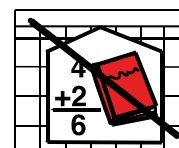


South Manchester Down's Syndrome Support Group (SMDSSG) July 2010



Website: www.dsmanchester.org.uk
Telephone: 07593 542 107
Email: contact@dsmanchester.org.uk



Group news

Family Swim: 2-4 pm on Saturday July 31. Seashell Trust, Stanley Rd, Cheadle Hulme, Cheshire, SK8 6RQ. **If possible, Please book in advance.**

Telephone: 07593 542 107, Email: contact@dsmanchester.org.uk see flyer

Fire Station Visit Sunday August 8, 2-3 pm, Withington Fire Station

Please book in advance Telephone: 07593 542 107, email: contact@dsmanchester.org.uk

See flyer

Family Picnic Saturday September 4 2.30 pm onwards

Bruntwood park, Bruntwood Lane, Cheadle. SK8 1HX. See flyer

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

Our Chatterbox Club is a chance for children to get together with others of a similar age for group speech therapy. The 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 attend the sessions too, picking up useful ideas and information from the therapists about how best to support their children's communication. During the morning parents also have the opportunity to have a coffee and socialise, sharing information, ideas and tips while their children play or take part in activities organised by an experienced arts and crafts teacher. More than thirty families have enrolled their children for speech therapy at the club, and several more families drop in each month for coffee and a chat. Brothers and sisters are also welcome and in addition to the speech therapy and crafts, popular "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. **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.**

Provisional Dates for next term:

September 25, October 23, November 27, December 18

Please contact Bernadette to enroll your child from September.

Telephone: 07593 542 107, Email: contact@dsmanchester.org.uk

New preschool group?

We are thinking about setting up a **new weekday preschool group for our children**. It would consist of some speech and language therapy, sing and sign and play. It would be for children from 0 to 4 years ... Interested ..?

Contact Bernadette

Telephone: 07593 542 107, Email: contact@dsmanchester.org.uk

Events/Activities/Groups

Bamboo* parent support group. Every Friday, 12.30—2.30, Burnage Children's centre, Broadhill Rd. For parents of children with additional needs. For details, please call Nicki Mansfield (07815 675581), Sam Stout (07791 114179) or Sam Emblow (07948 961049).

**At EST Donkey sanctuary Manchester, Green Fold Abbey Hey Manchester M18 8RJ, www.elisabethsvendsentrust.org.uk/view/manchester
Tel 0161 301 4051 for details**

July 17 Saturday club at the donkeys*—an open visiting time when children with additional needs are able to ride the donkeys with their brothers and sisters. Rides are booked in as you arrive between **10am and 1pm**. It is also a chance to visit adoption donkeys, relax over a cup of tea/coffee, bring a picnic or have a snack and meet other parents, carers and supporters. Closes at 3.00 pm.

21st August-Summer fair/family fun day at the donkeys*, including fun dog show, barbecue, go karts, donkey rides, stall's galore, chocolate fountain, music, food entertainment and much, much more!

Donkey riding days during the summer—please book rides in advance*:

July	26,28,29
August	2,4,16,21,24,25,26,31
September	2

At Seashell Trust Stanley Road, Cheadle Hulme, Cheshire SK8 6RQ:

CADS Saturday Club* Inclusive group offering dance & drama in the Common Room at the Seashell Trust, Cheadle, **every Saturday during term time**. Current sessions are as follows: 9:30-10:45am 4-7 year olds; 10:45-12:00pm 8-12 year olds; 12:00-1:00pm 13+ years old. Contact Gemma Castle at 0161 610-0124 or email cads@seashelltrust.org.uk to book.

Seashell Swimming Camp*—fully inclusive 9-13 August. Structured lessons and fun activities for all. Ages 5-8yrs: 10am - 12noon, Ages 9-16yrs: 1pm - 3pm, £30 for 5 days. Please contact Rachel Chapman 0161 610 0185 rachel.chapman@seashelltrust.org.uk or Wendy McNeil 0161 610 0159 wendy.mcneil@seashelltrust.org.uk.

CADS—Children's abled and disabled sport*

Cheadle August 2-6 10am—3pm contact Gemma Castle, 0161 610 0159, email: gemma.castle@seashelltrust.org.uk for details and to register.

Manchester August 9-13, Sports City, for ages 5-19, contact k.gillan@manchester.gov.uk, Tel: 0161 220 3856 for details and to book.

CADS Fitness Club Every Thursday during term time, £1.50 per session, £10 per term. 13-17 years 6-6.45pm, 18-25 years, 7-7.45pm. Contact Heather Potter on: 0161 610 0121 or email: heather.potter@seashelltrust.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). Parents and carers get the chance to meet up with others, share ideas, discuss issues and play with their children during the monthly get togethers. Members of the PSSN team are on hand to help the children learn and develop through play and to model play ideas for parents. The sessions are open to any children with special educational needs, developmental delay, learning difficulties or other disabilities, and their siblings.

Venues, dates and times:

Benchill Sure Start Children's Centre 22 Lyndene Road Thursday 1.00-2.30pm, 15th July, 29th July. And every 2 weeks thereafter.

Didsbury Park Sure Start Children Centre, Wilmslow Road. Every first Monday of the Month 1.00-2.30pm 6th September, 4th October.

Longsight Sure Start Children's Centre, 1a Farrer Road, Longsight. Every last Friday of the month, 1pm-3pm.

Rusholme Sure Start Children's Centre, Great Western Street, Rusholme. Every first Friday of the month 1.30pm-2.30pm

Moston Children's centre Adrian Street Nr Lightbowne Road Moston M40 5EA, every 4th Monday at 1.30 - 2.30pm

Cheetham New group for parents who have children with DS under 5 yrs old, every 4th Monday at 10.30- 11.30. Its a meet up/ play & learn group, at **Woodville children's Centre**, Shirley Rd, Cheetham M8 7NE.

For more information about any of these groups contact the Pre-school Special Needs Service on 0161 274 6377.

***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**

Information

From the DSA: Our very popular '**Interactive Visual Timetable Software**' is now available in a new version on CD. This version has an 'extras' folder containing our other interactive software resources.

[http://www.downs-syndrome.org.uk/shop.html?](http://www.downs-syndrome.org.uk/shop.html?page=shop.product_details&flypage=flypage.tpl&product_id=120&category_id=7)

[page=shop.product_details&flypage=flypage.tpl&product_id=120&category_id=7](http://www.downs-syndrome.org.uk/shop.html?page=shop.product_details&flypage=flypage.tpl&product_id=120&category_id=7)

or try <http://snipurl.com/x7nuy>

"The Interactive Visual Timetable is for use in School or Early Years settings. It can also be used at home in day planning and behaviour management. This simple software is ideal for sequencing any series of events, including what will happen at home or at school. It may be especially useful for sequencing activities that are difficult to remember or to reinforce positive behaviour. You could even use it to show rewards or outcomes for successfully completing activities. Most commonly it is used as a visual reminder of tasks and activities. The programme comes with a set of ready made pictures covering school, home and early years' settings. This CD ROM also contains 'Extra Resources' including a version of the interactive visual timetable for older learners and those in the work place.

Also in the extras folder is the Software "Talking and Listening" which contains activities to encourage spoken language and listening skills from simple cause and effect through to sentence building and reading. Each has its own user guide and installation instructions."

SeeAbility launches New Eyecare Factsheets for People with Learning Disabilities Source: SeeAbility, 9 Jun 2010

At the start of Eye Health Awareness Week (14th June) and Learning Disability Week (21st June), SeeAbility is launching a new series of easy read factsheets on eye care and vision for people with learning disabilities.

Around 1 in 3 people with a learning disability have a sight problem. Unidentified sight problems seriously undermine people's quality of life and lead to avoidable sight loss and increased dependency.

The factsheet series aims to make it clear how to look after your eyes for people with learning disabilities and their carers. They were devised in consultation with a focus group of people with learning disabilities.

The first factsheets to be released are 'Having an Eye Test' and 'Wearing Glasses'. Each is packed with full colour illustration and uses clear simple words.

In 'Having an Eye Test' people can learn about why they need an eye examination and what happens at the opticians practice. 'Wearing Glasses' backs up the eye care message and explains about choosing and using glasses.

Martin Thomas is Manager of the Lookup Information Service. He says, "The factsheets give information to supporters to help them explain to the people they support about eye examinations and why they may need to wear glasses. The imagery used gives people with learning disabilities the chance to prepare or to ask questions too."

Download copies of these new factsheets from the 'Easy Read' section of www.lookupinfo.org

From Downsed - Research briefing recordings now available

Recordings of all of the online briefings in our research series are now freely available for viewing on demand. These briefings offer an insight into ongoing DownsEd studies and our overall research strategy. Over the past 30 years, developmental and educational research (conducted by us and others) has increased what is known about the learning difficulties experienced by people with Down syndrome. This research has improved teaching techniques and transformed education for many thousands of young people with Down syndrome today. However, much remains to do. Many important questions remain unanswered and many specific interventions have not been sufficiently evaluated. Our online events present our current research activities and discuss how we are working to answer critical questions about development and education for children with Down syndrome.

Themes include:

What research has delivered for people with Down syndrome and what it might deliver in the future?

Research progress at Down Syndrome Education International - current projects and future priorities

Is autism being over-diagnosed? What do we learn from early autism screening?

What are we learning about the links between signing and speaking?

Developing and evaluating a classroom reading and language intervention - progress one year on.

Sue Buckley Lecture - at the Down Syndrome Association of Northern

Virginia Sue Buckley presented a day-long lecture for the Down Syndrome Association of Northern Virginia in July, 2008. This site presents the complete lecture in free online video segments. Follow along the lectures with the documents listed at the right. Not all segments are available yet. Only the segments with links are ready to be viewed. The lectures will be available also on free DVDs and as free download MP3 podcasts'

<http://blueberryshoes.com/dsanv/buckley>

The following resources may be downloaded free of charge at:

<http://www.downsyndromeofbcs.com/DSEducation.html>

Teaching Reading to Children with Down Syndrome (ppt presentation) - Patricia Oelwein Libby Kumin:

Basis for Speech, Language and Communication (PDF)

First Words and Phrases (PDF)

Infants and Toddlers (PDF)

Preschool through Kindergarten (PDF)

Childhood Apraxia (PDF)

School age children (PDF)

Adolescents (PDF)

Adults (PDF)

Oral Motor Skill Difficulties (PDF)

Skill building courses for parents of children with additional needs

Based at various children's centers across Manchester. The course emphasis is on empowering parents and consists of 6 sessions, 2 hours per week. There will be £25 high street vouchers for full attendance. Starts in September. Contact Parent Support Service 0161 245 7300 Email parents@manchetsre.gov.uk for details.

The parents forum for children with disabilities - Rochdale, Heywood and Middleton. A group of parents of children with a wide range of disabilities and additional needs in the borough of Rochdale are working with service providers in the local authority to make positive changes for our children, families and community. For more information and to get involved, contact 07901 845 741, email parentforum@hotmail.co, website: www.theparentforum.co.uk.

Respond Elders Project - A Specialist Helpline for Older Families of People with a Learning Disability. People with learning disabilities are living longer and finding more opportunities for fulfilled lives. The Elders Project at Respond has set up a specialist helpline to support families, emotionally and practically in planning for the future. The helpline offers specialist therapeutic support and the helpline worker can signpost people onto relevant services to support families' further planning. For further information please contact Michelle Brooks, Elders Therapist/Trainer on 020 7830 8256 or michelle.brooks@respond.org.uk or visit www.respond.org.uk.

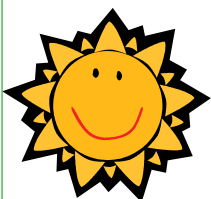
Information for Parents Booklet - Sleep (Published 01 July 2010)

Getting a good night's sleep is important for both adults and children. If parents have concerns about their child's sleeping habits they might find this booklet useful. It was developed by the Early Support programme in partnership with a number of organisations and individuals, including: Scope (Sleep Solutions), Face 2 Face parents groups and the Handsel Trust. Families were consulted about the content and the text reflects what parents who have 'been there before' say they would have liked to have known. The booklet provides information about sleep and its importance, explores how sleep deprivation might affect the whole family, and examines why sleep problems may occur. It also gives ideas to try at home to help children have a better night's sleep and provides advice on the support and services that can help. Download free of charge at: <http://publications.dcsf.gov.uk/default.aspx?PageFunction=productdetails&PageMode=publications&ProductId=ES82> or try <http://snipurl.com/z0n3o>

Dates for your diary

CADS Saturday club	Saturdays
Bamboo	Fridays
Preschool Special needs groups	see dates list
Saturday club at the donkeys	July 17
Summer riding at the donkeys	see dates list
Family Swim	July 31
Fire Station visit	August 8
Summer fair at the donkeys	August 23
Family Picnic	September 4
Chatterbox Club	September 25
AGM	October 23
Christmas party	December 18

The views and items on 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 July 2010***

SMDSSG Summer Family Events

Family Swim

Saturday July 31 2-4 pm.

The common room is also booked from 3-5 pm so we can have a cuppa together too. Why not bring sandwiches or a snack...?
Seashell Trust, Stanley Rd, Cheadle Hulme, Cheshire, SK8 6RQ.
If possible, please let us know in advance if you'd like to come:
Telephone: 07593 542 107, Email: contact@dsmanchester.org.uk

Fire station visit

Sunday August 8, 2-3 pm

Withington Fire Station, Wilmslow Road, Withington
Manchester, M20 4AW. Map at:

www.manchesterfire.gov.uk/my_area/manchester/withington.aspx

Please book in advance

Telephone: 07593 542 107, Email: contact@dsmanchester.org.uk

Family Picnic

Saturday September 4 2.30pm onwards

on the grassy slopes behind the cafe.

Bruntwood Park, Bruntwood Lane, Cheadle, Stockport,
SK8 1HX. If you have problems finding us in the park,
call 07593 542 107

Bring your picnic, a rug, some bubbles, a ball, etc
sun tents and umbrellas optional!

Source: 'DSA Press', DSA of West Michigan, Jan 2010

'Toddlers at the Table: Encouraging Positive Interactions with Food

By Elizabeth McMahon, MA, CCC-SLP & Rebecca Thomas, MOT

Getting a toddler to eat a healthy meal or snack can be a challenge for any parent. For parents of toddlers with Down syndrome, this can be an even greater challenge. Toddlers with Down syndrome may have difficulty coordinating their oral-motor skills, sensory processing difficulties and/or postural support issues, which can contribute to making mealtimes difficult for both the parents and the child.

Perhaps the most frequently occurring reason why toddlers with Down syndrome may have difficulty coordinating the muscles in and around their mouths is low muscle tone (hypotonia). Hypotonia affects the muscles throughout their oral cavities, resulting in limited tongue and lip movement.

Other toddlers with Down syndrome may have sensory issues surrounding feeding. They may be sensitive to food texture, rejecting all foods that are mushy or crunchy, or sensitive to temperature or strong smells. Many may reject foods on sight or are resistant to anything unfamiliar.

Postural support is another important component for successful mealtimes. Hypotonia also affects the muscles used for sitting upright and balancing, making the child with Down syndrome possibly need more support for sitting in a high chair or booster for meals.

Children who have issues with eating have often had unpleasant, or even frightening, experiences with eating. Some of the most frequently occurring feeding issues associated with toddlers with Down syndrome include: tongue thrusting, poor clearing of food from a spoon, poor seal of the lips on a cup or straw, transitioning between textures, transitioning from the bottle to a cup, delaying self-feeding skills and swallowing issues. If your child coughs, chokes or gags while eating and drinking, please consult with your child's speech-language pathologist and pediatrician. These signs may indicate the need for a "swallow study" to be performed to fully evaluate your child's swallowing safety. To address all the issues listed above, your child's speech-language pathologist and/or occupational therapist will develop specific oral-motor and feeding strategies for you and your child based on your child's individual needs.

In order to take in the calories needed for healthy growth, toddlers should be offered 3 meals and 2 snacks each day. At every snack and meal, your child should be offered a protein, a starch and a fruit or vegetable with a drink. A cup is usually introduced between 8-10 months of age, with weaning from the bottle occurring between 12-16 months of age. These age guidelines will vary depending on your child's specific needs.

The reasons behind eating difficulties can be as varied as the children themselves, but the treatment is the same—positive, guided interactions with a variety of food in a safe, supportive environment. Children also need to be taught and encouraged to appropriately refuse foods they are not ready to try. Force feeding should never be an option.

Dr. Kay Toomey has developed the following strategies for parents to use at home (Toomey, 2004):

1. **STRUCTURE**—Provides safety as children learn what to expect, by offering meals at the same time, in the same place and with the same people. Provides awareness of sensations of fullness and hunger through regularly scheduled meals and snacks.
2. **SOCIAL MODELING**—Provides learning through watching others. Achieved by having regular family meals, during which everyone eats the same foods.
3. **POSTITIVE REINFORCEMENT**— Creates a positive, supportive environment by praising any and all positive interactions with food with words, clapping, etc. Avoids negative effects caused by punishment, such as loss of appetite. Decreases attention-seeking through negative behaviors.
4. **MAKING FOODS MANAGEABLE**— Provides foods in small pieces or thin strips to be easily held or chewed. Limits number of foods to no more than 3 on the plate at once. Involves presenting foods repeatedly—it takes 10-15 interactions, on separate occasions, with the same food for that food to become familiar.
5. **ACCESSING COGNITIVE SKILLS**—Uses language to describe the food—crunchy, chewy, cold, etc. Provides information about the food to increase familiarity.
6. **KEY PHRASES**—Provides clear instructions and avoids a battle of wills. Avoids use of "No," "Stop" and "Don't" at the table. Offers acceptable alternative behavior, like "Food stays on the table; you can push your plate away if you are done."

From DSAM insights, September 2009, newsletter of the Down Syndrome Association of Memphis and the Mid-South (DSAM)