

Summer 2022 Newsletter

Calendar Dates

- Sat 9 July [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Road
SG4 9SP 2.00-4.00pm
- Sun 17 July [Waterways Experiences Canal Boat Trip](#)
Nash Mills Recreation Centre, Hemel
Hempstead HP3 9TE 10.45am-3.00pm
- Sat 30 July [Standalone Farm Visit](#)
Wilbury Way, Letchworth Garden City,
SG6 4JN 10.30am
- Sat 13 Aug [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Road
SG4 9SP 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 Development Groups](#)
Meeting Saturday mornings at Hitchin and
London Colney



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)*



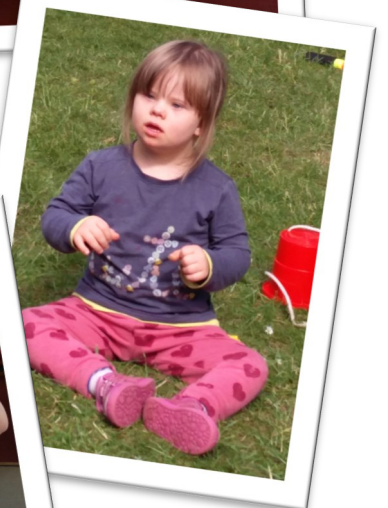
Family Support Meetings

Saturdays 9th July and 13th August 2.00-4.00pm

Hitchin Youth Trust, 111 Walsworth Road SG4 9SP



There was lots of crafty fun on show at our June Family meeting—why not come along to our next meetings for lots more fun, games and fellowship. Please note, this year we will meet in both **July and August** and we'd love you to drop by if you're free.



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

A WEEKEND IN THE COUNTRY

Magdalen Farm 2nd - 4th June 2022

The Queen's Jubilee, quite coincidentally, also happened to be the inaugural Up on Downs Residential Weekend at Magdalen Environmental Trust Farm in Somerset.



CRAFTS



MUD SLIDING

Families braved long car journeys, mud slides and bunk beds in search of adventure and agricultural learning.

The weekend proved to be a great success. It was a weekend packed full of activities, from den building to animal care, crafts to pond dipping.

There was something to suit everyone. It was tiring but an intensely enjoyable and rewarding experience for all.

The evening in which we all shared songs around the campfire was truly a highlight. It was a time when we were all in the same place at the same time. There was so much laughter, singing and the toasting of delicious cinnamon apple pieces and marshmallows.

We made so many happy memories that weekend. Families got to know each other a little better, we all helped to support each other and the children made such strong bonds through their free time play. We can't wait to go back again!



POND DIPPING



SMOOTHIES



PIZZA MAKING



PIG FEEDING



GOATS



DEN BUILDING



CHICKENS



MORE CRAFTS



PLANTING

Magdalen Farm 2nd - 4th June 2022



CAMPFIRE



TASTING

St. Albans Half Marathon

The Up on Downs crew were out in force to support all of the fantastic runners that were taking part in this year's St. Albans Half Marathon on June 12th.

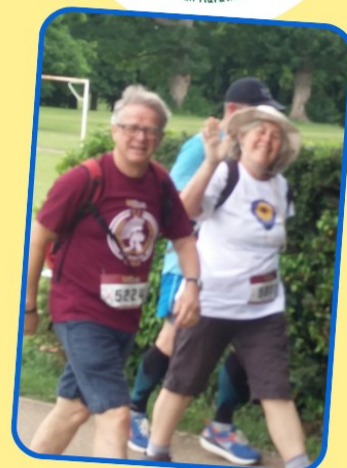


We were also incredibly lucky to have Alison Wilde, Richard Thompson and Penny Taylor running in the day's races, giving it their all to fundraise on our behalf. Our heartfelt gratitude goes out to you all for your efforts.



Penny and her family joined the 'Cheer Marshalls' squad after completing her run.

After all sponsorship has been returned the amount raised by the event has reached almost £1000 - thank you everyone!



If you would like to make a donation to Up on Downs in recognition of our runners efforts please click on the donate button below:

DONATE



It was a perfect Sunday morning and our final shout out goes to our young Cheer Marshalls who gave it their all, waving and cheering enthusiastically to the crowds that ran past us. They were amazing troopers, providing a much needed dose of cheer to the tiring runners reaching the end of their journeys.



**We cannot do our work without our fantastic supporters!
Thank you for all that you do.**

Trip to Standalone Farm

Wilbury Way, Letchworth Garden City SG6 4JN
Saturday 30th July 10.30am



Standalone is a lovely small farm park and always a great day out, why not come along and enjoy it with us and other Up on Downs families. There are animal encounters, play areas and an indoor play barn where we can meet for lunch. See their [website](#) for full details. We will meet at the farm entrance at 10.30am.



Book with us at: enquiries.nhdowns@yahoo.co.uk and Up on Downs will purchase your tickets. Disabled family members, plus one carer, go free at Standalone ([proof required](#)).



Welcome to a new Youth Club for people with learning disabilities aged 12 – young adult launching in September 2022

.....Do you have a young person who needs more to do out of school? Have their opportunities been limited recently and would they benefit from having an informal place to meet friends and pursue interests? If they can get to Hitchin we have just the thing!

The Choices after school club, opening in September is for young people with learning difficulties who would like to do things with like-minded people and come from anywhere within travelling distance of Hitchin. The group will enable young people to meet on Friday evenings to try out a range of fun and informal activities according to a programme they'll help create. These are likely to include film nights, preparing snacks such as sandwiches and Pizza, designing T-shirts, outdoor sports and games.

The club is being overseen by our good friend Magda who many of you will know either from her delivering speech development groups or as the parent of one of our teenagers.

The group will be fully funded for young people and they are welcome to dip in and out if they don't want to come every week. It will be open to young people with conditions other than DS too so bringing friends from school etc is encouraged. To ensure that everyone has a good experience and we are able to meet their needs and special interests we ask that you/your young person (and any friends) email us and express interest asap as spaces will be limited.

CAN YOU HELP?



Can you spare a few hours on a Friday evening every once in a while?

The success of the youth group will depend upon having a robust volunteer network helping out. If you think you can help in any capacity we would love to hear from you. Please email enquiries.nhdowns@yahoo.co.uk to discuss volunteering opportunities with us.



Youth Club for people with learning disabilities aged 12 – young adult

Join Choices for friendships and fun activities.
To relax, to create and to experience a positive atmosphere of inclusion.



WHEN: Friday evenings 6.30pm

WHERE: Hitchin Youth Trust, Walsworth Rd,
Hitchin, SG4 9SP

CONTACT: Magda
enquiries.nhdowns@yahoo.co.uk

Supported by



Speech Development Groups

Saturday Mornings during term time

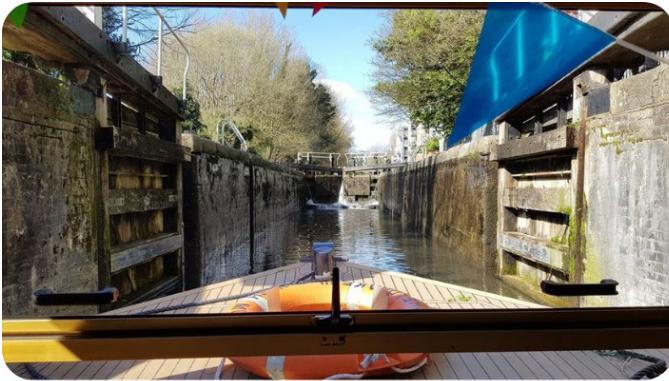
Our long established Speech Development Programme, which runs groups for children on Saturday mornings, will shortly be welcoming a new team worker. A warm welcome to Aneetha Van der Colff, who will be joining the team in September, having been a member of Up on Downs for several years. Now would be an ideal time to request an assessment questionnaire if you feel that your child might benefit from this scheme. Contact enquiries.nhdowns@yahoo.co.uk to find out more about the scheme and request a questionnaire.



30th St Albans Guides

The 30th St Albans Guides is a new Guide unit that has started meeting recently, exclusively for girls with additional needs. Jan from Up on Downs is volunteering with the unit and is happy to report that the first meetings have gone really well and there are several of our members amongst the girls. The 30th St Albans brings all the fun, opportunities and friendship of a regular unit at a gentler pace and earlier time slot. The unit meets on Tuesday evenings 6.00-7.00pm and open to girls aged 10-16. There is currently a waiting list for the unit but if you think this might interest your daughter contact Jan at jan.hopcroft@gmail.com or 07738470634.





CLIMB ABOARD THE SHELDRAKE 3



SUNDAY JULY 17TH

11AM - 3PM



UP ON DOWNS IS PLEASED TO ONCE AGAIN OFFER THE
OPPORTUNITY TO SPEND A LOVELY DAY

ENJOY A PUNCH AND CR

A P... MEMBERS, BOOKING WILL BE ESSENTIAL.
PLEASE... OWNS@YAHOO.CO.UK TO SECURE YOUR BOOKING.

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

FULLY BOOKED - WAITING LIST ONLY





SUMMER *Programme*

TEENS FITNESS GROUP* Every Monday, 5pm via Zoom
Weekly keep fit sessions led by our young friends Tom and Emily Enoch.

FREE

TEENS SOCIAL GROUP* Social communication group on Thursdays, 6.30pm via Zoom
Join in the fun with Emily's welcoming social circle suitable for 11+ years

FAMILY SUPPORT MEETINGS

July 9th, August 13th, September 10th 2pm - 4pm
Hitchin Youth Trust, Walsworth Road, SG4 9SP

There will be drinks, snacks, activities, toys and games.
Most importantly, there will be the chance to chat, share experiences, and catch up with all your news

FREE



FREE



WATERWAYS EXPERIENCES CANAL TRIP*

Sunday July 17th, 11am - 3pm
Nash Mills Recreation Centre, Hemel Hempstead HP3 9TE

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 scenery.

STANDALONE FARM*

Saturday July 30th, 10am - 5pm
Wilbury Road, Letchworth Garden City, SG6 4JN

It's fun on the farm with friends. Join us at this popular attraction for animals and playgrounds. The site is wheelchair and buggy friendly with disabled facilities so come and make of day of it!

FREE



*Please email enquiries.nhdowns@yahoo.co.uk to secure bookings onto these events.

HOW TO FIND UP ON DOWNS

You can find us in a variety of ways, whatever way suits you best please come and find us:



enquiries.nhdowns@yahoo.co.uk



Call us on (01727) 420365



[Visit the website: www.upondowns.co.uk](http://www.upondowns.co.uk)



Like Up on Downs on Facebook



For members we have a private facebook group called Up on Downs Community. To request to join please click on invite on [this page](#).



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

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