



Spring 2023 Newsletter

CALENDAR DATES

- Sat 8 Apr** [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Sat 13 May** [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- 31 May - 2 Jun** [Magdalen Farm Residential visit](#)
Magdalen Farm and Environmental
Centre, Somerset
- 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

*call:
(01727) 420365*

*Or visit:
www.upondowns.co.uk*



Family Support Meeting

8th April and 13th May 2.00-4.00pm

Hitchin Youth Trust, 111 Walsworth Road SG4 9SP

We've had some lovely family meetings recently, lots of Valentine and Mother's Day themed fun at our February and March get togethers. In April we will be meeting on Easter Saturday so naturally there will be lots of egg and bunny related fun and (not too much) chocolate! Why not pop by if you are free.



Join us at future meetings for more fun, games and friendship; 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

This is Me Storytime with

NEXT PAGE BOOKS

CHILDREN'S • NEURODIVERSE • INCLUSIVE



The Up on Downs crew paid a visit to our friendly, neighbourhood inclusive bookshop recently for a special reading of 'This is me' by George Webster.

Timed to be an extra treat at the end of our regular March family meeting we enjoyed hearing the story read aloud followed by some drawing time, exploring the interests that make each of us special.

We would like to extend our grateful thanks to Liz and Julie from Next Page Books in Hitchin for supporting this book and for offering our community an opportunity to celebrate one of our superstars.



Inclusive Employment

THIS PROJECT IS PART FUNDED BY THE EUROPEAN SOCIAL FUND

Helping unemployed residents in Hertfordshire who have a diagnosed or undiagnosed disability or barrier(s) such as **neurodiversity, mental health conditions, sensory needs or learning and physical disabilities** into employment, education or training.

HOW WE CAN HELP YOU

We help you to develop the skills to feel confident in applying for jobs, going to work, and/or provide relevant training or education opportunities.

YOUR JOURNEY WITH US

You will be allocated a job coach who will help get you ready for your next steps. We will help and support you with finding the right job, education or training for you.

If you go into paid work, your job coach will support you into your new role.

WHO CAN APPLY?

You must be:

- Aged 18+
- A Hertfordshire Resident
- Must be unemployed or economically inactive



**WANT TO APPLY OR REFER
SOMEONE YOU KNOW?**



[www.step2skills.org.uk](http://www.step2skills.org.uk/InclusiveEmployment)
/ InclusiveEmployment



employmentsupport@hertfordshire.gov.uk



Call 01992 556825

www.step2skills.org.uk/InclusiveEmployment

World Down Syndrome Day Celebration

Up on Downs Crochet Banner



This unique banner was created for us by Kris Smith, a creative yarn crafter from Somerset who specialises in community 'yarn bombing' projects. She loved our 2019 WDSO sock collage created by our children and it inspired her to recreate the socks in crochet. Kris gifted the banner to us for WDSO to give our families a big woolly hug! Thanks very much to Kris - we look forward to using this beautiful banner at lots of Up on Downs events.



WORLD DOWN SYNDROME DAY CELEBRATION DE HAVILLAND AIRCRAFT MUSEUM

We were made to feel very welcome at the lovely de Havilland Aircraft Museum in London Colney for our special WDS Day celebration.

We were treated to a VIP tour around the planes, with lots of interesting information plus great hands on exhibits for our younger visitors. We then had exclusive use of the hospitality area, overlooking the planes, for refreshments, craft and some fun plane activities.

Thanks so much to everyone at this fab museum for making us feel really special and giving us such a great day.



The lucky winner of the prize giveaway is being contacted and our gift will be winging its way to them soon!







Community Conference

Up on Downs was one of 90 organisations that attended the 'All about Us' conference run by the NH CVS, North Herts Council and Letchworth Heritage Foundation. Discussing the findings of a survey recently undertaken, the day centred

around solution focused talks about fundraising, volunteering and collaborative working. It was wonderful to see and talk with so many individuals in the VCFSE Alliance. We certainly had a lot to consider and discuss as charitable organisations attempt to continue to deliver our services under increasing pressures in the cost of living crisis.

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



Rocking our socks in Rickmansworth for WDSO 2023

We took a little Up on Downs trip to Rickmansworth to check out the Cafe on the Common and to sample its delicious breakfast offerings on World Down Syndrome Day (March 21st). The cafe runs a supported internship programme, offering a route to employment for young people with learning disabilities and so it seemed to be a fitting venue in which to celebrate our community day. Of course we had to get our socks out for a little countryside photo shoot :)



We believe in people with learning disabilities leading fulfilling and rewarding lives by:

- reaching their full potential
- being afforded opportunities to train and to be employed
- being valued in the workplace
- playing an active role in their local community



We are very grateful to member Neil Challis for his birthday fundraiser which has raised almost £600 for Up on Downs so far!

Big thanks to long standing member Frankie Barnett for supporting us by setting up a regular monthly donation to us.



Well done to Hayleigh Champkin, sister of Gabriella (pictured), who raised a marvellous £69.87 for us with her workplace Crazy Socks awareness raising event on World Down Syndrome Day





Rosie Morley of the Happiness Company is kindly donating 5% from the sale of each of her gift boxes this year to Up on Downs - thanks very much Rosie!



Many thanks to young member Rufus for rehoming his pack of dinosaurs to Hitchin Youth Trust for us to use at Family meetings



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



Supported by



Important research needs important people.

Adults with Down syndrome are invited to join the ABC-DS study.



This research study will look to identify early signs that may indicate Alzheimer's disease. Help make a difference.

We welcome participants who:

- Have Down syndrome and are 25 years or older.
- Are accompanied by parent, caregiver, or legal guardian.

ABC-DS

The Alzheimer Biomarkers Consortium-Down Syndrome (ABC-DS)



Participants will:

- Make visits to to complete thinking tests, brain imaging, and other medical tests.
- Complete questionnaires at each visit.
- Be compensated for their travel and time.

Learn more about this important study at abc.ds.pitt.edu or email ciddrg@medschl.cam.ac.uk

Our Community Partners



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



[Like Up on Downs on facebook](#)

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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