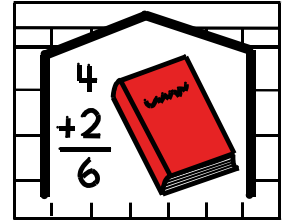




South Manchester
Down's Syndrome Support Group
Fulfilling Potential



SMDSSG
newsletter
September 2011

Annual General Meeting

Your support group's **AGM** is on **Saturday October 22** after Chatterbox, 12 noon—1.30 pm. It really is important that as many members as possible attend this meeting - so put it in your diary now! A sandwich lunch will be provided for those who attend. Agenda attached

Would you like to contribute to your support group by being a trustee/ committee member?

You may have valuable skills and experience you can bring to benefit the group. We would especially encourage people who are not parents of children with Down's syndrome (friends, relatives etc) to stand. You can find out more about the duties of ordinary committee members and the chair, secretary and treasurer at:

www.cafamily.org.uk/pdfs/GAPRoleOfTrustees.pdf
www.charitycommission.gov.uk/publications/cc3.aspx
www.charitycommission.gov.uk/publications/cc30.aspx

Or contact us Tel:07593 542 107
email: contact@dsmanchester.org.uk

Does anyone have any Legal expertise?

As you will see from the agenda for our AGM, we are going through the process of registering as a charity and are considering becoming a company or a CIO. It would be great if someone out there can offer us some free advice and take a lead and help guide us through this and help us make the right decision for our group.



Makaton Signing Course - Beginners Workshop for Parents/ Carers Teaches parents/carers the first four stages plus the additional vocabulary from the Makaton Core Vocabulary. (*This workshop is unsuitable for teachers and Learning Support Assistants. Appropriate 2-day foundation courses are arranged for professionals only*). Please see attached flier and booking form.

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



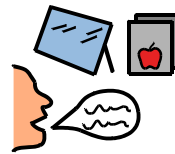
Why not come along for some fresh air and try out the all ability cycles

on the second Sunday of the month, at **Trafford Wheelers Longford Athletics track**, Ryebank Rd Stretford M21 9TA. Sundays 1-3pm. £2 per session. This is an open session for all but we have agreed with the organisers that we could designate **the second Sunday of the month** as a time when members of our group can 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.

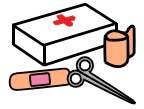
Chatterbox Club

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

An opportunity for children to get together with others of a similar age for group speech therapy, delivered by speech and language therapists who have specialist training in the specific communication needs of people who have Down's syndrome. Parent/carers attend the sessions too, picking up useful ideas and information from the therapists about how best to support their children's communication. The whole family is very welcome to attend our club; there are drinks and refreshments with a chance to chat and share information, ideas and tips. Our children and their siblings can play, take part in activities organised by our experienced arts and crafts teacher, Danka, helped by Debbie and/or go to "sing and sign" classes. These are led by an experienced signer, Tina, and help the whole family to learn some signs - a valuable support for children who have Down's syndrome. Thirty -eight families have enrolled their children for speech therapy this term and many more families drop in each month for coffee and a chat. We often have visitors who come to see what we do at Chatterbox—**teachers and TAs are very welcome** - the activities modeled 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.



First aiders



Are there any first aiders out there? We would like to know if anyone who regularly attends our events, especially Chatterbox, is a qualified first aider.

Chatterbox Dates

for this term:

September 24

October 22

November 26

December 17

(plus Christmas party)

Attached are some articles from DSA Queensland's Magazine:

- Stereotypes,
- Adults Living Adult Lives,
- iPads In Education

New website: www.futureofdowns.com Contains resource for parents of children with Down's Syndrome. It is set up and run by parents and there is a discussion forum which is being used by people all over the UK, USA and other places. In the first collaboration of its kind, The Down's Heart Group have a forum on the discussion boards that they moderate and they are able to answer parents questions relating to heart issues. There is also a facebook group (Future of Down's) that complements the website.

Manchester Parent Carer Network

Manchester Parent Carer Network is an organisation run by parent carers which aims to have a say in the services being developed for children with disabilities, by linking together with local support groups, parent representatives and service providers in the health, education, housing and social care sectors across Manchester. SMDSSG is represented on the steering committee. If you live in Manchester, please think about joining—the more members the stronger the collective voice. Tel: 0161 819 2226
www.manchesterparentcarernetwork.com

Asian Parent Network

Manchester Asian Parent Carers provides information and advice, individual and group support services and carers' activities for parents and carers of disabled children from Manchester's Asian communities, to promote parent carers' personal development and independence. Manchester Council for Community Relations 141 - 143 Princess Road Moss Side Manchester M14 4RE.
Tel: 0161 227 8708
www.mccr.org.uk/public/index.htm

Activities/Events

EST Donkey sanctuary Manchester, Green Fold Abbey Hey Manchester*

M18 8RJ, Tel 0161 301 4051 for details www.elisabethsvendsentrust.org.uk/view/manchester.
Saturday clubs: October 15, November 20, Christmas Fayre December 3. For children with additional needs and their families. Rides are booked in as you arrive from 10am—1pm. Relax over a cup of tea/coffee, bring a picnic or have a snack and meet other parents, carers and supporters.

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.

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

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 the Pre-school Special Needs Service on 0161 274 6377.

Agricultural Rural Centre (ARC)* Romiley Stockport SK6 4BA

www.arc-cic.co.uk/home Not-For-Profit Centre where Adults and Children with disabilities or disadvantages can experience handling and caring for farming animals and participating in horticultural activities. Three new initiatives:

1. For **Young people and Adults**. Monday to Friday to work with our animals and on the land. Learn all aspects of animal care and management. Also learn about healthy eating, growing vegetable, herbs and fruit from "Field to Fork". These sessions are ideal for students who prefer a "hands On" approach to learning. Two sessions a day morning or afternoon for only £12.50 a session including all resources and accreditations.

2. **Young Farmers After-School Club** Children aged 5 - 15 years enjoy all the fun of the farm in a safe, learning environment. Groom the horses, walk the alpacas or cuddle the ducks. Build a duck pond or plant herbs, vegetables and fruit. Get ready to carve a halloween pumpkin, enjoy our Christmas activities. This club is run by a teacher qualified up to Key Stage 4 level so children have fun while learning. Tuesday and Friday Evening 3.30pm - 6.00pm Price £8.50. Saturday 10.0am - 1.0pm and 1.0pm - 4.0pm Price £10.00.

3. **Parent and Toddler Group** Make new friends while enjoying all farming activities. Learn all about growing vegetables, herbs and fruit. Have fun handling our animals or just enjoy a coffee and a chat in our beautiful Log Cabin. Wednesday and Friday Morning 10.00am - 11.30am Price £3.00. If you would like to book a place or find out more then ring Paula Forth on 07932706123

***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.**

Training and conferences

Your support group has organised the following training. If you would like to attend this training, please book ASAP so that we know if we have sufficient delegates to go ahead and to help the organiser.

Wednesday October 2 9.30am - 3pm

Using Visual Resources To Develop Language and Communication Skills

Numicon. Children with Down syndrome often find understanding number more difficult than learning to read. Numicon is a visual approach to understanding the many concepts of numeracy, linking numbers, counting, order, addition, subtraction and eventually multiplication and division to a strong visual representation. Current research with children with Down syndrome in the Portsmouth region supports its use. It is, in fact, a very useful resource for all children, in particular children who are visual learners.

Numicon 1 Wednesday November 23 12noon—3.30pm

Numicon 2 Thursday November 24 9.30am-12.30pm

See attached booking forms for details and to register.

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

Inclusion of Children with Down's Syndrome: Expectations of Behaviour

January 2012—to be confirmed

We are disappointed to announce that the Downsed conference scheduled for the end of September in Leeds has been cancelled.

Meeting the needs of children with Down's Syndrome in the mainstream setting. 20th October 2011, from 9.00am - 3.30pm. **The target audience for this training is SENCo's, teachers and support assistants working with children that live in Manchester** - primary and secondary school staff. Schools will have been invited, but if your school needs more information, please contact Karen Bailey, SLT at Longsight Health Centre, 0161 248 1208.

In Bradford: The following training sessions are available in Bradford

Including Children with Down syndrome-An Introduction; Signing for children with Down syndrome; Sexuality relationships education -(SRE);The inclusion of children with Down syndrome—Expectations of Behaviour; What time is it? Teaching children with Down syndrome and other learning disabilities how to tell the time; Teaching basic numeracy to children with Down syndrome and other learning difficulties using the Numicon approach; Using visual resources to develop the language and communication skills of children with Down Syndrome; Clicker 5 training sessions 1, 2 and 3.

For details and to book:

<http://downsupportbradford.btck.co.uk/home> or Tel: 01274 616966

CONFERENCE ADDRESSING HEARING , EYESIGHT AND ORAL MOTOR SKILLS IN CHILDREN WITH DOWN SYNDROME Patrick Sheehan, Maggie Woodhouse and Mary Hampton will deliver conference on Sunday 16th October at Bradford Girls Grammar School **BOOKING FORM** attached. Patrick Sheehan will describe how and why hearing in people with Down syndrome is impaired, implications of hearing loss on speech, language and development and look at various management strategies for hearing loss. Dr Margaret Woodhouse will describe the ways in which vision in people with Down syndrome differs from the norm and how we as parents can treat, manage and respond to the visual defects, so that children with Down syndrome can make the most of their visual capabilities. Mary Hampton will discuss speech difficulties and oral motor skills in people with Down syndrome, the relationship between speech, oral motor skills and sensory perception and demonstrate strategies to address speech difficulties through the use of oral motor exercises. Cost £20 per parent, £50 per professional

ALL TALKS RELEVANT FOR PEOPLE OF ALL AGES WITH DOWN SYNDROME.

SEEABILITY CONFERENCE 22nd September 2011, 12.30 - 4.30pm at St Georges Church Centre, Leeds, £40. A course for anyone who works with people who have learning disabilities and a visual impairment. It will include:

- About people with learning disabilities
- The role of rehabilitation
- Daily living skills
- Wheelchair guiding
- Environmental considerations
- Action plan

- Understanding functional vision
- Person centred support
- Sighted guide
- Orientation and mobility
- Aids and adaptations

To book your place visit www.seeability.org/training. Enquiries email training@seeability.org

Training available at the Down's Syndrome Association

DSA National Office (Langdon Down Centre) in Teddington, Greater London.

For details and to book, see the website

(www.downs-syndrome.org.uk/training/training-and-learning-opportunities-2011.html)

or contact Lesley Alabaf on 0845 230 0372, email lesley.alabaf@downs-syndrome.org.uk

WE'VE ONLY JUST BEGUN A day for parents and professionals focusing on the needs of children aged 0-2 years. Saturday, 24th September 2011

WE'RE ALL IN THIS TOGETHER A day for families and professionals supporting children with Down's syndrome aged 2-11years to develop their communication skills. Wednesday, 5th October 2011

COMMUNICATION FOR LIFE A day for families and professionals supporting children and young people with Down's syndrome aged from 9 to young adulthood to develop their communication skills. Thursday, 6th October 2011

3 DAY COURSE FOR SPEECH AND LANGUAGE THERAPISTS This course has been established with Symbol UK Ltd, speech and language advisors to the DSA, to improve the knowledge, skills and expertise of speech and language therapists working with people who have Down's syndrome. 2nd to 4th November 2011

EATING AND DRINKING A day for parents and professionals supporting children with Down's syndrome in developing happy, healthy eating and drinking. Friday, 25th November

ACCESS AND SUCCESS A hands-on day for families and education professionals exploring curriculum access and positive behaviour for children and young people with Down's syndrome Wednesday, 28th September 2011

PRIMARY TIMES A day for families and professionals supporting children with Down's syndrome at Primary school. Wednesday, 12th October 2011

YOU, YOUR CHILD AND THE WONDERFUL WORLD OF STATEMENTS AND EDUCATION LAW A day for families and professionals around how to navigate your way around the education system with a focus on the statementing process. Thursday, 13th October 2011

SECONDARY LIFE A day for families and professionals supporting young people with Down's syndrome at Secondary School. Thursday, 17th November 2011

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

Benefits News for 16-19 year olds-

Have you heard about the 16-19 Bursary?

Education Maintenance Allowance (EMA) has been replaced by the 16-19 Bursary.

A young person with Down's syndrome will receive a Bursary of £1,200 a year, if they are: aged 16 to 19 in full time education receiving Employment and Support Allowance (ESA) and Disability Living Allowance (DLA). If they get ESA and DLA, they count as being in one of the "vulnerable groups" with a guaranteed bursary. Note that, unlike EMA, there is no household means-test. There are also discretionary bursaries for students facing financial difficulties.

Schools and colleges are responsible for identifying students who are in the "vulnerable groups". They will decide if someone is on a full time course. They are also responsible for administering the bursary. If your child meets the qualifying conditions and you have not already been notified by their school or college, please get in touch with them.

As it is a new scheme, there may be teething problems. If you are experiencing any difficulties, please let us know by contacting the DSA benefits advisers, Christina Katic or Helen Wild on 0845 230 0372.

If you are unsure of what benefits are available to people with Down's syndrome from 16 onwards we have produced a helpful guide Benefits at 16+

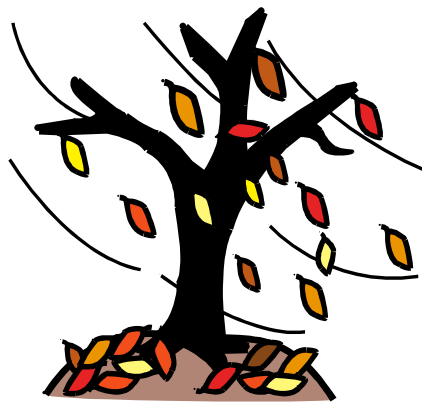
www.downs-syndrome.org.uk/images/stories/DSA-documents/Publications/benefits/benefits_at_16.pdf

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.

Dates for your diary



Chatterbox Club	September 24
All ability cycling with SMDSSG	October 9
Saturday Club at the donkeys	October 15
AGM	October 22



September 2011

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



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

L'Arche Manchester Project
invites you to a



L'Arche Quiz Night

On Saturday 24th September

From 7.30 to 11.30

At St Catherine's parish hall, School Lane, Didsbury

There will be a licensed bar.

Buffet meals on sale.

Fully accessible venue.

Tickets on sale from Kevin or Caroline on 0161 438 2832 or at
manchester@larche.org.uk



Building Communities with people who have learning disabilities

L'Arche Boogie Night



L'Arche Manchester invites
you to

Meet, eat and move your feet

An integrated, family-friendly disco for people with and
without disabilities

On Friday 23rd September

From 7.30 to 10.30pm

At St Cuthbert's parish hall, Palatine Road, Withington
Bring some food to share. There will be a licensed bar

Fully accessible venue

This is a family friendly disco so bring the kids

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



Building Communities with people who have learning disabilities