



## January–March 2022 Newsletter

### Calendar Dates

Mon 17 Jan	<a href="#"><u>Coffee and Play Morning</u></a> Pear Tree Play Café, 126 Queen St, Hitchin SG4 9TH, 9.30—11.30am
Sat 12 Feb	<a href="#"><u>Family Support Meeting</u></a> Hitchin Youth Trust, 2.00-4.00pm
Sun 27 Feb	<a href="#"><u>Teen Group Bowling</u></a> Hollywood Bowl, Woodside Leisure Park, Watford WD25 7JZ, 2.00pm
Sat 12 Mar	<a href="#"><u>Family Support Meeting</u></a> Hitchin Youth Trust, 2.00-4.00pm
Mondays	<a href="#"><u>Teen Fitness Group</u></a> Via Zoom at 5.00pm
Thursdays	<a href="#"><u>Teen Zoomers</u></a> Our Teen Social Communication Group meeting via Zoom at 6.30pm
Saturdays	<a href="#"><u>Speech Therapy Groups</u></a> Meeting Saturday mornings at Hitchin, London Colney and Hemel Hempstead
2-4 June	<a href="#"><u>Magdalen Farm Residential Visit</u></a> Magdalen Farm and Environmental Centre, Somerset



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*If you are  
interested in any of  
these sessions or  
have any questions  
or  
suggestions please  
contact Sande,  
Eleanor or Jan at:*

[enquiries.nhdowns  
@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk)

*call:  
(01727) 420365*

*Or visit:  
[www.upondowns.  
co.uk](http://www.upondowns.co.uk)*



New Parent Get Together

# Play, Coffee, Cake



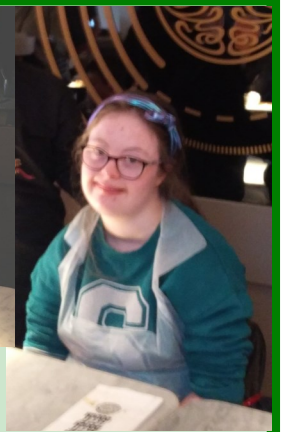
Join Up on Downs for a coffee morning aimed at families with pre-school age children with Down's Syndrome, although any member with availability is welcome to attend. Whether you want advice, company or a gallon of coffee and a ton of cake - this is the event for you!

**Jan 17th - Time 9.30 - 11.30am**

**Pear Tree Play Cafe, 126 Queen St.  
Hitchin, SG4 9TH**

**please email [enquiries.nhdowns@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk) to  
confirm attendance**





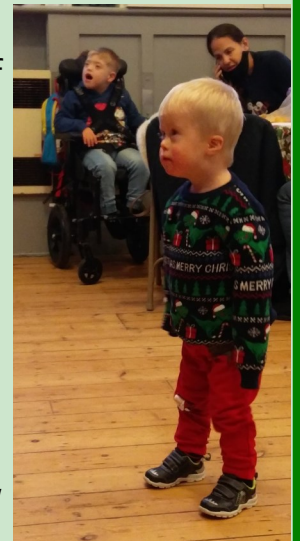
## Christmas Celebrations

It seems a long time ago now but we wanted to say a big thank you to everyone who joined any of our Christmas events at the end of last year.

There was no turkey, but lots of fun on offer for our teens and older children at their pizza making party at Pizza Express. It was a great opportunity to socialise and chat about Christmas plans whilst making, and of course eating, some great pizzas.

On a more traditional note the signed carol series, over zoom, were a lovely way to connect with fellow members.

It was great to be able to hold a 'real life' Christmas party and sing those carols in person with you, albeit in masks! Thanks to those who joined us for the fun and games; we loved seeing the children meet Santa. We really hope to once again be able to hold a larger party for Christmas this year—fingers crossed everyone!





# Family Support Meetings

Saturdays 12<sup>th</sup> February and 12<sup>th</sup> March 2.00-4.00pm

Hitchin Youth Trust, 111 Walsworth Road SG4 9SP



It was a super start to our year to see so many of you at our first Family meeting of 2022—we hope you enjoyed it as much as we did, even with the social distancing. Why not drop in to our next meeting on 12th February if you are free. These regular events are always on the second Saturday of each month (excluding August and December) to enable you to plan ahead. At our March meeting we will be inviting a special guest and collaborating on a World Down Syndrome Day Artwork to celebrate WDSD.

All equipment will be thoroughly cleaned and hand sanitiser will be available. To let us know you'll be coming or if you have any questions please email us at: [enquiries.nhdowns@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk)

## Teen / Young Adult Events

Bowling, Hollywood Bowl, Woodside Leisure Park,  
Watford WD25 7JZ Sunday 27<sup>th</sup> February 2.00pm

Fitness sessions: Mondays 5.00pm via Zoom

Teen Social Communication Group: Thursdays 6.30pm  
via Zoom

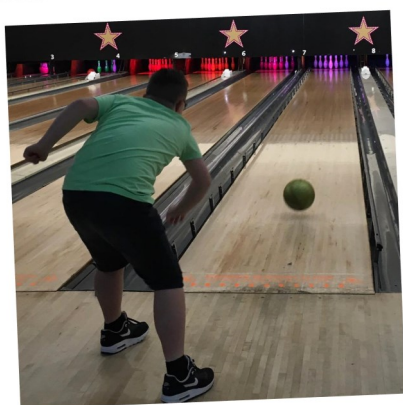
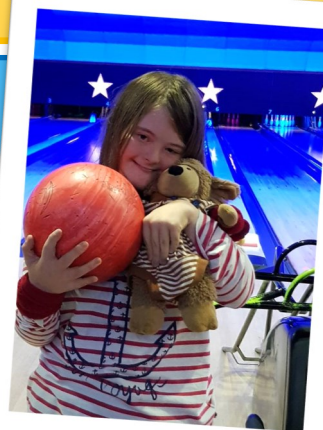


Our weekly Zoom activities for our teenagers continue this year with Emily Enoch's great social sessions on Thursday evenings and Fitness sessions with her brother Tom on Mondays.

We had such a lovely time getting together in person for our pizza party we thought it was high time we met again in person. With this in mind we are going to kick off the season with some bowling.

We are keen to expand and vary our offer to this group and are currently considering pottery painting and some park based ball skills sessions once the weather improves. We would love to hear about activities your young people would be interested in doing so please let us know what you think.

These activities are most suited to young people from secondary age up to young adult, just get in touch at [enquiries.nhdowns@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk) if your young person would like to come along or you would like to know more.



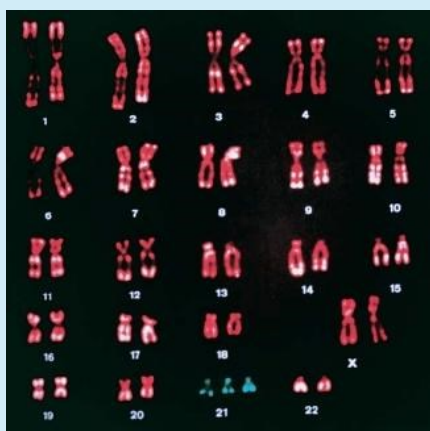




# World Down Syndrome Day

## 21<sup>st</sup> March 2022

World Down Syndrome Day (WDSD), 21<sup>st</sup> March, is a global awareness day which has been officially observed by the United Nations since 2012. The date of the 21<sup>st</sup> day of the third month was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which is present in our special ones.



At this time of year our thoughts always turn to how we are going to mark the occasion and promote awareness in the community. Many schools attended by our children choose to acknowledge the day and hold events and we welcome the opportunity to visit schools to talk to children about the topic. Events are often sock themed, with socks representing how our chromosomes appear to the eye under an electron microscope.

The theme of this year's WDSD is "Inclusion means..." We will be reflecting on this theme and what it means to our young people in an artwork members will be invited to take part in to celebrate WDSD at our Family meeting on 12<sup>th</sup> March.

Merchandise created using your wonderful quilt image created for WDSD 2021 is still available to buy.



Next Page Books, an independent Hitchin bookshop who celebrate

neurodiversity and inclusion, will also join us at the meeting to help us celebrate.



# Magdalen Farm Residential Trip

Summer HALF TERM 2<sup>nd</sup>—4<sup>th</sup> June 2022

Magdalen Farm and Environmental Centre TA20 4PA



If you don't yet have plans for June half term this year, we still have a couple of family rooms available for our 3 day Devon farm trip at the very special rate of £75 per person. Our first ever residential trip at Magdalen farm will provide a specially tailored blend of indoor and outdoor activities for all. We will enjoy farm fresh meals in likeminded company surrounded by the beautiful countryside just where the river Axe connects Dorset, Somerset and Devon.

Over the 3 days and 2 nights of our visit we will have a personalised programme of activities including farmyard activities like feeding pigs, goats and horses and collecting eggs. There are outdoor adventures such as den-building and raft-building. For those who enjoy a bit of noise there's junk drumming and instruments to make complete with performance space. We will eat healthy food produced on the farm and can pick and wash vegetables from the growing areas. In the evenings there is lots of space to sit indoors or out, with pizza ovens, crafts and games possible as well as family bedrooms and common rooms in the converted farmhouse and barns. It's a fantastic place to spend time with other families and learn about where our food comes from and how to protect our rural environment.



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# Magdalen Farm Residential Trip

## HALF TERM 2<sup>nd</sup>—4<sup>th</sup> June 2022

The farm's team love working with special needs groups and have thought of everything from making quiet rooms available to providing gluten free foods and making motorised wheelchairs available where terrain is more difficult. If you have any questions, please ask.

The programme begins at 1pm on the first day and ends around the same time on the third day to make travelling more comfortable. However, if you wanted to extend your stay in the area you may want to allow time on your



last day for visiting the Donkey Sanctuary or the beautiful beaches of the Jurassic coast which are under an hour from Chard.

Our trip will be part subsidised by Magdalen Farm and the National Lottery with some further subsidy from Up on Downs fundraisers to bring the cost down to £75 per person including full bed and board.

We hope this will help to make it accessible to as many members as possible. For more information have a look at [Magdalen Farm website](https://www.magdalenfarm.co.uk).

The few remaining rooms will be allocated on a first come first served basis as we need to confirm final numbers with the farm soon so contact us now at [enquiries.nhdowns@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk) if you think your family would like to come!

Payment is requested with booking. Should the Covid situation prevent us taking up our booking we will be offered alternative dates later in the year and your fee is refundable from Up on Downs. If you wish to pay half with booking and half by the end of March we are also happy to manage that.





# THANK YOU!



At the end of last year member and trustee Karen Potton completed her Lands End to John O'Groats virtual walk fundraiser in aid of Up on Downs. Karen raised a wonderful £474.66 with her efforts and is pictured here with her well earned medal and her family who accompanied her over some of the 1083 miles walked. Thanks so much Karen and congratulations on this magnificent achievement.



Thanks to everyone who bought Up on Downs Christmas cards this year—they raised £675 which will be a great help towards our work this year. Thanks once again to Steve Miles and his local company Effortless Office who once again donated the printing of these beautiful cards.



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# Family Support Meeting

Celebrating



Saturday 12th March, 2 – 4pm

Hitchin Youth Trust, Walsworth Rd, SG4 9SP

There will be drinks, snacks, activities, toys and outdoor games.

Most importantly, there will be the chance to chat, share experiences, and catch up with all your news.



With Special Guests

All equipment will be thoroughly cleaned and hand sanitiser will be available.

To let us know you will be coming or if you have any questions please email [enquiries.nhdowns@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk)



We have a public Facebook page Up on Downs which can be viewed by all our friends and family who may wish to join, simply go to the page and 'like' us.



Up on Downs, 20A Upper Culver Road, St Albans, Herts AL1 4EE

Registered Charity Number 1126111