



May-June 2022 Newsletter

Calendar Dates

- Thu 12 May [DSPL8 SEND Information Fayre](#)
Grovehill and Woodhall Farm Adventure
Playground, Hemel Hempstead HP2 7BA,
10.00am-3.00pm
- Sat 14 May [Family Support Meeting](#)
With guest Corina Gander to speak about
the new Down Syndrome Bill
Hitchin Youth Trust, 2.00-4.00pm
- Fri 20 May [Picnic in the Park](#)
Inn on the Park, Verulamium Park, St
Albans AL3 4SN 10.00-12.00noon
- 2-4 June [Magdalen Farm Residential Visit](#)
Magdalen Farm and Environmental Centre,
Somerset
- Sat 11 Jun [Family Support Meeting](#)
Hitchin Youth Trust, 2.00-4.00pm
- Mondays [Teen Fitness Group](#)
Via Zoom at 5.00pm
- Thursdays [Teen Zoomers](#)
Our Teen Social Communication Group
meeting via Zoom at 6.30pm
- Saturdays [Speech Therapy Groups](#)
Meeting Saturday mornings at Hitchin and
London Colney
- Sun 17 July [Waterways Experiences Canal Boat Trip](#)
Nash Mills Recreation Centre, Hemel
Hempstead HP3 9TE 11.00am-3.00pm



Up
On Downs

*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)*



Family Support Meetings

Saturdays 14th May and 11th June 2.00-4.00pm
Hitchin Youth Trust, 111 Walsworth Road SG4 9SP



It was great to see so many of you to celebrate Easter at our April Family meeting. We had lots of Spring themed crafts, games and an egg hunt in the garden. Why not drop in at our next meeting on 14th May and join in the fun if you're free. We will be joined by Corina Gander, the Hertfordshire mum who campaigned for the new Down Syndrome Bill to speak about its significance.



These regular events are always on the second Saturday of each month (excluding December) to enable you to plan ahead. To let us know you'll be coming or if you have any questions please email us at: enquiries.nhdowns@yahoo.co.uk



Up on Downs on the Road!



Jan, Eleanor and Ted will be manning a stall at the DSPL8 SEND Information Fayre at Grovehill and Woodhall Farm Adventure Playground on May 12th.

Bookings are now open on [Eventbrite](#) so please register your interest for the event!



We'd love to see our members stopping by to say Hi and to pick up one of our fun activity cards specially created for the occasion.



Dacorum Families SEND Information Fayre

Thursday 12th May, 10am-3pm
Grovehill and Woodhall Farm Adventure Playground
Redbourn Road, Hemel Hempstead HP2 7BA

Bookings are now open on Eventbrite! Please register your attendance via the link below and you are welcome to drop-in at any time between 10am—3pm

Booking Link: <https://www.eventbrite.co.uk/e/dacorum-families-send-information-fayre-tickets-304038385997>

(*Please note* bookings will close on 5th May)

The SEND Information Fayre is open to Dacorum SEND Families and the day will include local provider information stands, DSPL8 Parent Representatives, activities for children, refreshments & cake!

Moving Up!

Fitness sessions: Mondays 5.00pm via Zoom

**Teen Social Communication Group: Thursdays 6.30pm
via Zoom**



Our teen and young adult group had a lovely relaxing pottery painting afternoon earlier in May, as well as creating some beautiful artwork this quieter activity was the perfect opportunity for everyone to chat and get to know each other a bit better. Online sessions continue weekly and details of our next 'in-person' get together will follow soon.



We are keen to expand and vary our offer to this age range and are currently seeking a new name for the group—we really don't want to keep calling ourselves the teen group or youth club. Please let us know any ideas you and your young people have for a name or any activities you are keen to try.



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 if your young person would like to come along or you would like to know more.



Picnic in the Park

Verulamium Park, St.Albans

Fri 20th May, 10am till 12pm

Meeting point: Near the Inn on the Park

Join Up on Downs for play and a picnic aimed at families with pre-school age children, although any member with availability is welcome to attend.



Girl Guides

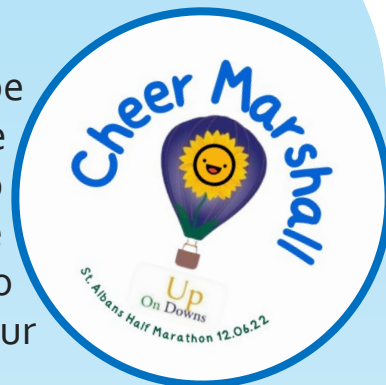
Jan from Up on Downs is currently volunteering with Girl Guiding Hertfordshire to set up a new Girl Guide Unit in St Albans specifically for girls with additional needs. The unit will bring all the fun, opportunities and friendship of a regular unit at a gentler pace and earlier time slot. The unit will meet on Tuesday evenings 6.00-7.00pm and open to girls aged 10-16. If you think this might interest your daughter contact Jan at jan.hopcroft@gmail.com or 07738470634.



St Albans Half Marathon

12th June 2022

We are really looking forward to once again be involved in the St Albans Half Marathon this year. We will be fielding a team of 'cheer marshals' to help encourage the runners and walkers and add to the great atmosphere—let us know if you would like to join us in cheering or just drop by and say hello at our stand on the day.



Our Runners



Member Penny Taylor, mum to Charlie who will be joining us as a cheer marshal, will be running the 5K at the event. Charlie has been helping Penny with her training and aims to run himself next year—to sponsor Penny go to <https://cafdonate.cafonline.org/20637>

Alison Wilde, local resident and friend of long term supporter of Up on Downs, Trish Hall, has entered the Walking Half Marathon on our behalf. To sponsor Alison go to <https://cafdonate.cafonline.org/20520>



Richard Thompson, whose daughter Olivia is a friend of member Rose Hopcroft, is kindly running the Half Marathon to raise funds for us. To sponsor Richard go to <https://cafdonate.cafonline.org/20639>

Thanks so much to our runners and all their sponsors!

SEN Youth Club



Calling all secondary schoolers around North Herts and Stevenage! We have been successful obtaining a grant to open a new SEN youth club in Hitchin on Friday evenings from next term. All activities will be free for secondary age young people with SEN. More details will be available soon.



CLIMB ABOARD THE SHELDRAKE 3



SUNDAY JULY 17TH
11AM - 3PM



UP ON DOWNS IS PLEASED TO ONCE AGAIN OFFER OUR MEMBERS THE OPPORTUNITY TO SPEND A LOVELY DAY SAILING DOWN THE CANAL.

ENJOY A PICNIC LUNCH AND CRAFT ON BOARD, HOP OFF AND HELP WITH THE LOCKS OR JUST FEED THE DUCKS AND ENJOY THE SCENARY

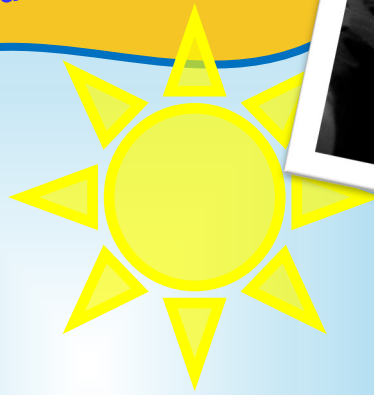
A POPULAR EVENT WITH LIMITED NUMBERS, BOOKING WILL BE ESSENTIAL.
PLEASE EMAIL ENQUIRIES.NHDOWN@YAHOO.CO.UK TO SECURE YOUR BOOKING.

WHEELCHAIRS CAN BE ACCOMMODATED, PLEASE LET US KNOW YOUR NEEDS
(INCLUDING DIETARY) UPON BOOKING.



THANK YOU!

A huge thank you to Eleanor Stapley –Alexander, Up on Downs Development Associate and member for her birthday fundraiser on our behalf, raising a wonderful £152.22—thanks so much!



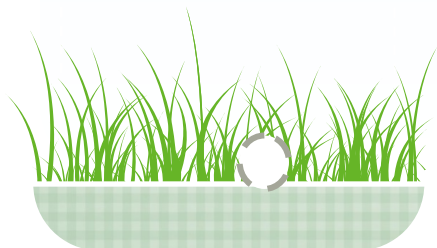
We are looking to update and personalise the thank you letters and certificates that we send out to our donors and fundraisers. We would love to include artwork from some of our children—if your child has created something you'd like us to include we would love to see it.





Up
On Downs

Our new Facebook group Up on Downs Community—a private group just for our members—is now up and running and generating lots of interest. If you haven't joined yet please visit [Up on Downs Community](#) to do so.



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

Registered Charity Number 1126111