



# Autumn 2023 Newsletter

## CALENDAR DATES

- Sat 30 Sept [Hitchin Youth Showcase](#)  
Market Place, Hitchin 10.00-3.00—  
Performance at 11.00am
- Sun 1 Oct [Up on Downs Annual General Meeting](#)  
Via Zoom—contact us if you would like the  
link to join us—11.00am-1.00pm
- Sat 14 Oct [Family Support Meeting](#)  
Hitchin Youth Trust, 111 Walsworth Rd,  
Hitchin SG4 9SP 2.00-4.00pm
- Wed 11 Oct [New Parent Communication Chat](#)  
Via Zoom 10.00—11.00am
- Sat 11 Nov [Family Support Meeting](#)  
Hitchin Youth Trust, 111 Walsworth Rd,  
Hitchin SG4 9SP 2.00-4.00pm
- Sun 26 Nov [Teen Christmas Bowling Party](#)  
Hollywood Bowl, Woodside Leisure Park,  
Watford WD25 7JZ—11.00am
- Sat 9 Dec [Up on Downs Christmas Party](#)  
St George's Church, Common View,  
Letchworth SG6 1DA—2.00-4.00pm
- 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



Up  
On Downs

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

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

*call:*  
07738 470634

*Or visit:*  
[www.upondowns.co.uk](http://www.upondowns.co.uk)



# Speech Development Programme

## Spaces Available

Saturday mornings during term time  
London Colney, Welwyn Garden City and Hitchin

Up on Downs has provided a Speech Development programme for children with Down's syndrome for over ten years. We work with three specialist Symbol trained co-workers who work out of sites in London Colney, Welwyn Garden City and Hitchin. The sessions bring together children of similar ability in small groups to focus on fun tasks to develop speech sounds in our younger children moving on to working on social communication and clarity in our older children and teens.



The programme comprises of nine sessions per term, delivered on Saturday mornings at each of the three sites. We currently have space within the programme to take on new children and would like to hear from any families who would be interested in a place for their child. Do get in contact, either email [enquiries.nhdowns@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk) or call



Jan on 0773847034, if you would like to find out more about the programme and discuss the possibility of joining.

We ask families for a contribution of £99 per term towards the cost of providing the programme.





# Come and see us at the Hitchin Youth Showcase!

## Join our signing performance at 11.00

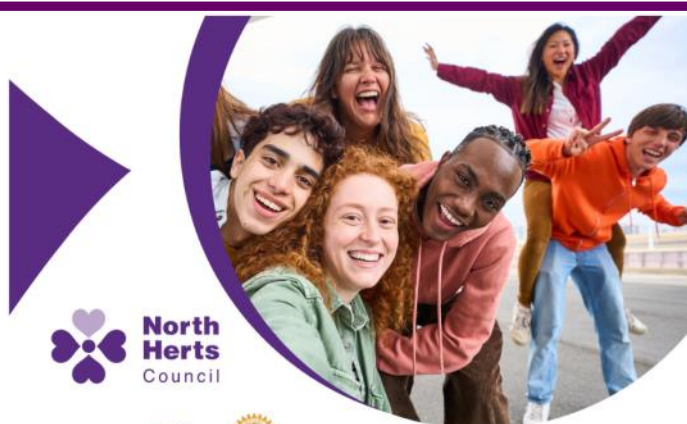
### Stage Performances

(subject to change) Sound: After Dark

- 10.00 Rotary
- 10.20 Poets In
- 10.40 Everybody loves music
- 11.00 Up on Downs
- 11.20 Showtime Circus
- 11.40 Market Theatre
- 12.00 Getting Rooted CIC
- 12.20 Hitchin Youth Brass Band
- 13.20 Signing Company
- 13.40 Swords of Penda
- 14.00 Hitchin Creative
- 14.20 Stagecoach

The Rotary Club of Hitchin Tilehouse and North Herts Council would like to thank all groups who have supported our event today and to the public for coming along.

This is the first of hopefully many annual Youth Showcase events. If you would like to get involved in Rotary please visit our stand or contact us  
[secretary@tilehouserotary.org](mailto:secretary@tilehouserotary.org)



## Youth Showcase

Over 24 youth organisations displaying the variety of activities that take place in our town

**Saturday 30 September**  
at Market Place, Hitchin. 10am – 3pm

## Up on Downs Christmas Cards 2023



The sun was still shining when children at the August family meeting were busy creating 'Alpine Village' - this lovely image for our 2023 Christmas card. It may still be September but why not get ahead of the game and buy yours now—£5 for a pack of eight high quality A5 cards.

**Spaces Available!**

## Teen Zoom Groups

Fitness—Mondays at 5.45pm

Social Communication—

Thursdays at 6.30pm

**With Emily and Tom Enoch**



We currently have spaces on these great online sessions, suitable for teens up to young adults. They are led Emily Enoch, a wonderfully engaging and enthusiastic young co-worker who is incredibly popular with all our young people. For the fitness sessions Emily is joined by her brother Tom, who has Down's syndrome, and is an inspirational fitness instructor for our children.

For the social communication sessions on Thursdays Emily encourages our young people to connect and engage socially with one another and explore each others interests. The group learns about new topics in a light-hearted and fun way and have a great time together.



The fitness sessions are fun way to get active to music and suitable for all abilities.

Let us know if you think your young person would be interested in joining in.





# Mark's 'Big 3' Challenge

I am Mark, dad to Oliver. Oliver is 13 years old and has Down Syndrome, Autism and ADHD. Life has been complicated at times, Oliver's needs have varied over the years but one thing has stayed the same — the support from Up on Downs! We have been members since Oliver was 6 months old and have attended their baby groups, courses and trips. We received particular support when Oliver was given no secondary school. So now it's time to give back.



I want to complete 3 sponsored challenges to raise funds for Up on Downs. One challenge for each of the 21<sup>st</sup> chromosomes that Oliver, and all those with Down syndrome, has.

The first challenge will be a 160 foot Bungee Jump on the 29<sup>th</sup> October 2023!

The second is to run the St Albans half marathon on the 9<sup>th</sup> June 2024!

The third so far is a mystery! My wife will be booking something spectacular for my last challenge!

## Sponsor Mark

If you would like to support Up on Downs by sponsoring Mark on his challenges please visit [Mark's CAF Donation page](#). We will be following Mark's progress closely and be sharing lots of photos of his challenges - we can't wait to see what he gets up to for his big finalé in his third challenge!

**FREE HAND PICKED GIFT FOR EVERY CHILD BOOKED!**



**9  
DEC**

**2-4  
PM**



# **UP ON DOWNS CHRISTMAS PARTY**

**ST. GEORGES CHURCH HALLS**

**COMMON VIEW,  
LETCWORTH GARDEN CITY  
SG6 IDA**



**TOMBOLA \* GAMES  
CRAFTS \* SPECIAL GUEST  
MUSIC & DANCING  
ENTERTAINMENT**

**Book your place here now!**







# Up on Downs Christmas Party Elves and Angels wanted!

Our traditional party benefits from the involvement of a lot of input from our partygoers and their wider family and friends and this year will be no exception. There is no obligation if that's not your thing but if you would like to get involved could you...

**Help on the  
tombola?**

**Do some face  
painting?**

**Bring some party food?**

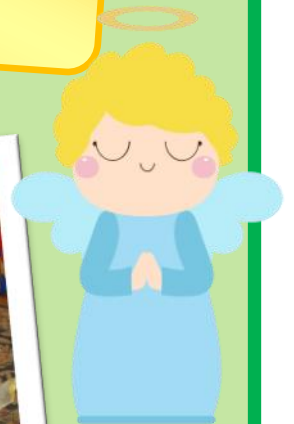


**Donate or source a  
prize for the tombola?**

**Help on the  
craft table?**



**Serve some  
refreshments?**



# For Our Youngest Members

## New Parents Communication Chat Wednesday 11 October 10.00- 11.00am via Zoom

We have welcomed some lovely new families recently and we know they would like to meet others in the same position. It can be difficult to make time to meet in a specific location with so much going on at this crucial time so we are trialling some online meet ups that you may be able to fit in more easily from home without all the hassle of transport and an overloaded buggy.

For our first online circle we invite all newer parents to get together for chat around the theme of developing early communication skills. You will be able to share as much or as little as you feel comfortable with, meet our experienced team to pick up tips and ask questions and most importantly make contact with others at a similar stage of life.

Wherever you are on your journey your ideas and experiences can be hugely helpful to others so we hope you will check in and say hello. Maybe you'll pick up that really useful recommendation or just make someone's day by showing them we are all in this together. If you would like the zoom link please drop us an email or a facebook message.



## Pre-schoolers Soft Play

We are arranging a get together at a soft play centre for the families of younger children to get together for a play and meet one another. Let us know if you might be interested in joining and we will find a time and venue to suit as many families as possible.





## Thomley SEN Activity Centre - July 2023

Lots of fun was had by all at our trip to the Thomley SEN Activity Centre in July, thanks to all the families who joined us for this special day. There was certainly something for everyone and the weather was kind to us so we could make full use of facilities indoors and out.

Some of the group enjoyed showing off their skills in the cooking session where they made a delicious rocky road desert.

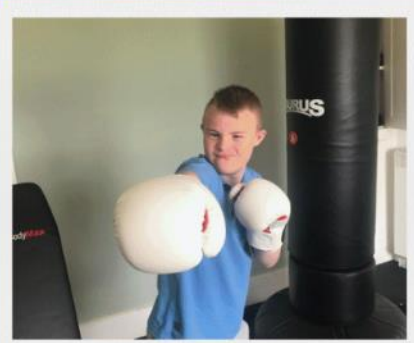
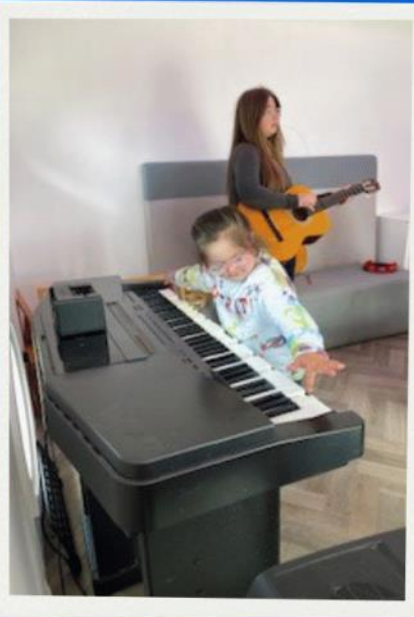
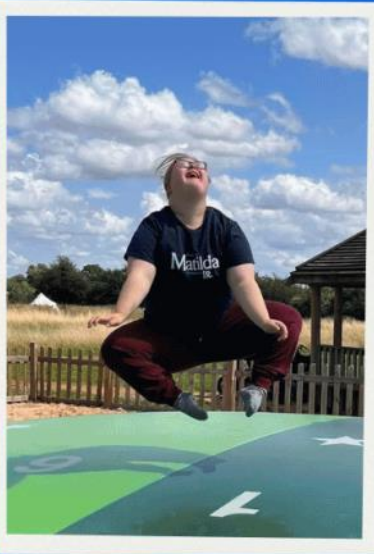
The giant bouncy pillow had our kids (and some of the adults!) jumping, rolling and laughing. The trampolines were a great hit too, a great way to let off some steam.

The music room saw some of our families creating some fantastic tunes and showing off their creative side; perhaps the makings of an Up on Downs band here. Meanwhile some of the boys hit the gym for a quick fitness session in the teens section.

It was lovely to see so many of you there enjoying the venue and catching up with each other.











# TEEN'S CHRISTMAS BOWLING PARTY

**SUNDAY**  
26 NOV  

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11:30 AM

**FOOD &  
DRINK**  

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INCLUDED

**LIMITED**  

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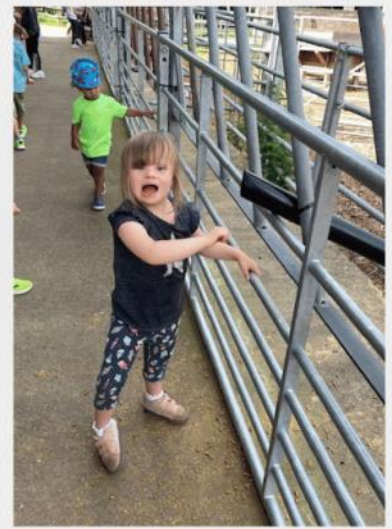
SPACES

HOLLYWOOD BOWL WATFORD  
(WOODSIDE), WOODSIDE LEISURE  
PARK, KINGSWAY NORTH ORBITAL  
ROAD, WATFORD,  
HERTFORDSHIRE, WD25 7JZ

BOOK NOW BY EMAIL  
[enquiries.nhdowns@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk)







## Standalone Farm August 2023

The sun was shining for our trip to the farm in August and the animals were as friendly as ever. We got to hear all about the donkeys, feed the goats and cows and some even tried out milking! The tractor ride across the fields and sandpit were very popular whilst a two day old litter of 11 piglets stole the hearts of young and old alike.





# Family Support Meetings

14<sup>th</sup> October and 11<sup>th</sup> November 2.00-4.00pm

Hitchin Youth Trust, 111 Walsworth Road SG4 9SP

Our family meetings are the perfect way to meet new families and share news and experiences whilst the children socialise and play together. There are always plenty of toys, craft and refreshments on offer. There will be a spooky theme to our October meeting as the children look forward to Halloween, plus the chance to buy our Up on Downs Christmas cards.



Join us at future meetings for more fun, games and friendship; always on the second Saturday of the month, except for December when we will be holding our Christmas party on that weekend. 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](mailto:enquiries.nhdowns@yahoo.co.uk)





Many thanks to Radlett Cork Lodge for their great generosity in donating £500.00 towards teen activities.



A big thank you to the St George's Day Charity Club who have donated £341.00 to Up on Downs to fund our Teen Christmas bowling party - brilliant!







## Youth Group for people with learning disabilities aged 12 – young adult

Young people have been making the most of our popular Choices youth club in Hitchin this term.

Every week they have the opportunity to make friends over a range of regular games, and exercises well as a main activity for the evening. Over the past months they have enjoyed dressing to impress with a catwalk and a photobooth, picnic making and garden games, animal modelling, online gaming and a special dance class based around show tunes. They are now busily planning a trip to Legoland before they take a break for the summer.

Choices youth club runs every Friday for 30 weeks of the year. If you would be interested in volunteering or have a young person who would like to join next term, please get in touch. We are grateful to Herts Building Life Chances Fund, Hitchin Youth Trust, Marriott's, Paradance and our wonderful volunteer team for their support.

**WHEN:** Friday evenings 6.15pm

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

**CONTACT:** Magda - 07940 224165 magdapol75@hotmail.com



Supported by





# 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](mailto: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 go to our public page, click on groups tab to find the Up on Downs Community group.



Follow [upondowns\\_herts](#) on Instagram



Up on Downs, 20A Upper Culver Road, St Albans AL1 4EE  
Charity registration number 1126111