

Spring 2022 Newsletter

WDSO Edition

Calendar Dates

Sat 12 Mar [Family Support Meeting](#)
World Down Syndrome Day Celebration
Meeting
Hitchin Youth Trust, 2.00-4.00pm

Mon 21 Mar [World Down Syndrome Day](#)



Sat 9 Apr [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,
London Colney and Hemel Hempstead

2-4 June [Magdalen Farm Residential Visit](#)
Magdalen Farm and Environmental Centre,
Somerset



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)*

World Down Syndrome Day Celebration Family Support Meeting

Saturday 12th March 2.00-4.00pm

Hitchin Youth Trust, 111 Walsworth Road SG4 9SP



At our March family meeting we will be celebrating World

Down

Syndrome Day

with some

special guests to

add to all the usual fun and, of course, lots of socks. Next Page Books, the inclusive Hitchin bookshop, will be with us for the afternoon and will close the meeting with the signed story

"The Colour Monster" along with Eleanor. We welcome back Suzanne from Pitter Patter music who will join us at 3.00 for an interactive music session. At the craft table there will be

super sock puppets to create plus all the usual fun and refreshments. Come along and rock your socks with us!



Our regular family meetings are informal drop in get togethers held on the second Saturday of each month (excluding August and December, the following one will be on 9th April. To let us know you'll be coming or if you have any questions please email us at: enquiries.nhdowns@yahoo.co.uk



Rock your socks for World Down Syndrome Day

March 21st is international World Down's Syndrome Day, the day we raise awareness of the condition in our communities.

We would love as many members to get involved as possible by wearing **LOTS OF SOCKS**. The significance of the socks is that chromosomes on a karyotype chart look a little bit like stripy socks so this is an easy and fun way to mark the occasion.

This WDSD we are formally launching our New Parents Welcome booklet on our website. This will also form a part of our New Parent Welcome Pack, along with our Teddy Bear gift.

Please check this out and let anyone who would find this useful know where to find it, especially new parents. If you have any feedback we would love to hear from you and we will be able to keep refining this booklet as improvements are suggested.

We would love to hear about anything you are doing to honour WDSD. If you have photos or publicity we would be delighted to share them on our social media channels and in our newsletter to help spread awareness of DS.



Did you know?

We can give talks at local schools?
Email us to find out more.

So please join us in celebrating World Down's Syndrome Day, standing with others all across the world and uplifting life with an extra chromosome.



Help support Up on Downs this WDSD

March 21st is international World Down's Syndrome Day, the day we raise awareness of the condition in our communities.

We are also going all out at our Saturday 12th March Family meeting which will be a WDSD celebration with sock puppets crafts and our special guests Next Page Bookshop.

There will also be a music entertainer to delight the children and a signed story to finish called 'The Colour Monster'.

Our WDSD lockdown designed mugs and notebooks will be on sale at the meeting so why not pick up one of these limited edition items? Be the envy of all your friends!

Could you hold your own fundraiser for us? We raise all our own funds from member donations and small grants so every little bit really helps to make a difference and enables us to run our services.



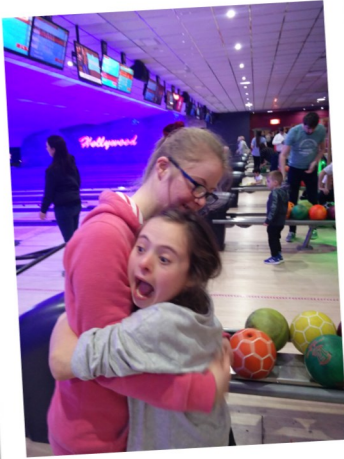
St Albans Brownies WDSD fundraiser for Up on Downs



It really makes a huge difference to us when members can do this and it helps to raise the profile of Down's Syndrome in the community.

Direct donations can also be made via the [Charities Aid Foundation](#). Donations of any size are always gratefully received as we return to our usual extensive programme of meetings and events with all the expenses that that incurs.

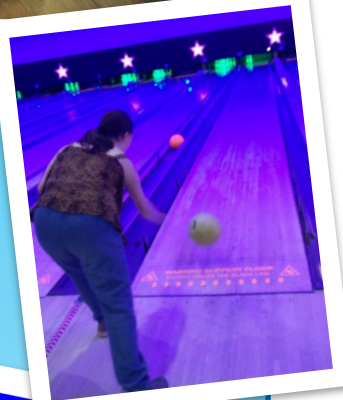
Moving Up!



It was lovely to see so many of our teens and young adult group at bowling in February. A great game was had by all and it was brilliant to see so many mingling together so independently. Look out for details of our next teen event soon, in the meantime our online sessions with the marvellous Emily Enoch continue weekly:

**Fitness sessions: Mondays 5.00pm
via Zoom**

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



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.



Up on Downs Community

We will shortly be launching our new Facebook group for all of our lovely members, Up on Downs Community. As members you should shortly receive the invitation to join the group, which will replace the Up on Downs profile we have been using for some years. The new group will offer our members the chance to post directly to the group and view and book all of our events on Facebook. We also 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 an instagram account—If you use Instagram, give us a follow....

@upondowns_herts



#InclusionMeans

The theme of this year's World Down Syndrome Day is "What does inclusion mean?" We have been asking some of our young people what inclusion means to them and where they feel most included. We will be sharing their insights on social media over the next few weeks to celebrate WDSY, if your child would like to be part of this project let us know what "Inclusion means...." to them and / or send us a picture to illustrate it.



Up on Downs WDSD products

With the help of our fabulous members, Up on Downs has produced a beautiful piece of artwork for World Down Syndrome Day that we simply couldn't keep to ourselves.



Mug £10



Notebook £8



Bag—Sold out!



Limited stock available.
Email enquiries.nhdowns@yahoo.co.uk
to place an order.



Up
On Downs

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.

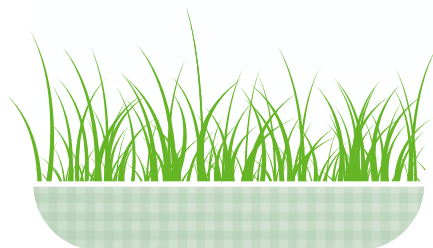
Most importantly, there will be the chance to chat, share experiences, and catch up with all your news.



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



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

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