

# Winter 2024 Newsletter

## CALENDAR DATES

- Sat 10 Feb [Family Support Meeting](#)  
Hitchin Youth Trust, 111 Walsworth Rd,  
Hitchin SG4 9SP 2.00-4.00pm
- Sun in Feb [Teen / Young Adult Adventure Golf](#)  
Glow in One Mini Golf, 135 The Parade,  
Watford WD17 1NA Date TBC—Morning
- Sat 9 Mar [Family Support Meeting](#)  
Hitchin Youth Trust, 111 Walsworth Rd,  
Hitchin SG4 9SP 2.00-4.00pm
- Sun 24 Mar [World Down Syndrome Day Celebration](#)  
de Havilland Aircraft Museum, London  
Colney AL2 1BU 11.00am-1.00pm
- 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)

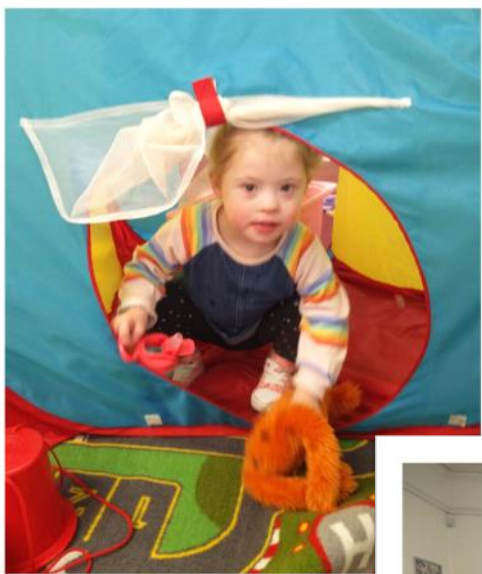


# Family Support Meetings

10<sup>th</sup> February and 9<sup>th</sup> March 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 hearts theme at our February meeting and in March we will be looking forward to World Down Syndrome Day.



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

# WORLD DOWN SYNDROME DAY CELEBRATION



**DE HAVILLAND AIRCRAFT MUSEUM**  
**SUNDAY 24 MARCH 2024**  
**11AM - 1PM**

**THE DE HAVILLAND AIRCRAFT MUSEUM, SALISBURY HALL,  
LONDON COLNEY, ST. ALBANS, AL2 1BU**

Join us at this lovely museum to help celebrate WDSO with games, activities, crafts and a buffet lunch. There will also be a chance to look around the planes and try out the interactive exhibits





# St Albans Half Marathon Official Charity Partner 2024 Sunday 9th June

We have started the year with some very exciting news—Up on Downs has been selected to be the official charity partner at this year's St Albans Half Marathon!

The St Albans Half has been running for over forty years and regularly attracts over 5000 participants. We have been involved as cheer marshals for the races for several years but are going to take it a stage further in 2024.



We want as many of our families as possible to join us at our station in the runners village to maintain our reputation as most enthusiastic (and loudest!) supporters on the route.

If you, or any of your friends and family, are keen runners get in touch. We have a number of free places in the races we can allocate for

those who would be able to run to raise funds on our behalf.

It's not just for runners—we also have places for the:

- Walking Half Marathon
- 5K Run
- 1.5km Fun run / walk

Or just come along and enjoy the atmosphere and help cheer everyone along on the day. Our aim is to get as many people with Down syndrome as possible at the event running, walking and having a great time!





# Teen Christmas Bowling Party 2023





INTO THE WILD

# INTO THE WILD FESTIVAL

August 22 - 26th 2024  
CHIDDINGLYE ESTATE  
SUSSEX

## World Down Syndrome Day Festival Raffle

To celebrate this WDSD we are giving you the chance to win a family ticket to this year's Into the Wild Summer Festival.

Into the Wild is a festival of over 200 fantastic workshops and activities, brilliant world music, wild crafts, speakers, an amazing kids area for every age. Their ethos is joy, well being and kindness, so you leave feeling refreshed, alive and at ease. Find out more about this wonderful festival [here](#).

To be in with a chance of winning simply make a donation to Up on Downs using the link below before WDSD (21/03/2024), The winning family will be drawn from all those who enter on 22nd March and contacted by email. Every donation will stand an equal chance of winning, irrespective of size (minimum donation £5) but you may enter more than once.

[Enter the Into the Wild Festival Raffle here](#)

# Mark's 'Big 3' Challenge



We are very pleased to report that Mark Albon has survived the first of the 'big 3' challenges that he is undertaking to raise funds for Up on

Downs—a 160ft bungee jump! Warmly supported by son Oliver, 14, and wife Gemma he fearlessly dived from the top of the massive crane last November. Rather you an us Mark!

Mark's aim is to complete three challenges, in recognition of the triplication of the 21st chromosome present in those with Down syndrome. For his second challenge Mark decided to tackle the St Albans Half Marathon.

Thank you to all that have sponsored Mark's Challenges so far. Mark found out over the



Christmas period he will be doing a Wing Walk as his biggest surprise challenge! He will take to the skies on a 1940's Boeing Stearman Biplane. With Mark perched on the top of the wing, the pilot will complete a series of thrilling manoeuvres and heart pounding flypasts, including a run and break and well as the highlight - a daring dive from 500feet !!



Good luck Mark—and thank you so much for all your efforts!

## Sponsor Mark

If you would like to support Up on Downs by sponsoring Mark on his challenges please visit [Mark's CAF Donation page](#). He has so far raised over £500—amazing! We can't wait to see how he gets on at his first ever half marathon and if he survives his wing walking challenge intact!



**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.





A big thank you to Rosie Morley of The Happiness Company for donating £100 from the sale of her Happiness Boxes throughout last year—best of luck with your business for 2024.



Thanks to long term supporter of Up on Downs Aviva Weinstein and her family for their donation of £153.05.



A massive thank you to those who volunteered at our Christmas party, including our wonderful ambassadors Maya, Milly, Che and Rose. Zoe, for running the tombolas, Kim on refreshments and 'special guest' Richard. Thanks also to all the guests who generously took part in the tombolas at the party which raised almost £200.





## 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 since it began in 2022.

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 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 enjoyed a visit to Legoland last summer and a trip to a panto just before Christmas.

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](mailto: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](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



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Charity registration number 1126111