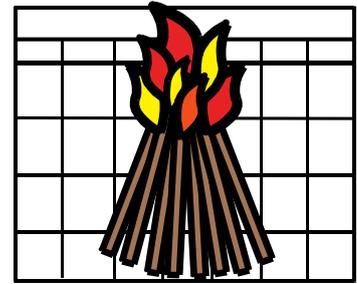




# South Manchester Down's Syndrome Support Group

*Fulfilling Potential*



November 2011

phone: 07593 542 107, email: [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk) website: [dsmanchester.org.uk](http://dsmanchester.org.uk)



**Swimming** The lovely warm pool at the Seashell Trust is booked for our exclusive use on **Sunday**

**November 27 from 2-3 pm and the common room from 3-4pm**, so we can have drinks and sandwiches afterwards (bring a packed tea!) Please email: [swimming@dsmanchester.org.uk](mailto:swimming@dsmanchester.org.uk) to book a FREE place for your family. Address: Stanley Road Cheadle Hulme Cheshire SK8 6RQ

**Preschool drop ins 9.15-11am**

**Fridays November 18, December 2**

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)



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

Trafford Wheelers Longford Athletics track, Ryebank Rd Stretford M21 9TA. Sundays 1-3pm. £2 per session. These open sessions are every Sunday. 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 07871621778.

**Are you good at Fundraising?  
Would you like to put something back into your support group?**



It would be great to have a group of people to do some fundraising for us.

Interested? Contact Bernadette phone: 07593 542 107, email: [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk)

## **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 bring them to the next Chatterbox (November 26) or contact us—details below.

phone: 07593 542 107, email: [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk) website: [dsmanchester.org.uk](http://dsmanchester.org.uk)

## Our Christmas party is on December 17 after Chatterbox.

**Do you have any friends/relatives who could volunteer to help out on the day?**

We will need helpers in the kitchen to help unwrap and put out food, make drinks etc., move furniture around, help Santa, tidy up, we may need volunteers to take a session on the door, selling raffle tickets, doing the raffle, etc .....

Please let us know phone: 07593 542 107, email: [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk)

## Symbol Events

Symbol UK have organised the following:

- Festive residential midweek and week-ends breaks for young adults with Down syndrome to get the festive period underway
- Symbol Academy Day Opportunities Programme for 2012.
- Happy Eating and Drinking: An intensive 3 day residential Assessment and Intervention Break for families of children with Down syndrome, focusing on eating and drinking.

See attached flyers for details

## Chatterbox Club

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

**November 26, December 17 (plus Christmas party)**

Themes: November—people; December—Christmas

**Sing and sign times:**

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

**Yoga:** 11.45—12.30 (not 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.

**Some of you may have noticed that we are outgrowing this 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 do let Bernadette know: phone: 07593 542 107, email: [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk)**



## Christmas Party

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

The provisional plan is:

- 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!**
- 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](mailto:contact@dsmanchester.org.uk)). We ask all families coming to **bring wrapped gifts (value no more than £5) for each of their children**. Hand it in on the door (discretely!) as you arrive—we'll make sure Santa gets it! We will also be asking for **contributions of food to bring on the day**. Please go to the food 'poll' which will be available on our website ([dsmanchester.org.uk](http://dsmanchester.org.uk)) after Monday November 21st.

## Research Project - Manchester Metropolitan University - Resilience in the lives of disabled people across the life course

Researchers at Manchester Metropolitan University are working together with Scope on a new research project: Resilience in the lives of disabled people across the life course. We want to find out what builds resilience in the lives of disabled people. We hope that our findings will help to shape the kinds of services that are delivered for disabled people, so that in the future, services always help disabled people to build resilience and independence.

Taking part—We would like to interview:

- + disabled children;
- + disabled young people;
- + parents/carers of disabled children;
- + disabled people of working age;
- + older disabled people;
- + people with terminal and degenerative conditions.

Interviews usually last between 1 - 2 hours, you can choose where you would like to be interviewed. Questions we ask might include:

- + What enables people to fulfil their hopes and dreams?
- + Can you identify people and services that have you have found helpful? Why were they helpful?
- + What helps disabled children and families to persevere in life even when things are getting tough?

If you would like more information, please contact: [k.runswick-cole@mmu.ac.uk](mailto:k.runswick-cole@mmu.ac.uk)

phone: 07593 542 107, email: [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk) website: [dsmanchester.org.uk](http://dsmanchester.org.uk)

## **Horton Lodge Community School - School for Parents**

School for Parents offers a positive, supportive environment, where parents and children with motor learning difficulties learn together in a fun way. Using the principles of Conductive Education, children learn by achieving a series of goals, which help boost their self-esteem. At a School for Parents, you are at the forefront of your child's learning and can benefit from other parents' emotional support. <http://www.hortonlodge.org/index.asp>. Horton Lodge School, Rudyard, Near Leek Staffordshire ST13 8RB Tel: 01538 306 214

### **Artists wanted .....**

Suzie Moffat lives in Cheshire, has a background in visual arts and interior design, works as a museum and exhibition designer/co-ordinator and is mum to a 4 year old little boy called Max who has Down's Syndrome. She is looking for existing and budding artists, sculptors and photographers who have Down's syndrome and are willing to allow or produce a piece of work to be exhibited, firstly in a prominent venue in the North West and then perhaps further a field. Contact Suzie Moffat 07970 230 366, email: [moff@btinternet.com](mailto:moff@btinternet.com)

### **Have you heard about the Warm Homes discount scheme?**

The new Warm Homes discount scheme helps people on low incomes with their fuel bills. It's a new scheme which will replace a number of other schemes where fuel suppliers currently give lower tariffs to people on low incomes.

Electricity suppliers will provide a £120 rebate in winter 2011/12 for pensioners who get the Guarantee Credit of Pension Credit. People with disabilities, or children under 5, who are on means-tested benefits may also get a rebate - suppliers will set their own eligibility criteria. Pensioners on the Guarantee Credit of Pension Credit should get the rebate automatically. If you are in one of the other groups, check with your own electricity supplier. Please note that the big six energy companies are all participating but many smaller fuel suppliers are not taking part in the scheme. Also, apart from British Gas, fuel companies are saying that the rebates will be given on a first come, first served, basis, so people may be eligible but not get a rebate. So it's worth contacting your electricity supplier as soon as you can if you think you might be eligible. The rebate does not affect any cold weather payment or winter fuel payment you may receive.

[http://www.direct.gov.uk/en/Environmentandgreenerliving/Energyandwatersaving/Energygrants/DG\\_10018661](http://www.direct.gov.uk/en/Environmentandgreenerliving/Energyandwatersaving/Energygrants/DG_10018661)

### **What Kind Of future? Supporting Young People With Down's syndrome to lead full lives after they leave school - free resource**

<http://www.learningdisabilities.org.uk/publications/what-kind-of-future/>

### **Artzine in Ohio have produced a really lovely short film about Shifting Perspectives. You can see it at**

<http://beta.wosu.org/artzine/shifting-perspectives/>

phone: 07593 542 107, email: [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk) website: [dsmanchester.org.uk](http://dsmanchester.org.uk)

## Activities/Events

### Sensory Stars Christmas session\*



Friday 23rd December 10.00am - 11.30am. for children with additional needs and siblings. Come along for some sensory Christmas fun! Jingle bells, snow messy play, gold & silver textures, Christmas lights in the dark dens, jolly Christmas songs to sing along to and much more! At Independent Options, Chester Rd, Hazel Grove, Stockport. £1.50 per family, party snack & refreshments included. Please email Laura to book your places: [sensorystars@hotmail.co.uk](mailto:sensorystars@hotmail.co.uk)

### EST Donkey sanctuary Manchester, Green Fold Abbey Hey Manchester\*

M18 8RJ, Tel 0161 301 4051 for details [www.elisabethsvendsentrust.org.uk/view/manchester](http://www.elisabethsvendsentrust.org.uk/view/manchester). No Saturday club in November. Christmas Fayre Saturday December 3



**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\*** is for school age children who have Down's syndrome, their siblings and friends to socialise together. Previous outings include: swimming, cinema, theatre, bowling, meals out. 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](mailto: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



Drop-in, Chorlton Library	November 18
Chatterbox Club	November 26
Swimming	November 27
Drop-in, Chorlton Library	December 2
All Ability Cycling	December 11
Chatterbox	December 17
Christmas party	December 17



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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