



Autumn 2024 Newsletter CALENDAR DATES

- Sat 28 Sep [Hitchin Youth Showcase](#)
Market Place, Hitchin 10.00-3.00—
Performance at 11.00am
- Sat 12 Oct [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Sat 12 Oct [St Albans Community Showcase](#)
St Albans Cathedral AL1 1BY 11.00-3.00pm
- Tue 29 Oct [Teen/Young Adult Outing](#)
Venue TBC
- Sun 3 Nov [Halloween Soft Play Get-together](#)
DJs Play Jungle, 156 St Albans Road, St
Albans AL4 9LP 3.30pm—advance booking
required
- Sat 9 Nov [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Sun 8 Dec [Up on Downs Christmas Party](#)
St George's Church, Common View,
Letchworth SG6 1DA—2.00-4.00pm
- 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:*

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www.upondowns.co.uk*



Up on Downs Signing Choir

Hitchin Youth Showcase, Market Square Hitchin
Saturday 28th September 10.00am-3.00pm—
Performance at 11.00am



Our Young Ambassadors are really excited to be returning to the Hitchin Youth Showcase this Saturday to perform two songs they have been practising. Led by our super signing guru Eleanor Stapley-Alexander we will take to the stage at 11.00am and sign along to two songs reinterpreted in

Makaton by the great Singing Hands. We will be performing 'The Climb' (by Miley Cyrus) and 'When you say nothing at all' (Ronan Keating). As you can see in the pictures from last year they had a great time (view their performance [here](#)). We would love as many people as possible to come along and cheer our ambassadors on in the audience, or even join them on stage. You can practice the songs from the Singing Hands links below. You don't have to be sign perfect, just come along to dance or show your appreciation—it's all about promoting the visibility and inclusion of our fabulous young people. There will be lots of stalls throughout the square highlighting local activities for young people. The Up on Downs stall will be open 10.-00-3.00 (complete with Christmas cards for sale!).



Links to the songs we are performing:

[The Climb](#)

[When You Say Nothing at All](#)



Family Support Meetings

12th October and 9th 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. We have had a busy couple of meetings creating the image for the 2024 Christmas card (on sale at future meetings!). In October we will be having a Halloween special, lots of spooky fun, we'd love you to come in fancy dress if you can! In November children will get the chance to make some Christmas gifts for the family.



Our meetings are always on the second Saturday of the month, except for December when we hold our Christmas party that weekend. The meetings are run on 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



Teen/Young Adult Get-Together

Tuesday 29th October—Venue TBC

We know many of our teens and young adults are keen to get together again so have set aside the

Tuesday of half term for our next activity. We were thinking perhaps bowling (we now they love it) or the Glow in One activity golf but would love to hear what your young person would like to do. Just save the date and let us know you'd like to come along!



Halloween Soft Play

Sunday 3rd November 3.30pm

DJs Play Jungle 156 St Albans Road AL4 9LP

Round off the half term by joining us for the well established SEN session at this soft play venue—an old favourite of many members. Why not give those Halloween costumes one last outing and come in fancy dress! We are asking members to [book their own place at the session here](#) (enter code SEN50 at the checkout for half price entry - bring a HAND, MAX card or carers passport) and we will see you there are treat you to a free coffee!





Up on Downs Christmas Cards 2024 - available now!

Thanks to all of the children who helped create the super image for this year's Christmas card, we hope you agree it looks fantastic! Presents and decorations coloured by children at our August family meeting and those submitted online were added to our tree and the completed image was professionally printed onto these superb quality A5 size cards. These are available to purchase at family meetings, any events we appear at and by post (email us at enquiries.nhdowns@yahoo.co.uk) for £5 for a pack of six. All proceeds directly support Up on Downs.



St Albans Community Showcase St Albans Cathedral, Sumpter Yard AL1 1BY Saturday 12th October 11.00am-3.00pm

We have been invited to return to this year's St Albans Community Showcase. If you are in the area why not stop by the nave of the Cathedral and learn about the work of over 60 local charities and community organisations making a difference in the local area—be sure to drop by our display to say hi!

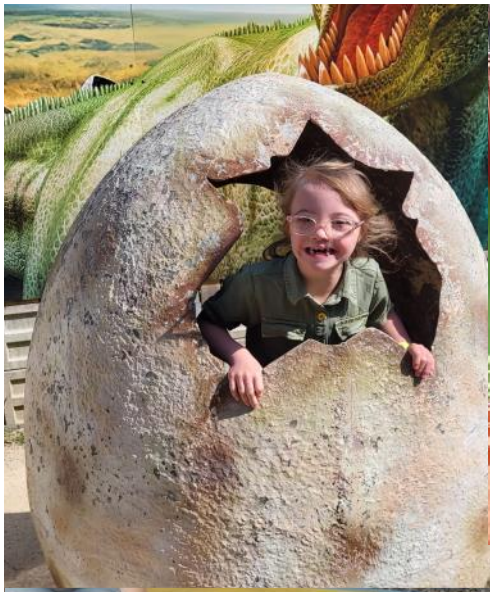
Summer Activities 2024



It might seem a while ago now but we wanted to share some pictures of a busy summer of events and get togethers. Thanks to everyone who joined us for a super day out at Hertfordshire Zoo and our visit to Woodside Animal Farm. It was lovely to meet so many of our newer members at the BECC Family Centre SEND stay and play back at the start of the holidays—we look forward to.



Summer Activities 2024



Thanks also to those who took part in our new venture—the Up on Downs book club, for those taking part in the Hertfordshire Libraries Reading Challenge at St Albans Library—we have already been asked to return again next year! The summer may be behind us but there are lots more new events to look forward to.



FREE HAND PICKED GIFT FOR EVERY CHILD BOOKED!



Up
On Downs

8
DEC

2-4
PM



UP ON DOWNS CHRISTMAS PARTY

ST. GEORGES CHURCH HALLS

COMMON VIEW,
LETCHWORTH GARDEN CITY
SG6 1DA

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



Sunday 8th
December
Save the Date!



A great big thank you to member and long time supporter Ruth Patil (pictured here with her gorgeous family) for nominating us to be one of the small charity beneficiaries of this years Care Sector Fundraising Ball

Thanks to the National Lottery for awarding us a grant from their Community Fund towards our work



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



Up
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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