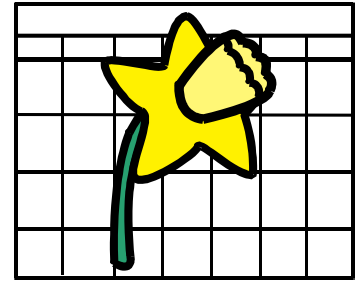




South Manchester
Down's Syndrome Support Group
Fulfilling Potential



March 2013

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

Sorry folks, our Spring Family Social on Friday April 5 has been cancelled.

SMDSSG Membership

Have you completed one of our membership forms ?

If not, please fill one in ASAP

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 AGM
- Join the committee
- Enrol for Chatterbox SLT sessions from September 2013

FEE: Per family £5 / £3 concessions

Your hardworking committee NEEDS

Someone to liaise with our treasurer, Julie, with a view to taking over the role in November.

Interested?

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

Without a volunteer to do this essential work, your support group will have to consider its future.

The Children's Adventure Farm Trust (<http://www.caft.co.uk/>)

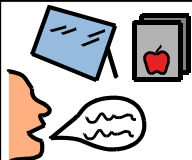
Booth Bank Farm, Reddy Lane, Millington, Cheshire, WA14 3RE have offered our support group a **"fun day" on Wednesday 15th of May from 10am - 2pm**

We need to know possible numbers ASAP please, so if you want to attend, please contact secretary@dsmanchester.org.uk



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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Chatterbox Club

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

March 23, April 27, May 18, June TBA

A family social occasion providing the opportunity for children to meet with others of a similar age for group speech therapy. 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) Yoga 11.30-12.15 **Sorry no yoga in March**

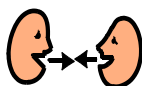
Our Chatterbox clubs from November 2012 to March 2013 are subsidised by a grant from the Nine Lives Community Fund

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.

Baby Stay and Play

Monday afternoons, 1-2.15pm (Excluding Bank Holidays). Fortnightly, every 1st and 3rd week, beginning 4th March

For Parents and Carers of Children with additional needs - from birth to 2 years.

Martenscroft Sure Start Centre

33 Epping Street, Hulme M15 6PA

Tel: 0161 226 1266

This is a parent led group - for parents to provide support to each other around issues of children with additional needs.

Babies / toddlers will have an opportunity to play together and learn from one another.

If you shop online with retailers like Amazon, eBay, Argos, Tesco and Marks and Spencer, **please help raise money for South Manchester Down's Syndrome Support Group by doing it through [easyfundraising.org.uk](http://www.easyfundraising.org.uk).** It works in a similar way to nectar, but instead of earning points,

you raise money for South Manchester Down's Syndrome Support Group whenever you shop online. Over 3000 retailer will each donate up to 15% of the cost of your shopping. It won't cost you a penny more to shop via [easyfundraising.org.uk](http://www.easyfundraising.org.uk) and by making this one small change to your shopping habits, you could make a big difference to South Manchester Down's Syndrome Support Group. Find out more - <http://www.easyfundraising.org.uk/causes/smdssg/>

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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.**

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EASTER SPORTS CAMP AT JUMP SPACE

Thursday 28th March (10am – 3pm)

Tuesday 2nd April (10am – 3pm)

* Trampoline and Rebound Therapy *

* Soft Play and Sensory Room *

* Fun-packed Games, Sports and Activities *

* Relaxation Time *

Cost: £20 per person, per day (5-hour session). Advance bookings only.

Age: 6 years and above

Food: drinks and snacks provided (bring own packed lunch)

Children with all disabilities welcome, plus siblings (NB: we can't offer 1:1 support, but children may bring their own carers)

PLACES ARE LIMITED!

Please contact us ASAP to book your space:

Jump Space, 2 Hardman Street, Off Chestergate, Stockport SK3 0B1

Tel: 0161 637 2800

Email: bookings@jumpspace.org.uk

Registered Charity No.: 1129085

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

The ASDAN accredited stepping stones 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, music and animation. 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 Easter holidays. Either 10:00pm - 2:00pm or 2:00pm - 6:00pm between Tuesday 2nd April - Saturday 6th April 2013. It will take place at Langworthy Cornerstone, 451 Liverpool Street, Salford, M6 5QQ.

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

Your Support Group Needs

- 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?

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Dates for your diary

Friday Drop-in	March 22
Chatterbox	March 23
Drop-in	April 12
Chatterbox	April 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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SMDSSG
PO Box 307
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Registered Charity No: 1147397

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