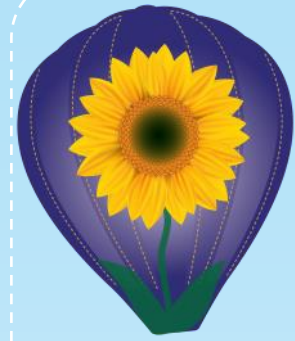




CALENDAR DATES

- Sat 9 Mar [Yellow and Blue Party Family Support Meeting celebrating WDS](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Mon 11 Mar [Parent Carer Information Event](#)
Roe Hill Hall, Briars Lane, Hatfield AL10
8EY 10.00am—2.30pm
- Sun 24 Mar [World Down Syndrome Day Celebration](#)
de Havilland Aircraft Museum, London
Colney AL2 1BU 11.00am-1.00pm
- Sat 13 Apr [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Thu 25 Apr [Parent Carer Information Event](#)
The Icknield Centre, Icknield Way,
Letchworth Garden City SG6 1EF
10.00am—2.00pm
- Fridays [Choices Youth Group](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 6.15-8.00pm
- Saturdays [Speech Development Group Meetings](#)
Continues weekly for enrolled children
with our Symbol trained practitioners
- 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*

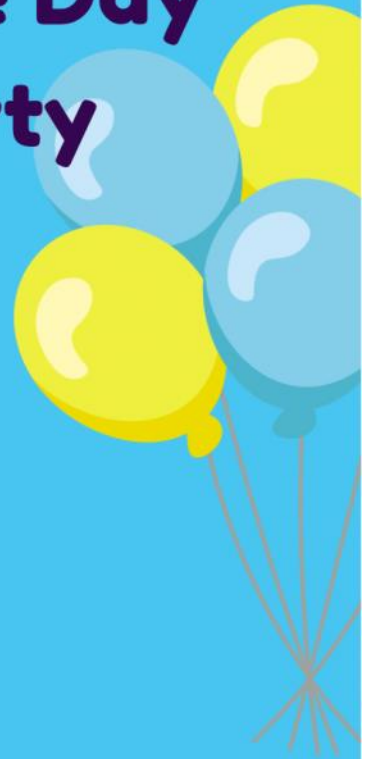
*Or visit:
www.upondowns.co.uk*



Up on Downs World Down syndrome Day Blue and Yellow Party

**Saturday 9th March
2-4pm**

**111 Walsworth Rd,
Hitchin SG4 9SP**



**Games
Biscuit decorating
Arts and craft
Balloons
Cake
Lucky Dip**



**Wear your Odd
Socks or go all out
in full Blue and
Yellow dress !**



**We can't wait to
celebrate WDSD
2024
with our amazing
members!**



**Up
On Downs**

Celebrate World Down Syndrome Day by Fundraising for Up on Downs

Here are some fundraising ideas:



Cake sale



Odd sock day at Work or School



Sweets sale



Pre-loved Sale



Or why not consider celebrating by setting up a regular donation to Up on Downs of £3 to go out on the 21st of each month.

Please use the link below or the QR Code

To donate please visit our [Charities Aid Foundation giving page](#)



World **March 21**
Down Syndrome
Day 2024

Every little helps!

Down Syndrome Medical Interest Group visit to Choices



The
Down Syndrome
Medical Interest
Group

On Friday 9th February we had a visit from Dr Jill Ellis and Julia Shumway from [DSMIG](#) to Choices Youth Club. They came to ask parents about their experiences on their young persons Health and its affect on their education. It was a great opportunity to get their experiences heard and to help in a study. The information will all be correlated together and we look forward to hearing the results from the study in due course. Thank you to all the parents who took the time to take part in this

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



WORLD DOWN SYNDROME DAY CELEBRATION DE HAVILLAND AIRCRAFT MUSEUM

We are really looking forward to returning to the de Havilland Aircraft Museum to celebrate World Down Syndrome Day on Sunday 24 March - drop us an email asap if you would like to join us.

We will have exclusive use of the hospitality area overlooking the planes. There will be lots of crafts and activities to keep us entertained, plus refreshments and a light buffet (feel free to bring your own food as we will be there over lunchtime). There is also a small cafe in the shop downstairs.

There will be a chance to look around the planes in this fascinating museum. Our young ambassadors will be on hand to help younger visitors get the most out of the great hands on exhibits.

As you can see from these pictures of our visit last year, we are bound to have a brilliant time.

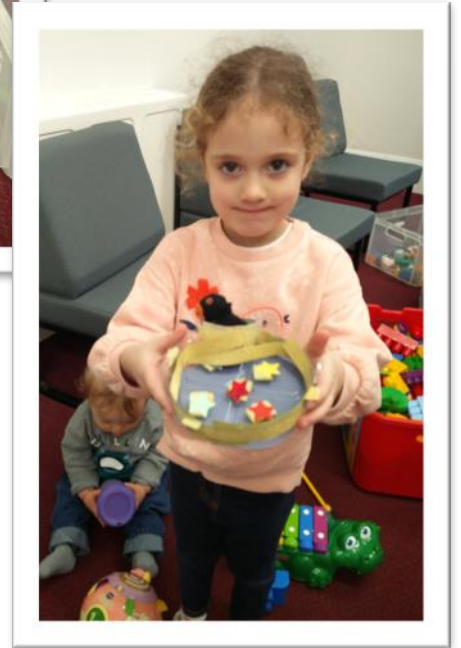


Family Support Meetings

9th March and 13th April 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. Join us for a Blue and Yellow party at our special March meeting to celebrate World Down Syndrome Day with biscuit decorating, WDSO streamers, balloons, cake and lucky dip. Wear your odd socks with pride or even dress on blue and yellow to help us celebrate.



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

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

We have been really pleased with the number of runners and walkers who have signed up for the St Albans Half Marathon on our behalf. We do hope training is going well for you all. We have particularly enjoyed reading about member Nickie Kingham's training exploits for what will be her first half marathon [here](#).



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 still have a few of our 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!



Are you a parent carer of a child or young person aged 5-18 with a special educational need or disability?

Are you free on Monday 11th March 2024, 10am to 2.30pm?



If the answer is yes to both, please come along to Roe Hill Hall, Hatfield, to chat with services about how they can help you and/or the young person you care for.

We will have representatives from Hertfordshire County Council, the NHS, local charities, support groups and more organisations!

A light lunch will be served at 1pm.

For more details or to book a place:

Call: 01992 58 69 69.

Email: contact@carersinherts.org.uk

Book online at www.carersinherts.org.uk/parent-carer-info-event-March-2024

We will be at these parent information events—drop by and see us if you are visiting



Delivering Special Provision Locally

Parent Information Event

Thursday 25 April 2024 09.30-14.30

Icknield Centre, Letchworth, SG6 1EF

Local information from groups and organisations supporting parents, children and young people with SEND, Mental Health and Wellbeing.

We would like to invite you to come along to this information event, we have lined up some guest speakers alongside organisations and group who provide information, support, training, resources and activities. Guest Speakers throughout the day

Some parking at The Icknield Centre, nearest Pay & Display Norton Common Swimming Pool

[Booking Essential—for further information and to book click here](#)



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

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



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.



Follow [upondowns_herts](#) on Instagram



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