

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

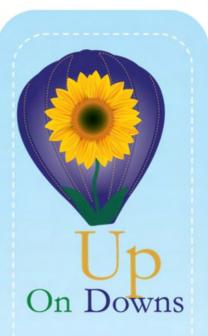
5.45pm

Thursdays Teen Social Communication Group

With Emily Enoch, via Zoom at 6.3opm

Saturdays Speech Development Group Meetings

With our Symbol trained practitioners at various locations on Saturday mornings



If you have any questions

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 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

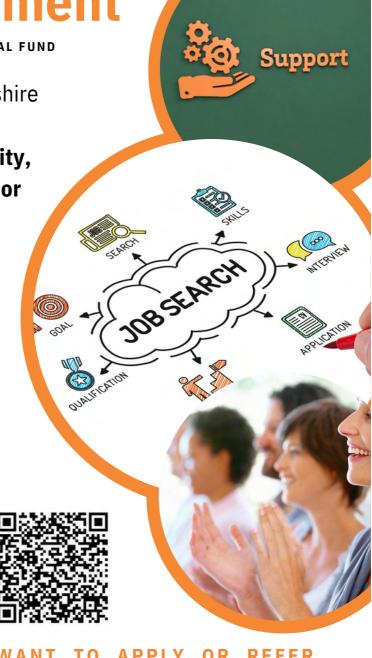
You will be allocated a job coach who will help get you ready for your next steps. We will help and support you with finding the right job, education or training for you.

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/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 WDSD sock collage created by our children and it inspired her to recreate the socks in crochet. Kris gifted the banner to us for WDSD 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 WDSD 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 WDSD 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:)



rome





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







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.



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



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 abcds.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



<u>Like Up on Downs on facebook</u>

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.



Follow <u>upondowns_herts</u> on Instagram