



Summer 2024 Newsletter

CALENDAR DATES

- Sat 13 Jul [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Sat 27 Jul [Up on Downs visit to Hertfordshire Zoo](#)
Thanks to those who have booked—meet
you at Zoo (White Stubbs Lane, Broxbourne
EN10 7QA) at 09.45 am
- Mon 29 Jul [New Parent Meeting at SEND chat and play](#)
BECC Family Centre, Shakespeare Drive,
Borehamwood WD6 4FD 10.00 am
- Sat 10 Aug [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Thu 15 Aug [Up on Downs visit to Woodside Animal Farm](#)
Book now! Woodside animal farm, Mancroft
Road, LU1 4DG
- Summer Tues [Up on Downs Book Club](#)
St Albans Library, Level 2, The
Maltings Shopping Centre AL1 3JQ
6.00-7.00pm
- Saturdays [Speech Development Group Meetings](#)
Continues weekly for enrolled children
with our Symbol trained practitioners
(during term time)



Up
On Downs

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

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

call:
07738 470634

Or visit:
www.upondowns.co.uk



Family Support Meetings

13th July and 10th August 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 the sunny weather out in the garden at our last meeting and will hopefully be able to again in July. Nobody laugh but at our August meeting we will be getting festive in the craft room to create our Up on Downs 2024 Christmas Card—we'll have it professionally printed in time for tor sale in the Autumn. Be sure to come along and have your child's artwork be part of the design.



Our meetings are always on the second Saturday of the month, and we keep going through the summer holidays. 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



A massive thank you to all of you who took part, sponsored a runner, cheered along or joined us for what turned out to be an amazing day at the St Albans Half Marathon. This was the biggest event we have been involved in in many years. Not only did it help raise much needed funds to keep the charity running it was a really uplifting event—so wonderful to see our young ambassadors so involved and visible too.



St Albans Half Marathon Official Charity Partner 2024



Congratulations and special thanks to member runners / walkers Nickie Kingham, Charlie de Jong, Penny Taylor, Nick Probert, Mark and Oliver Albon, Jamie and Marc Cecil and Sarah Stockley and her team of runners who took part in memory of her daughter Emily.



St Albans Half Marathon Official Charity Partner 2024



Trip to Woodside Animal Farm

Thursday 15th August 10.00am

Mancroft Road, Aley Green, Beds LU1 4DG

If you are around during the summer holidays why not join us for a fun day out at this lovely farm park just outside Luton. There are lots of animals to pet and feed, a mini funfair, crazy golf and an indoor play barn if the weather is not kind to us.

[Book your place here](#), we are asking a contribution towards the cost of the visit of just £5 per person (one carer per family and children under 2 go free)



Hertfordshire Zoo—Saturday 27th July 9.45am
White Stubbs Lane, Broxbourne
EN10 7QA

Many thanks to all of those who have booked to join us on our big summer outing to Hertfordshire Zoo—we are really looking forward to it and will be in touch, by email, with full details soon. Keep you



New Parent Get Together

Monday 29th July 10.00am
BECC Family Centre, Shakespeare Drive,
Borehamwood WD6 2FD

We will be at the next SEND Chat and Play session at the BECC Family Centre, with several of our newest families being very local to this centre it would be the perfect opportunity to get together and meet one another.



SEND
Chat and Play
Monday 29th July 10am

Up
On Downs

SEND
0-25 years
Hertfordshire's Local Offer

Family Centre Service -

Come and join Up on Downs at the Send chat and play. Meet other parents of children with Down's syndrome. Ideal for new parents and children under 5 years

Drop us an email to let us know you can make it:
enquiries.nhdowns@yahoo.co.uk

They have a selection of toys for all ages and access to the sensory room



SEND
Chat and Play
A safe place to talk
MEET OUR SEND CHAMPIONS

The BECC Family Centre
Shakespeare Drive
off Furzehill Road
Borehamwood
WD6 2FD

Up on Downs Book Club

St Albans Library, Level 2, The Maltings
Shopping Centre AL1 3JQ

Tuesdays 6.00—7.00pm

Does your child or young adult enjoy books?
Would you like to encourage and foster their love of books and reading whilst school is out?
Would they like to take part in Hertfordshire Libraries Summer Reading Challenge? Why not join us on Tuesday evenings throughout the school hols for some fun book themed chat and activities aimed at improving social and communication skills and supporting anyone who would like to take on the Summer Reading Challenge.



Aimed at readers of all abilities , or pre-readers who are just enjoying books and stories in their own way, who would like to get together with others. Siblings welcome.

If you have any questions contact Jan at enquiries.nhdowns@yahoo.co.uk or on 07738470634 of just join us in the Children's section in St Albans Library. On Tuesdays 16 July—3 September inclusive.





We received a generous donation of £500 from the Thank you to St Georges Day Charity Club for their generous donation of £500, we are grateful for their ongoing support. Here is member Oliver receiving the cheque for Up on Downs from Stuart Gillet from St George's.

Thank you to everyone who sponsored runners and walkers in the St Albans Half Marathon

Thank you to CBRE Investment Management for their wonderful donation of £525

Freemasons Pimlico Lodge donated a wonderful £500 to us, nominated by member Mark Albon. Here is Lodge member Doug presenting Oliver with the donation cheque. Thank you Pimlico Lodge and Mark.



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