



## May 2024 Newsletter

### CALENDAR DATES

- Sat 11 May [Family Support Meeting](#)  
Hitchin Youth Trust, 111 Walsworth Rd,  
Hitchin SG4 9SP 2.00-4.00pm
- Sat 8 Jun [Family Support Meeting](#)  
Hitchin Youth Trust, 111 Walsworth Rd,  
Hitchin SG4 9SP 2.00-4.00pm
- Sun 9 Jun [St Albans Half Marathon](#)  
Verulamium Park (Opposite Westminster  
Lodge Leisure Centre), St Albans 7.00am  
onwards—join us to cheer on all our runners!
- Sat 27 Jul [Up on Downs visit to Hertfordshire Zoo](#)  
(formerly Paradise Wildlife Park) Broxbourne—  
Book now!
- 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
- 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



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

11<sup>th</sup> May and 8<sup>th</sup> June 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. We enjoyed a lovely musical wellbeing session from Imajica Theatre at our April meeting. In May we will (hopefully!) be enjoying the spring weather in the garden and planting sunflowers to take home in addition to the usual crafts, toys and refreshments.



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)



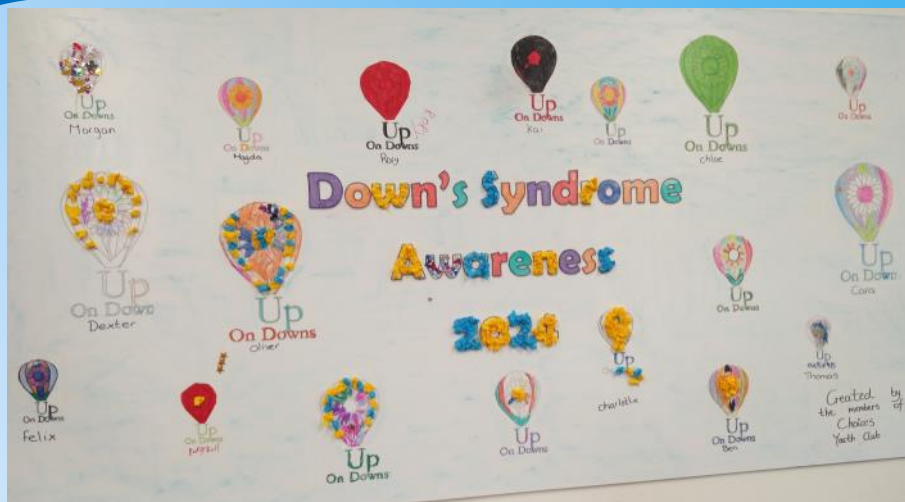
# WORLD DOWN SYNDROME DAY CELEBRATION



Many thanks to everyone who joined us at the de Havilland Aircraft Museum to celebrate WDS in March. Thanks too to volunteers Karen and Jules for working so hard and the museum for hosting and making us feel so welcome



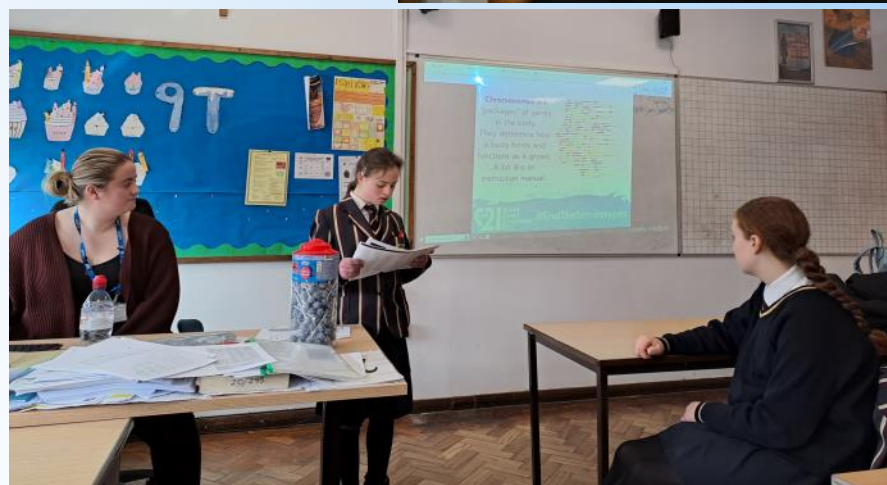




## World Down Syndrome Day 2024



It was great to have such an active WDSD this year. We loved going into schools to talk about 'ending the stereotypes'. In addition our main celebration at the de Havilland aircraft museum we had a special 'blue and yellow' family meeting, made a super banner at Choices youth group and produced our members video. A big thank you to everyone who helped us celebrate.





# St Albans Half Marathon

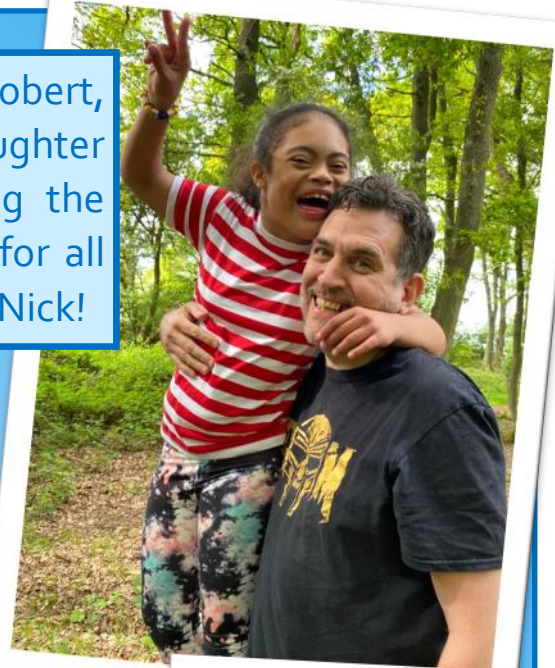
## Official Charity Partner 2024

### Verulamium Park Sunday 9th June



Member Nick Probert, pictured here with daughter Corinne, will be running the half marathon—thanks for all your fundraising efforts Nick!

Trustee Sarah Stockley will be leading a team of walkers and runners undertaking various races on the day in memory of her daughter Emily



Member Nickie Kingham, mum to Hayden (pictured), is attempting her first half marathon. As a single mum she is finding it hard to make enough time to train but is absolutely determined—you've got this Nickie!



Experienced park runners Charlie de Jong and his mum Penny Taylor will both be running—look out for Charlie in the 5K and Penny in the Half marathon



# St Albans Half Marathon

## Official Charity Partner 2024

### Verulamium Park Sunday 9th June



Staff at Loreto School in St Albans, attended by several members, will be participating in several races on the day and fundraising on our

Andy Tinsley, dad to young ambassador Ché (pictured) and long standing member will be running in the half marathon.



Brothers Jamie and Marc Cecil, friends of member family the van der Colffs, will both be running in the half marathon for us.



Long term supporter of Up on Downs and SEN Girl Guide unit leader Trish Hall will be running the half marathon.

Why not join us in encouraging all of our runners and walkers on Sunday 9 June—come along to our 'cheer station' in the runners village in Verulamium Park, opposite the Westminster Lodge Leisure Centre.







# Up on Downs Hertfordshire Zoo Trip

## Saturday 27 July 2024



Join us for a ROAR-some  
adventure at Hertfordshire Zoo  
(formerly Paradise Wildlife Park),  
White Stubbs Lane  
Broxbourne EN10 7QA

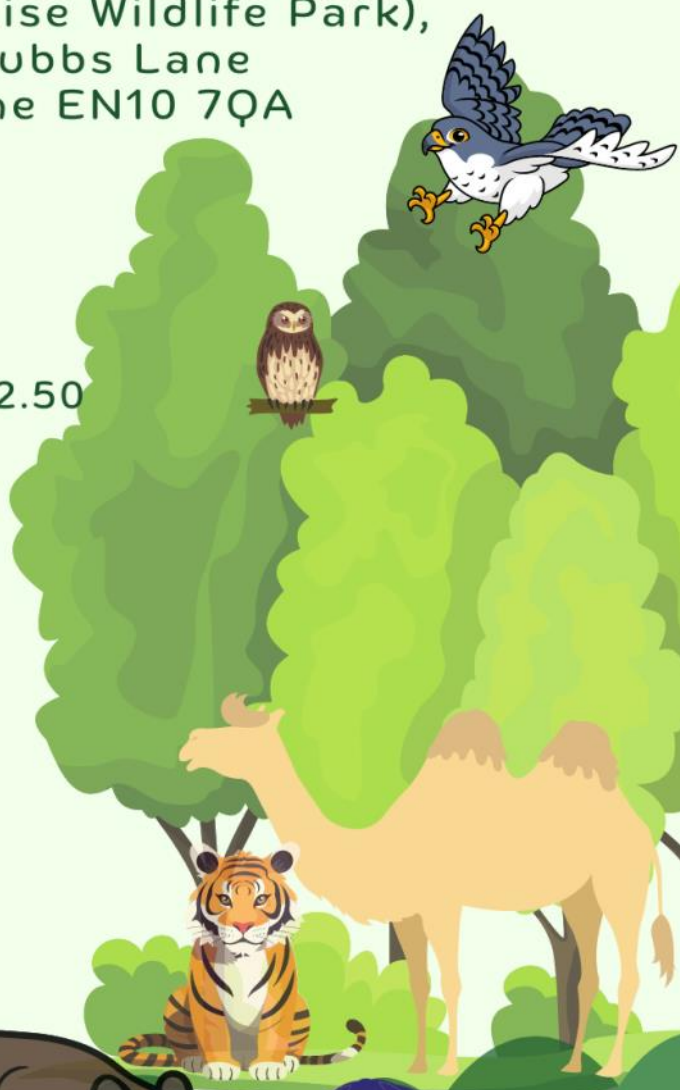
Up on Downs are pleased to  
announce we will be subsidising  
tickets for our members.  
Ticket prices will be as follows:  
Person with Down's syndrome £12.50  
Carer Free  
Additional Adult/Child £12.50  
(Children under 2 free)

Click here to  
book your  
tickets!



You will need to provide proof of disability to qualify for the  
discounted ticket prices. They accept the following forms of  
proof: PIP letter, DLA Letter, HAND Card or Blue Badge. Please  
bring the relevant documentation on the day of your visit as you  
will be required to present this upon your arrival. They also  
accept a photo copy of the relevant documentation.

The zoo is a  
cashless venue





# What have our Ambassadors been up to?



Milly says:

I am happy to be an ambassador because I love being involved with Up on Downs and helping small children and other people with Down's syndrome. I really enjoyed the Christmas party and am looking forward to helping at the St Albans half marathon and other events in the future.

Nicola, Milly's mum, says:

Becoming an ambassador for Up on Downs is such a good thing for Milly as she loves taking people under her wing and helping them. We always looked up to the older children when she was little and hopefully this opportunity will help others to look up to the wonderful ambassadors.

Maya's says:

It's really fun being an Ambassador for Up on Downs because I can attend a lot of events and meet new people. It's fun to spend time with people. I love being around people who have the same disability as me. I like meeting all the parents and carers who support us as well. It's really important to support people who have Down syndrome and be part of a community.

Ruth, Maya's mum, says:

Being an Ambassador for Up on Downs is a great opportunity for Maya. It helps her to feel part of a community. Getting involved in activities and being given responsibilities is good for her confidence and her communication skills. She loves it!

Ché says:

I was so proud to be asked to be an ambassador for Up on Downs. I love putting on my uniform and badge and showing everyone I am an ambassador. I loved representing Up on Downs at special events and going to places like Glow in One golf and the aircraft museum'

Claire, Ché's mum, says:

I am very proud of Ché representing Up on Downs as an ambassador. It makes him feel very grown up and that he has a big responsibility. It's a great stepping stone into adulthood.

Rose says:

Being an Ambassador is great. I loved doing a talk to my old school for Down's syndrome day. My best bit is helping the new babies and playing with them. I like to wear my uniform.

Jan, Rose's mum, says:

I am always slightly in awe of how comfortable Rose is speaking to an audience and meeting new people—I wish I had her confidence! Having been at Up on Downs events since babyhood it seemed a natural progression for her to become an ambassador as her love of being involved became evident.



# BOWLING TEEN AND ADULT SOCIAL MEET



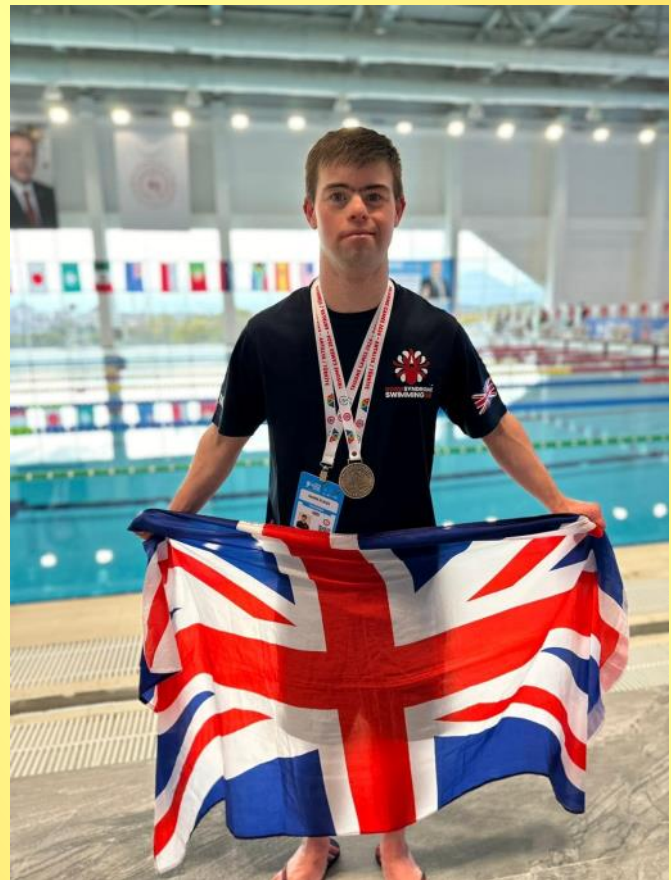
**Thank you to everyone who bowled with us in April!  
We had such a fun time, with a few getting strikes!!  
The cheers all round from our young people  
supporting each other were lovely to see and hear !**





# Congratulations Mark!

Congratulations to member Mark Evens on his amazing achievement at the recent World Down Syndrome Swimming Championships in Turkey where he swam as part of team GB. Mark achieved three gold, a silver and a bronze medal in addition to his relay team medals and was named the Most Valuable Player in the T21 men's team. Well done on this remarkable achievement Mark.







Bernards Heath  
School for the  
£174 raised with  
their WDSO  
fundraiser

A big thank you to Colourbyte  
Europe Ltd for £500 for fundraising  
materials—nominated by member  
Tim Stockley—a very great help!



A huge thank you to Kate Ball, Karen Potton and  
Beverley Johnson who have recently set up regular  
donations to support our work—and to existing regular  
donors Frankie Barnett , Sarah Stockley and Rita  
Donagh. Your assistance is invaluable! If you would  
consider setting up a regular contribution please visit  
our donation platform at: [https://  
cafdonate.cafonline.org/18707](https://cafdonate.cafonline.org/18707)

Hitchin Property Trust for their  
generous donation of £7000 towards  
our speech development programme  
and annual summer trip





# 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)



Up  
On Downs



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