

South Manchester Down's Syndrome Support Group

Fulfilling Potential

December 2012

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

Our Family Christmas party is on Saturday December 15 11.30am-2pm

English Martyrs Parish Centre, Alexandra Rd South Whalley Range,
Manchester M16 8GF (www.empc.org.uk)

BOOK YOUR FAMILY'S PLACE NOW

All WELCOME—FREE entry but please book a place in advance

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



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'll be getting caterers to do some of the food but please fill in the food 'poll' for remaining items at doodle.com/rbpfvxdqc74475z

- 11.15—doors open
- 11.30-12.45 food and drinks available
- 11.30—1pm circus skills - watch and try
- 11.30—1 pm Christmas craft activities
- 11.30—12.30 Sensory Stars Christmas exploring area for the under 3's
- Raffle tickets on sale until 12.30
- Tombola 11.30-1pm
be prepared to buy lots of tickets!*
- 1 pm raffle draw
- From 1.15 Crystal chords choir will be singing some seasonal songs
- Santa has agreed to visit us from 1.30—2pm

*Raffle prizes will include: Family tour ticket for Man City (2 adults & 2 children), £20 M&S voucher, Unicorn Grocery goody bag, Pannetone from Barbakan, Hurricane shopping bag and lots more!

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 or bring them to Chatterbox on December 8.

We need them in advance of the party as they have to be ticketed.



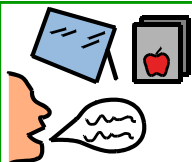
Raffle Prizes

If you have any to donate, please contact Naomi at:

admim@dsmanchester.org.uk or

bring them to Chatterbox on December 8.

We need them in advance of the party so that we know we have suitable prizes.



Chatterbox Club

Heaton Moor Evangelical church, Green Lane, Heaton Moor SK4 3LH
9.30am—12.15pm December 8

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 want to enroll their children for SLT, 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. If you do not enroll for the SLT sessions, you are welcome to join us for all the other activities. We have arts and craft activities, sing and sign sessions and finish off with yoga.

Sing and sign times 9:40 -10:00—over 7 years
 10:05-10:25—0-3 years
 10:30-10:50- 3-7 years

Yoga: 11.30- 12:15

SLT PLACES FOR 2013

Please **BOOK NOW** if you want your child to attend chatterbox from
January to June 2013 on the following dates:
January 26, February 23, March 23, April 27, May 18, June 22

**Our Chatterbox clubs from November 2012 to March 2013 are subsidised
by a grant from the Nine Lives Community Fund**

Upcoming Training Organised by SMDSSG

These training events will go ahead if we have sufficient delegates

Monday January 21 2013

Supporting social development and behaviour in children and young people with Down's syndrome. Details and booking forms already sent

If you want to attend any of these training events, **please book ASAP**
**Please pass on this training information to your child's school,
other parents and other relevant professionals.**



You can now find us on Facebook at <http://www.facebook.com/SMDSSG>
Come and like the page and keep up to date with what the group is doing.

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Activities/Events

EST Donkey sanctuary Manchester, Green Fold Abbey Hey Manchester*

M18 8RJ www.elisabethsvendsentrust.org.uk/view/manchester.

For children with additional needs and their families. Rides are booked in as you arrive from 10am—1pm. **Saturday clubs usually third Saturday of the month - please call for details of Christmas events:** Tel 0161 301 4051. Relax over a cup of tea/coffee, bring a picnic or have a snack and meet other parents, carers and supporters.

All ability Cycling* No need to pre-book, just drop by, cycling for all abilities and opportunity to learn cycle skills with qualified teachers. **Please call the numbers given in advance for details.** **Trafford Wheelers** Longford Athletics track, Ryebank Rd Stretford M21 9TA. Sundays 1-3pm £2 per session. Call Helen 07871621778. **Stockport Wheelers Woodbank Park**, Saturdays 2.00 -4.30, Call Sue 07753428937. **Wythenshawe Wheelers** Saturdays 1—3pm, £1.50 per session. The Athletics Facility, Wythenshawe Park, Wythenshawe Road, Manchester M23 0AB. Sue 07753428937. **The Velodrome**, The National Cycling Centre, Stuart Street, Manchester M11 4DQ Tuesdays and Wednesdays, 1 - 3.30pm, Call Helen 07871621778

CADS (Children's able and disabled sports) Clubs* www.seashelltrust.org.uk/cads

Please contact Gemma at the Seashell Trust | Stanley Road | Cheadle Hulme | Cheshire | SK8 6RQ Direct Line: 0161 610 0122 gemma.lynch@seashelltrust.org.uk

· Tuesday: Climbing 6-7pm, ages 5-16 £24.50/term Wednesday: Gymnastics 6-7pm. £24.50/term: Kids Yoga 5.15-6pm. £24.50 / term

Friday: Football 6-7pm, ages 5-11; 7-8pm, ages 12-16 £24.50/term*

· Saturday: Dance and Drama, 10am—11.30, ages 4-11; 11.45-1pm, ages 11+£24.50/term

October half term CADS: October 29 & 30 10-3 £30 per child.

CADS*Football at St James Catholic High School.

Manchester Specialist Resource Team groups* Stay and play sessions for young children with disabilities are held throughout the city. 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 prayer evenings* A chance for people with learning disabilities, their friends, carers, family and friends to pray and reflect together. Stay for a cup of tea and biscuits afterwards! Every first Wednesday in the month, 7.30pm, at Chorlton Central Church, Barlow Moor Road, Chorlton, M21 8BF (Corner of Zetland Road and Barlow Moor Road). Fully accessible venue. If you would like 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.**

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Dates for your diary



Chatterbox	December 8
Christmas party	December 15
Supporting social development	January 21
Chatterbox	January 26



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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Registered Charity No: 1147397

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