



Winter 2021 Newsletter

Calendar Dates

- Sun 7 Nov [Spooky Soft Play](#)
DJ's Play Park, Hemel Hempstead, 3.30-6.00pm
- Sat 13 Nov [Family Support Meeting](#)
Hitchin Youth Trust, 2.00-4.00pm
- Mons 15,22,29 Nov [Signed Christmas Carols Practice](#)
Via Zoom ,6.30-7.00pm
- Sat 27 Nov [Teen Pizza Making Christmas Celebration](#)
Pizza Express, Welwyn Garden City, 10.00-11.30am
- Sat 4 Dec [Up on Downs Christmas Party](#)
Mrs Howard Memorial Hall, Letchworth, 3.00-5.00pm
- Sat 8 Jan [Family Support Meeting](#)
Hitchin Youth Trust, 2.00-4.00pm
- Date TBC [Coffee and Play Morning](#)
Date and venue to be confirmed
- 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

***Please note there is no Family Support meeting in Dec due to the Christmas Party event.**



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

call:
(01727) 420365

Or visit:
www.upondowns.co.uk



Family Support Meetings

Saturdays 13th Nov and 8th Jan 2.00-4.00pm

Hitchin Youth Trust, 111 Walsworth Road SG4 9SP



Our next regular Family meeting will be on Saturday 13th November and we would love to see you there for fun, chat, refreshments and more. Our craft table will have an Autumnal theme for our artistic youngsters. It will be an informal drop in format between the advertised times but if you are able to let us know in advance that you'll be coming that would be great.

Our new Christmas cards, designed by young members, will be available to purchase as well as our lovely WSDS merchandise. Payment by cash or bank transfer welcome.

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



On Sale Now—Up on Downs Christmas Cards 2021

Designed by some of our young members, these lovely 'Lots of Festive Socks' Christmas cards are on sale now - £5.00 for a pack of ten.

The printing of these beautiful quality cards has once again been donated to us by local company [Effortless Office](#). Email us or drop in at the November Family meeting to get yours—free postage!

SIGNED CHRISTMAS CAROLS

Join Up on Downs online to practice signed Christmas Carols

Week 1 - Rudolph the Red-nosed Reindeer / Jingle Bells

Week 2 - White Christmas / We wish you a Merry Christmas

Week 3 - Revisit all songs and festive performance

MONDAYS AT 6.30 - 7PM ON 15TH, 22ND AND 29TH
NOVEMBER ON ZOOM

EMAIL ENQUIRIES.NHDOWN@YAHOO.CO.UK
FOR ZOOM LINK AND CAROL SHEETS.

ATTEND ALL OR DROP IN ON ANY WEEK.



Teen Pizza Making Christmas Celebration

Saturday 27th November 10.00-11.30am

Pizza Express, 40 Howardsgate, Welwyn Garden City, AL8 6BJ

Join Up on Downs for a pizza making activity at Pizza Express at the end of November to get the festive season started.



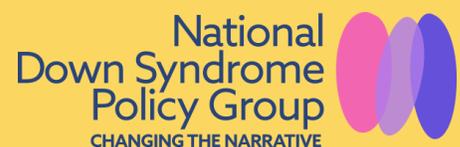
Aimed at our tweens, teens and young adults group who have been meeting together online this fun activity will be a fun seasonal celebration for our older young people.

During the session, which will be led by the new manager of Pizza Express WGC with Up on Downs staff on hand to assist and make everyone feel welcome, members will use dough and available toppings to create their own pizza which they can either enjoy at the end of the session or take away with them. Parents / carers are welcome to stay.

Places are limited at this event so booking is essential, email us at enquiries.nhdowns.yahoo.co.uk to let us know if your young person would like to come. We would love to see you there!

The Down Syndrome Bill

We are sure members will have been following news of the proposed Down Syndrome Bill, introduced to parliament by Dr Liam Fox earlier this year. This bill will be voted on by MPs on 26 November. Keep abreast of developments and find out how you can raise awareness with your MP with the [National Down Syndrome Policy Group](#).



UP ON DOWNS INVITES YOU TO



CHRISTMAS CELEBRATION 2021



Festive fun, games, crafts and food

DEC. 4 • 3-5 PM • MRS HOWARD MEMORIAL HALL
LETCWORTH GARDEN CITY, SG6 1NX

PLACES ARE LIMITED. BOOKING IN ADVANCE IS ESSENTIAL.

EMAIL ENQUIRIES.NHDOWNS@YAHOO.CO.UK TO BOOK

When we met Emily and Tom in real life!



A group of our older children who have been meeting via zoom all through lockdown were finally able to reunite in person in September. It really was a special moment when



they were joined by Emily and Tom Enoch who had been leading their fun social group to help improve communication skills and fitness as it

was the first time they had met in real life. We all got together at St Luke's School in Redbourn and spent the afternoon playing some great games getting to know each other in person. Emily's brother Tom, who has Down's syndrome, led us in one of his super fitness sessions, which he and Emily have also been running for us over zoom.



We even got the chance to add the last few festive socks to this year's Christmas card design.



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When we met Emily and Tom in real life!

As an added bonus we were also joined by Emily and Tom's mum Nicola Enoch, whom you will know from her amazing work with PADS, Positive about Down Syndrome, so it was a lovely opportunity for us parents to catch up too!

Emily continues to run social Zooms for our teens / young adults on Thursdays at 6.30pm and Fitness with Tom on Mondays at 5.00pm—get in touch if you know someone who might like to join these groups.





SPEECH THERAPY PLACES FOR NEXT TERM

We have a new therapy coworker starting next term.

**IF YOU ARE INTERESTED IN ENROLLING YOUR CHILD IN
OUR SYMBOL BASED COWORKER SCHEME
PLEASE GET IN TOUCH NOW.**

EMAIL ENQUIRIES.NHDOWNNS@YAHOO.CO.UK

LIMITED PLACES FOR UP ON DOWNS MEMBERS
APPLICANTS WILL BE ASSESSED FOR SMALL GROUP COMPATIBILITY
AND WILL BE OFFERED A PLACE ON THE WAITING LIST IF WE
CANNOT MEET THEIR NEEDS THIS TIME



Can you help Up on Downs?

We are producing our New Parent Booklet and making improvements to our website too. We really want to represent our wonderful Hertfordshire community and we are seeking permissions from our membership to use photographic images for these purposes.

If you have not been directly contacted by Up on Downs via email but would be happy to provide your consent we would love to hear from you. We are also keen to receive any donated images that we can put to use, all we ask is that the images supplied belong to you, that you have the consent of any other people contained within the image and that there are no copyright restrictions (e.g. they have been taken by a professional photographer who has retained the rights to the images)

Please contact enquiries.nhdownns@yahoo.co.uk if you would like to confirm photographic permissions use and/or submit photo donations.

Play, Coffee, Cake

COMING
SOON



Join up on Downs for a coffee morning aimed at families with pre-school age children, 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 '22 TBC - Time 9.30 - 11.30am

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

January Family Support Meeting

Saturday 8th Jan 2.00-4.00pm Hitchin Youth Trust

No family meeting in December to make way for our Christmas party (yay!) but we will be back in January with special visitors Next Page Books—the independent Hitchin bookshop who celebrate neurodiversity



Magdalen Farm Residential Trip

2nd–4th June 2022

Magdalen Care Farm and Environmental Centre,
Chard, Somerset, TA20 4PA



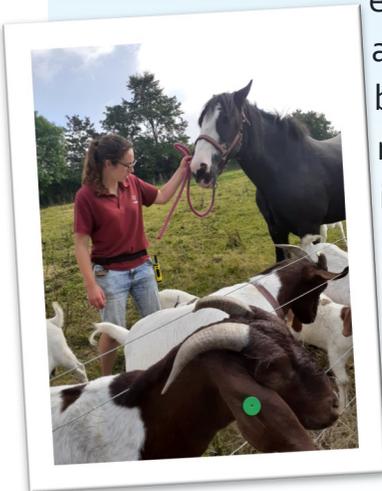
Join us at Magdalen farm for our first ever residential trip with a specially tailored blend of indoor and outdoor activities for all. Animals, crafts, drumming, vegetable houses, farm fresh meals and likeminded company in beautiful surrounding at Magdalen Farm just where the river Axe connects Dorset, Somerset and Devon.

Over the 3 days and 2 nights of our visit we will have a personalised programme of activities. This will be finalised nearer the time and can also be adapted for the weather. The activities on offer include a range of farmyard activities like feeding pigs, goats and horses and collecting

eggs to weigh and sort. 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 and there is

performance space if we want it. We will eat healthy food produced on the farm and we 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

2nd–4th June 2022

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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](#).

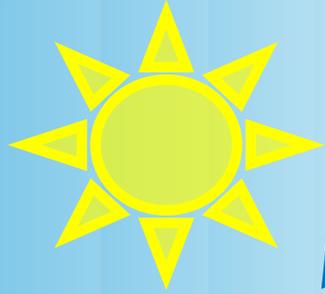
Places are strictly limited due to the number of family bedrooms (which we will have exclusive use of) so book early. A booking form will be available on request from enquiries.nhdowns@yahoo.co.uk.

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!

Organisers of the St Albans half marathon for their donation of £175 in recognition of our cheer martialling input on the big day of the race.



Member Maerii Challis for raising over £500 with her birthday fundraiser earlier this year—our very great thanks to you and your very generous friends for raising such a great amount!

Our gratitude goes to Steve Miles and his local company Effortless Office who have once again donated the printing of our beautiful 2021 Christmas cards.

Emma Sparrow, aunt to young member Gabriella, and Everett Rovers football club for the £2,068 received from their charity football tournament, full write up in our Autumn 2021 newsletter.





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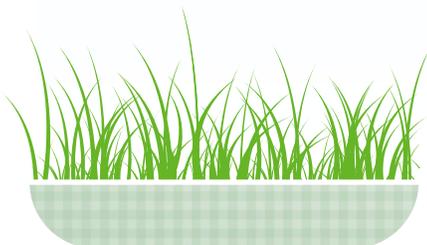


We have a public Facebook page Up on Downs which can be viewed by all our friends and family who may wish to join, simply go to the page and 'like' us.

We've also got a shiny new insta account!

If you use Instagram, give us a follow....

@upondowns_herts



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

Registered Charity Number 1126111