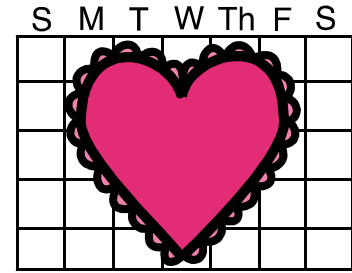




South Manchester
Down's Syndrome Support Group
Fulfilling Potential



February 2013

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

Your hardworking committee is looking for

- Someone to liaise with our treasurer, Julie, with a view to taking over as treasurer in November.
- A group of people to form a Fundraising group - you don't need to be on the committee to do this.
- Our new website will be up and running soon— we need some photos of your lovely children—do you have any we can use?

To volunteer your time or photos:

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

**Come and join us for some
half term fun on**

**Thursday February 21
4.30-6.30pm**

Run of the Mill Indoor Play Centre,
Pear Mill Industrial Estate Stockport Rd
West, Bredbury, Stockport SK6 2BP is
booked for our exclusive use. Cost £5
per family, including food. This cost is
heavily subsidised by SMDSSG, so extra
donations always welcome! **Please let us
know ASAP if you would like to book a
place** - laura@dsmanchester.org.uk
phone: 07593 542 107. Your family will
need to be members of SMDSSG to
attend this event. You can join at Run of
The Mill—just bring your completed forms
and membership fee along.

SMDSSG Membership

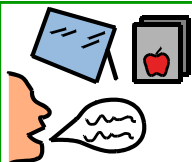
Please see our new membership forms
attached.

As a member, you can:

- Attend social events like Run Of
The Mill, Christmas parties etc
- Take advantage of discounted
training fees
- Vote at our GM
- Join the committee
- Enrol for Chatterbox SLT sessions
from September 2013

FEE: Per family £5 / £3 concessions

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



Chatterbox Club

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

February 23, March 23, April 27, May 18, June 22

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 (10:10-10:30 - 0-2 years old; 10:35-10:55 - 2-5 years old; 11:00-11.20 - 5 years plus) and finish off with yoga.

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

Glasses found after January Chatterbox

Black plastic frames with split bi-focal lens. The frame is called FREEZ40. One of the lenses is slightly scratched and one arm is slightly twisted, but wearable. They were not in a glasses case. Yours? phone: 07593 542 107, email: contact@dsmanchester.org.uk

Spring Family Social

Friday April 5 10am—12.30pm

There will be: African drumming, crafts, play, raffle, drinks and snacks

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

SUITABLE FOR ALL AGES AND FREE - DONATIONS ON THE COUNTER

To help us with organising and arranging drumming, please let us know ASAP if you are coming.

phone: 07593 542 107,

email: secretary@dsmanchester.org.uk

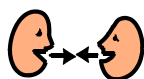
Why not bring a packed lunch



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.



Friday drop-ins
March 22, April 12,
May 10, June 14,
July 12
10am-12noon



Why not stop by for a coffee and a chat? Specialist Resource Centre, Central West Office, Westwood Street, Moss Side, M14 4PH. There is parking on the roads outside, opposite at the West Indian Centre, or the car park behind the centre on Raby Rd. Ring the bell for Specialist Resource Team and ask for the SMDSSG Drop -In.

Would you like to volunteer to be the group's parent 'on duty' on one of these dates? The venue has been booked, there will be tea, coffee, milk etc provided—all you have to do is turn up and welcome other parents Contact Bernadette, phone: 07593 542 107, email: contact@dsmanchester.org.uk

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

Eureka! Halifax

Eureka! In Halifax are inviting families with disabled children to come and enjoy special tailored activities and support from our trained staff and open-ended for both disabled children and their siblings to take part in. All activities and car parking are free!

Down's Syndrome Club - 2, 9, 23 March

Hearing Impaired Club - 20, 27, April and 4th May

Autism Primary Club - 8, 15, 29 June

Easter Holiday Clubs - 26, 27 March and 2, 3, 9, 10 April (2013)

Summer Holiday Clubs - 25, 26 July and 1, 2, 8, 9, 15, 16, 22, 23, 29 (2013)

Families can also take advantage of the Extra Pair of hands service which offers families one on one support from a member staff, up to twice in a year. Pre booking is essential for both packages. Visit www.eureka.org.uk/helpinghandsclub information or email Trizia trizia.wells@eureka.org.uk

'Keeping it Local - building knowledge in housing and support together'

Manchester City Council are offering a free course on housing options for people with learning disabilities: 'Keeping it Local - building knowledge in housing and support together'

The course will be delivered by Steve Harris from the Housing Support Alliance. The course is for parents/carers of disabled young people, self advocates and staff. There are 8 places for parent carers. The course runs for 3 days - 25th February, 11th March and 25th March 10-4 each day. People must attend all 3 days. Lunch will be provided. The venue is BEVC, Breakthrough UK, Aked Close, Ardwick, M12 4AN. The centre is close to Stockport Road and Hyde Road, not far from Manchester City Centre. It is an accessible building and has a car park. Please let Julie Hickling know by 15th February if you would like to attend and if you have any access or dietary needs or if you can't attend on those dates, but would be interested in attending a course in the future. Julie Hickling Manchester City Council Children's Services Postal address: PO Box 532, Town Hall, Manchester, M60 2LA
Mobile: 07508783921 Email: j.hicklin@manchester.gov.uk

Manchester's SEND Pathfinder Local Offer goes Live

Information for parents, carers and young people, to help them understand what services they and their family can expect from a range of local agencies, is known as the SEND Local Offer. The Children's and Families Bill had its first reading in Parliament on 4 February 2013 and outlines the need for these families to have better access to information, advice and support. From 2014, all Local Authorities will have a statutory duty to publish a Local Offer, which includes information about education, health and social care services.

You can use the following link to the Manchester Family Service Directory (FSD) and take a look at the information gathered to date.

<http://manchester.fsd.org.uk/kb5/manchester/fsd/home.page>

FSD are looking at ways of developing and improving the information, so would welcome any feedback. If you know of any services or activities that are not on the FSD, simply email fsd@manchester.gov.uk and let them have your comments. They would like to raise awareness of the Local Offer and gather feedback from as many people as possible so please Send this message to colleagues and any families you feel this will be useful to.

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

Don't forget

Lots of FREE downloads available at the DSA website

Information for:

- Parents/carers; for new parents and for parents of children in all age groups, including adults.
- Professionals; with health, education and social care subheadings
- People with Down's syndrome, including Down 2 Earth

The DSA has information advisers, benefits advisers and a new education advisor who can help with:

Assessments and statements, general SEN procedures, disability discrimination in school and reasonable adjustments, school transport, annual reviews, exclusions, attendance, children who are out of school

DSA helpline and information team, open 10-4, Monday—Friday on 0333 121 2300, info@downs-syndrome.org.uk

Do you have information about courses, activities, support etc that may be useful/interesting to other families?

If so, please send to the newsletter at: contact@dsmanchester.org.uk

Caudwell Children Manchester Money Matters Programme

Caudwell Children are providing an ASDAN accredited Money Matters programme for disabled children between 8- 18 years old in Manchester and the surrounding areas.

The ASDAN accredited stepping stones Money Matters Programme, develops a range of life skills through fun activities over 5 sessions. At the end of the programme each child will receive a certificate and a portfolio of their achievements. The activities incorporate, dance, drama and music.

We request that parents stay throughout the first session and attend the graduation ceremony on the last session. **The Programme will run for 5 sessions taking place during the February half term. Either 10:00am - 2:00pm or 2:00pm - 6:00pm between Monday 18th February - Friday 22nd February 2013. It will take place at Redbank House, 4 St Chads Street, Cheetham, Manchester, M8 8QA.**

If you would like to book on the programme or to discuss further then please contact Thomas Mills or Claire Williams 01782 600844/ 01782 600263.

Following confirmation of your child's attendance a member of our family support team will contact you to discuss your child's needs. As there are very limited places we take bookings on a first come, first served basis. If you have queries about the programme please contact Caudwell Children in confidence and we will be happy to discuss any aspect of the programme.

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

Research Project

I am a 3rd year psychology student at the University of Bolton. I am currently collecting data for my final year project looking at 'The psychosocial well-being of Mothers of children with DS, ASD and a dual diagnosis of DS-ASD'. The research is purely for project purposes and will not be published. I am currently looking for Mums of children with a dual diagnosis (DS-ASD) who would be willing to complete a questionnaire, which would take 10/15 minutes to complete. I can either email the questionnaire or send it via the post with a SAE to return it. If there are also Mums of children with a single diagnosis of DS or ASD aged between 6-12 years old who would like to participate, then please also contact me.

I am also Mum to Sam, 8, with Down's syndrome and help to run Bury DSSG, so this is a subject I have a great interest in.

My email address is cah5hss@bolton.ac.uk

Young people's radio project at ALL FM

ALL FM community radio in Levenshulme is one of the longest running community radio stations in the UK. It delivers varied, distinctive community radio for all listeners, and the programmes - made for the community by the community - reaching over 14,000 listeners a day throughout south, central and east Manchester.

In efforts to make the station the voice of all members of our diverse community, it runs projects particularly attracting people who may have a lot of talent and life experience to share but who get less opportunity to share them.

The project being run by ALL FM is aimed at young people who have a disability - and who are interested in learning how to produce a radio show of their own. The age range is 16 to 25yrs.

It will start either in the week beginning 18th or 25th February and run for 10 weeks. It will culminate in the live broadcast of a programme made by the young people, the content being generated by themselves with the assistance of a radio trainer and a support staff. The three hour sessions will be weekly, possibly on a Thursday afternoon (although the actual day is not known yet) and will take place at the radio station on Albert Road in Levenshulme.

Unfortunately there is no assistance with transport costs but there is no charge to attend.

There are steps up to the door so very regrettably the building is not accessible for people using a wheel chair, but every assistance will be given to overcome this barrier.

Up to ten people will be taking part so if you are interested please get your names in as soon as you can - be part of this exciting project and speak out to Manchester!

Please pass this information around - and please don't hesitate to call me or email me if you want to chat about any of it.

Jane Goetzee

07708 564 697

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

Ongoing Activities

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** 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. **Please phone to check holiday times**

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. **Please phone to check holiday times**

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.

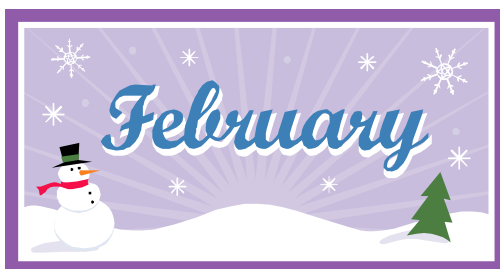
***Please note: not run by the South Manchester Down Syndrome Support Group. For information only—we are not responsible for changes to date, time or venue. Please use the contact information supplied to confirm details and to ask any questions.**

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



Dates for your diary

Run Of The Mill Social	February 21
Chatterbox	February 23
Friday Drop-in	March 22
Chatterbox	March 23
Spring Social	April 5



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.



South Manchester
Down's Syndrome Support Group
Fulfilling Potential



SMDSSG
PO Box 307
Manchester M21 3BR

Registered Charity No: 1147397

February 2013

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