



Winter 2023 Newsletter

CALENDAR DATES

- Sat 11 Feb [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Sun 26 Feb [Teen Group Bowling](#)
Hollywood Bowl, Woodside Leisure Park,
Watford WD25 7JZ—2.00pm
- Sat 11 Mar [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Tue 21 Mar [World Down Syndrome Day Coffee Morning](#)
Musterhubs, Roundhouse Farm, Roestock
Lane, Colney Heath AL4 0PP—10.00am
- Fridays [Choices Youth Group](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 6.15-8.00pm
- Mondays [Teen Fitness Group](#)
With Tom and Emily Enoch, via Zoom at
5.45pm
- Thursdays [Teen Social Communication Group](#)
With Emily Enoch, via Zoom at 6.30pm
- Saturdays [Speech Development Group Meetings](#)
With our Symbol trained practitioners at
various locations on Saturday mornings



Up
On Downs

*If you have any questions
or
suggestions please
contact Sande, Jan or
Eleanor at:*

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


call:
(01727) 420365

Or visit:
www.upondowns.co.uk





Sande, Eleanor and Jan hope that your 2023 has got off to a good start and that you and your families had an enjoyable holiday season.



Up on Downs is excitedly looking ahead to another amazing year full of events; it was lovely to see so many of you at our first Family Support Meeting last week. These take place on the 2nd Saturday of each month at Hitchin Youth Trust between 2 - 4pm. We would love to see you there.

We are very pleased that our Speech Therapy Co-worker Aneetha, who established our third group in Welwyn Garden City last year, will be expanding her programme to take on more children in 2023. If you are interested in finding out more about the Speech Therapy programme please email enquiries.nhdowns@yahoo.co.uk, thanks to those who have already expressed an interest.

We are already busy thinking ahead to our other events for this year, including our World Down Syndrome Day event in partnership with Musterhubs and our return to Magdalen Farm so watch this space for more details about these and much more!



Family Support Meeting

11th February and 11th March 2.00-4.00pm

Hitchin Youth Trust, 111 Walsworth Road SG4 9SP

The year got off to a super start with our January Family meeting. Our children brightened up a grey afternoon with some lovely seascapes and some fun parachute games along with our singing and signing. It was lovely to see so many families and catch up with all your holiday news.



Join us at future meetings for more fun, games and fellowship; always on the second Saturday of the month. The meetings are run in a drop in format so just come along if you are free. If you'd like to let us know you'll be coming or have any questions please email us at: enquiries.nhdowns@yahoo.co.uk



TEEN BOWLING

Sunday 26th Feb - 2pm



Young adults and teenagers would be most welcome to join our next social bowling afternoon. Let Jan at enquiries.nhdowns@yahoo.co.uk know if you are interested and we will book the lanes (young people are asked to cover the cost of their game).

Parents/carers are welcome to retreat to the cafe to promote independence if they wish. Jan and a volunteer will assist at the lanes. Young people are encouraged to stay and socialise together in the cafe or arcades after the game.

Hollywood Bowl
Woodside Leisure Park
Watford WD25 7JZ

Telling it Right in 2023

After a bit of a break over the Christmas holidays Up on Downs got back in the saddle and kick started the year by submitting information to the Strategic Inequalities review into Maternity Services via the Voluntary, Community, Faith and Social Enterprise (VCFSE) Alliance. It is hoped that our views, along with other voices from the VCFSE can help to shape improvements in the NHS Integrated Care System (ICS) that oversees our loved one's care.

Whilst our events and speech classes will always be the most important outreach, and forms the core to the work that benefits our member families, there is also a lot of behind the scenes work that we do to help advocate for the community. We do this via forums such as the VCFSE Alliance and through partnership meetings with organisations such as HPCI and the NHCVS.

What can we do for you in 2023?

Last year we introduced our lovely feedback cards which had easy choose options but also offered the opportunity for more detailed feedback. These cards were put to good use getting feedback from the Choices Teens and their parent carers.

The cards allowed us to gather great feedback which we then put to good use helping us secure a 2nd round of funding for Choices. It also offered up wonderful ideas which will help us to deliver a programme that is varied and makes use of our young people's interests.

Up on Downs would love to hear from its members about the issues that are most important to you and what you feel you would need to help you navigate your role as a parent carer.

Please get in touch with us at anytime via the website, email, phone or feedback card



enquiries.nhdowns@yahoo.co.uk



It was wonderful to see so many members, old and new, at this year's Christmas party. Signalling the return to our normal annual festivities since the pandemic began we thoroughly enjoyed seeing so many happy faces enjoying the many activities that were on offer.

Huge shout outs go out to our brave Karaoke singers who brought their amazing talents to the dancefloor. We also owe our thanks to our wonderful volunteers, Kim, Pat, Jo, Karen, Maya, Florence, Edwyn and Joshua who helped deliver refreshments and tombola prizes throughout the party.



Also Up on Downs owes extra special thanks to our very special guest - Santa who came along to delight the children with his fabulous gifts. It really was an afternoon to cherish and remember.







St Saviour's Treefest

St Saviour's Church, St Albans



Many thanks to everyone who was part of our beautiful 'Chromosomes across the world' tree, and those who went to see the display.



Holy Trinity Church Crib Festival



Holy Trinity Church, Leverstock Green

We'll sure you'll agree our Nativity scene looked beautiful—thanks to everyone who helped to build it and to trustee Sarah Stockley for staging our entry.

THANK YOU!

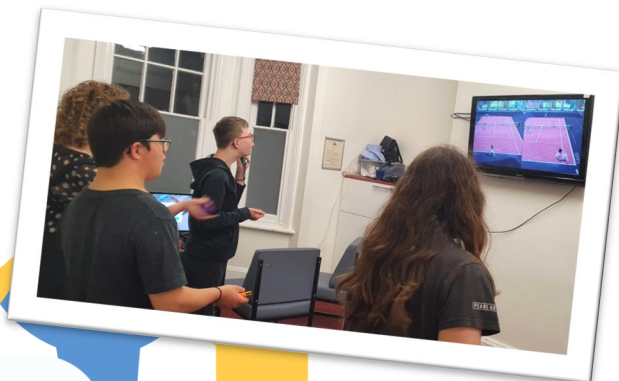


Our very great thanks to Ms Rita Donagh, great aunt to member Florence Nuttall, for her generous donation of £372.30. Ms Donagh has also been kind enough to set up a regular monthly donation to Up on Downs—huge thanks for this!



A big thank you to Hitchin Youth Trust for their grant of £1,750n towards our family support meetings, new parent packs and Choices youth club supplies. HYT have long provided greatly valued support to us here at Up on Downs and we thank them for it.

If you would like to consider supporting our work with a one off or regular donation by visiting the [Up on Downs Charities Aid Foundation giving page.](#)



Youth Group 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 6.15pm

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

CONTACT: Magda – 07940 224165
magdapol75@hotmail.com



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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



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For members we have a private facebook group called Up on Downs Community. To request to join please go to our public page, click on groups tab to find the Up on Downs Community group.



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