South Manchester
Down's Syndrome Support Group**
Fulfilling Potential

December 2011

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

Our Family Christmas party is on Saturday December 17 11.30am-2pm



All Welcome

- 11.30—12 noon Sensory Stars session for the under 5s
- **11.45-12.45 food and drinks available**
- 12.15—1pm drumming workshops in the room at the front of the building:
 - 12.15-12.35—under 8s
 - 12.40-1 pm—over 8s
- Raffle tickets on sale all morning until 12.30, Tombola 11.45-1pm
be prepared to buy lots of tickets! Raffle prizes listed on the back page.
- 1.10 pm raffle draw
- From 1.15 Crystal chords choir will be singing some seasonal songs.
- Santa has been contacted and has agreed to visit us from 1.30—2pm.



FREE entry—but please book a place in advance (phone: 07593 542 107, email: contact@dsmanchester.org.uk). Lots of families have said they are coming and filled in the food poll but have not booked a place yet. **We need to know how many adults and children are coming from each family please.** We ask all families coming to **bring labeled wrapped gifts (value no more than £5) for each of their children.** Hand them in on the door (discretely!) as you arrive—we'll make sure Santa gets them! We will also be asking for **contributions of food to bring on the day.**



Please fill in the food 'poll' (ASAP please) at:

<http://www.doodle.com/kcvxa32axu8q4fm4>

Tombola Prizes

We need lots of good quality new or nearly new toys and games for the Christmas tombola. If you have any to donate, please contact Cath at: swimming@dsmanchester.org.uk

Do you have any friends/relatives who could volunteer to help out at our Christmas party?

We need helpers in the kitchen to help unwrap and put out food, make drinks, move furniture around, sell raffle tickets, help Santa and tidy up at 2pm. Please let us know, phone: 07593 542 107, email: contact@dsmanchester.org.uk

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All ability cycling, second Sunday of the month—next session December 11,

weather permitting! **Trafford Wheelers Longford Athletics track**, Ryebank Rd Stretford M21 9TA. These open sessions are every Sunday 1-3pm. £2 per session. The second Sunday of the month is when members of our group turn up for a get together. There is somewhere we can eat sandwiches and have a drink if you would like to bring lunch or snacks. If you want to know about the types of cycle available, call Helen for details



Chatterbox Venue

Some of you may have noticed that we are outgrowing our Chatterbox venue. If anyone knows of a venue with a large hall (with coffee making facilities) plus 4 other rooms (for 3 SaLT sessions and sing and sign), please let Bernadette know: phone: 07593 542 107 email: contact@dsmanchester.org.uk

Bury Support Group Christmas Party

Saturday 10th December 1pm-4pm Our Lady of Grace church Hall Prestwich, DJ, Buffet, visit from Santa all welcome. £5 donation per family. For further details and to book a place, contact Sheila on: 07729179201 or she.swarb@sky.com

Chatterbox Club

Heaton Moor Evangelical church, Green Lane, Heaton Moor SK4 3LH

December 17 plus Christmas party

Themes: December—Christmas

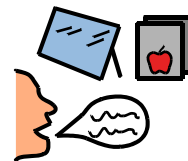
Sing and sign times:

10:25-10:45 (3-6 year olds), 10:55-11:15 (6 plus)

11:30-12:00 Sensory stars for the under 5's

Yoga: no yoga in December

Our Chatterbox Club is a family social occasion that also provides the opportunity for children to get together with others of a similar age for group speech therapy. For families who enroll for the SaLT, sessions are delivered by qualified speech and language therapists who have specialist training in the specific communication needs of people who have Down's syndrome. Parents and carers can pick up useful ideas and information from the therapists about how best to support their children's communication. During the morning, families can have a coffee and share information, ideas and tips while their children play or take part in activities organised by an experienced arts and crafts teacher. "Sing and sign" classes are led by an experienced signer, offering the whole family a chance to learn some signs - a valuable support for children who have Down's syndrome. We often have visitors to Chatterbox and **Teachers and TAs are very 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.

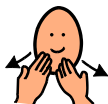


Preliminary Dates for 2012:

January 28 February 25 March 24 April 28 May 19 (to avoid holidays) June 23

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Huge thanks to all the following for donations over the past 12 months—we really appreciate your support



South Manchester Cricket Club
MCD Manchester Ltd
McDonalds Manchester
Crystal Chords Ladies A Cappella Choir
Khoryati Family
Howden Joinery Ltd
Stockport Carnival
Griffiths- Conway
Dolby Family
Morris family

Preschool drop-ins 2012 **9.15-11am**

**January 13, February 10,
March 16**

Chorlton Sure Start Centre, Chorlton library Manchester Road, M21 9PN. We can have a sing and sign session if you wish and there will be an opportunity to have a drink, chat and browse our Resources.

Go to the Sure Start room at the back of the library. map at:

www.manchester.gov.uk/

[directory_record/3963/chorlton_library](http://www.manchester.gov.uk/directory_record/3963/chorlton_library)

Ability Counts Football Sessions Every Monday 6pm-7pm - an open training session, based on co-ordination and agility. Every 4th week there is a match night, playing teams in the Greater Manchester Ability Counts League. The games are open to players aged 12 to 16 years of age. Younger players can play in the Lancashire Ability Counts League, these sessions are monthly and run by The FA's Tesco's skills coaches. These sessions/matches enables all players to train and play on a regular basis just as a mainstream team would do. Training sessions are held at Salford Sports Village, Littleton Road, Salford, M7 3NQ and are open to PAN disability players. Players with a severe visual impairment and wheelchair users cannot access these sessions due to health and safety issues. For details contact: Steve Harcourt Mob- 07542903343 Tel- 0161 708 9451.

Useful information

Honey Bear w/Flex Straw. The Honey Bear allows you to control the flow of liquid into a child's mouth and encourages children to learn how to straw drink. It can also be used to transition from bottle-feeding to cup drinking and has a spill-proof lid. Available from: Eg (Training) Ltd: www.eg-training.co.uk/

New Blog - Downs Side Up Thoughts, experiences, tips and information for those involved in raising and educating a child with Down's Syndrome <http://www.downssideup.com/>

You are Not Alone - Caring for a son/daughter with a learning disability & emotional difficulties - free resource from the Foundation For People With Learning Disabilities <http://www.learningdisabilities.org.uk/publications/you-are-not-alone/>

Meeting the emotional needs of young people with learning disabilities - free resource www.learningdisabilities.org.uk/publications/meeting-emotional-needs-ypld/

Updated Free Resource From FPLD - Personal Planning Book This book is to help people with learning disabilities to create a detailed personal plan. <http://www.learningdisabilities.org.uk/publications/personal-planning-book/>

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Activities/Events



Sensory Stars Christmas session*

Friday 23rd December 10.00am - 11.30am. See attached flyer



All ability Cycling* Open sessions are about recreational cycling where people can focus on fun and the health benefits of riding bikes. There's no need to book, come down, take a look! Cycling for all with disabilities and differing needs, fun together with family, friends and carers, range of cycles for all abilities, opportunity to learn cycle skills with qualified teachers. **Trafford Wheelers Longford Athletics track**, Ryebank Rd Stretford M21 9TA. Sundays 1-3pm. (and Mondays and Fridays 9.30 - 12.30) £2 per session. Call Helen for details 07871621778. **Stockport Wheelers Woodbank Park**, Saturdays 2.00 -4.30 (and Thursdays and Fridays 9.30 - 12.30) Call Sue for details 07753428937. **Wythenshawe Wheelers Saturdays 1-3pm.** (and Tuesdays and Wednesday 9.30 - 12.30) £1.50 per session. at The Athletics Facility, Wythenshawe Park, Wythenshawe Road, Manchester M23 0AB. If you need any more information before you visit please ring Sue on 07753 428937. Open all year round. No need to pre book a session.

Manchester Pre-school special needs groups* Stay and play sessions for young children with disabilities are held throughout the city by the Pre-School Special Needs Service (PSSN). For more information about any of these groups contact Donna Griffin on 219 2648

The Friendship Club* for school age children who have Down's syndrome, their siblings and friends to socialise together. Interested? Contact Caroline Sheehan on 0161-925-6153.



L'Arche advent prayer evening* Stay for a cup of tea and mince pies afterwards! 7.30pm, at Chorlton Central Church, Barlow Moor Road, Chorlton, M21 8BF (Corner of Zetland Road and Barlow Moor Road). Fully accessible venue. For more information contact Kevin on 07714 397333 or at kevin.coogan@larche.org.uk

*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.



L'Arche Manchester Christmas Boogie Night

On Friday 16th December From 7.30 to 10.30pm
St Cuthbert's church hall, Palatine Road, Withington M20 3HL

Bring some food to share. There will be a licensed bar.

If you would like more information contact Kevin on 07714 397 333 or at manchester@larche.org.uk





Dates for your diary



All Ability Cycling

December 11

Chatterbox

December 17

Christmas party

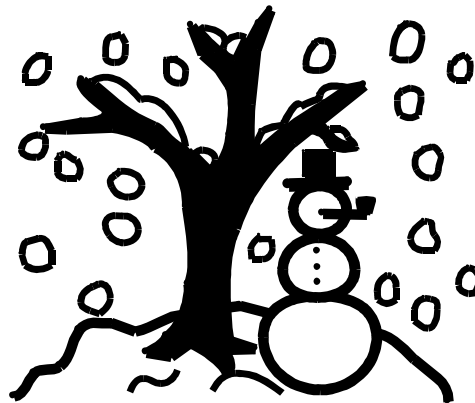
December 17

Preschool Drop-in

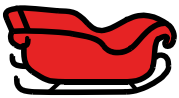
January 13

Chatterbox

January 28



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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Huge thanks to all the following for their
generous donations of raffle prizes:



Manchester United Football Club—signed photo of Javier Hernandez

Unicorn Grocery, Chorlton - £10 voucher and a delicious hamper

Funizuz indoor play centre, Cheadle—one month's free pass

Croma Restaurant, Chorlton voucher— 2 x 3 course meals

Busy Bee Toy Shop Chorlton - £10 gift token

Chorlton Book Shop—box of note cards, photographic book of families,
photographic book of gardens, cookery book

Barbakan, Chorlton— an Italian Limocello and Italian almond biscuits

Boots the Chemist, Chorlton- L'Oreal make up & bag and Diesel weekend bag

Blossom Florist, Chorlton — pot plant