



Autumn 2025 Newsletter

CALENDAR DATES

- Sat 13 Sept [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd, Hitchin SG4 9SP 2.00-4.00pm
- Sat 27 Sept [Hitchin Youth Showcase](#)
Market Square (High Street side), Hitchin, SG5 1DY 10.00am-3.00pm (our performance is at 10.45am)
- Sat 11 Oct [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd, Hitchin SG4 9SP 2.00-4.00pm
- Sat 8 Nov [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd, Hitchin SG4 9SP 2.00-4.00pm
- Sun 30 Nov [Teen / Young Adult Christmas Get-together](#)
Save the date—exact details to follow
- Sun 7 Dec [Christmas Party—Save the date!](#)
Letchworth—More details to follow and bookings opening soon PM
- 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



Up on Downs is 20!

Hitchin Youth Showcase Performance

Market Square Hitchin Saturday 27th September

10.00am-3.00pm— Performance at 10.45am



We are really excited to be returning to the Hitchin Youth Showcase this year for another signing performance. Led by our super signing guru Eleanor Stapley-Alexander we will take to the stage to sign along to three

pop songs in Makaton. This year we are taking on 'Better when I'm Dancing' (by Meghan Trainor), 'Walking on Sunshine' (Katrina and the Waves) and 'Is this the way to Amarillo?'. As you can see in the pictures from last year we had a great time (view a past performance [here](#)). We would love as many members as possible to join in or come along and cheer us on. 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 highlighting local activities for young people. The Up on Downs stall will be open 10.-00-3.00 (with Christmas cards and sweet cones for sale!).



Links to the songs we are performing:

[Better When I'm Dancing](#)

[Walking on Sunshine](#)

[Is this the way to Amarillo](#)

Let us know if you are thinking of coming along—it would be great to have your support



Family Support Meetings

Saturdays 13th September, 11th October and 8th November 2.00 -4.00pm

Hitchin Youth Trust, 111 Walsworth Road SG4 9SP

After our outing to the park for our August meeting we will be returning to the newly refurbished Hitchin Youth Trust for our Family meetings this term. As well as our usual crafts and fun and games in September we are excited to be joined by children's physiotherapist Carmen Chan. Carmen has a wealth of experience in working with children with Down's syndrome and will be happy to answer your questions. We know lots of you will want to take advantage of this opportunity, please see the following page for an introduction from Carmen. Our family

meetings are the perfect way to meet new families and share news and experiences while children socialise and play together.



Our meetings are always on the second Saturday of the month, including school 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

Visiting Physiotherapist

For our September Family Support Meeting on Saturday 12th we are fortunate to be joined by Carmen Chan, a children's physiotherapist experienced in working with children with Down's syndrome, who will be happy to answer any questions we have. Please see below for an introduction from Carmen.

Carmen Chan

Hello everyone! Thank you for giving me the chance to introduce myself through this newsletter.

My name is Carmen Chan, and I have been working as a physiotherapist for over 20 years. Most of my work has been with children who have developmental conditions or delays in motor skills, and I feel very fortunate to have shared in so many of their journeys.

I have worked in schools, charity organisations, and family homes, and I have also gained valuable overseas experience that has encouraged me to think creatively and with a wider clinical perspective. What I love most about my work is helping children to overcome movement challenges so they can explore the world more freely and confidently.

If you would like to chat about how physiotherapy might support your child, I'd be very happy to hear from you. You can reach me at

Email: contact@carmensphysio.co.uk

or visit my website at carmensphysio.co.uk



Hertfordshire SEND Summit

Monday 15th September

We are sure that many of you will be aware of the forthcoming HCC SEND Summit, and hopefully had the chance to submit your views through the survey or one of the local councillor's listening events. Some parent carers will be attending the summit in person but you can also submit a question for HCC representatives at the summit or view via livestream—more details are available on the Local Offer Summit page [here](#).

We will naturally be using the opportunity to represent our members views where we can—if you have a particular question you would like us to raise on your behalf please let us know.

Teen and Young Adult Christmas Get Together

Sunday 28th November— details TBC

Our teens rounded off the summer holiday in fine form with an end of August bowling trip. Save the date for our Christmas gathering—details to be confirmed. If there is an activity your young person would like to suggest do let us know. They do love to bowl but we are always open to new ideas.



Summer trip 2025—Gulliver's Land

On what was possibly the only day it rained this summer we had enjoyed a fabulous (if slightly soggy) day at Gulliver's theme park. Thanks to all who braved the showers for what turned out to be a great day—it was certainly memorable!

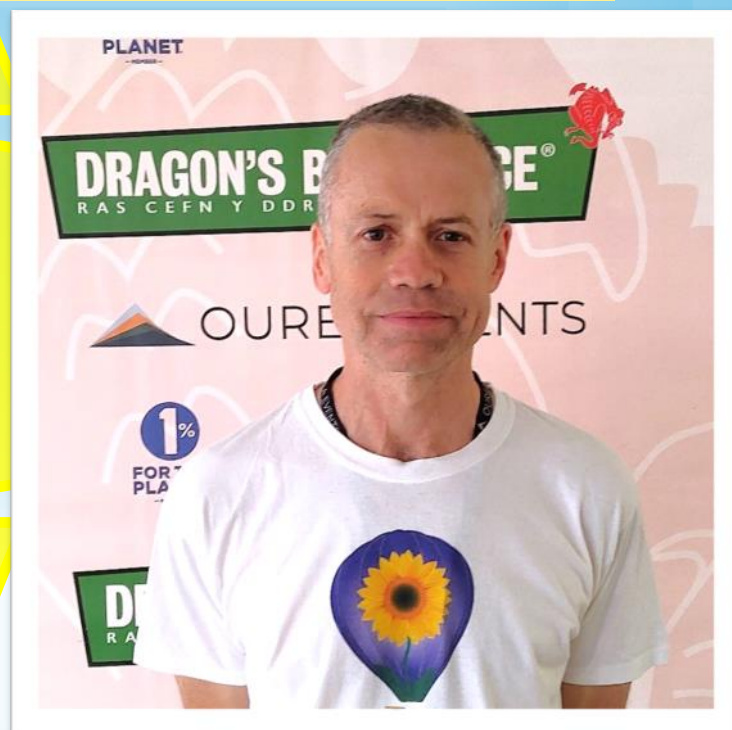


Gulliver's Land Summer 2025





Those of you who view our social media may have been following our supporter Giles Leather, who undertook the immense challenge of this year's Dragons Back Race to raise funds for Up on Downs. The Dragons Back is a six day ultra running race in which participants run 380km down the length of Wales, the hard way, that is over just about every mountain Wales has to offer! Giles was raising funds in memory of Emily, daughter of our trustee Sarah Stockley, who passed away in 2019 aged just nine. With the anniversary of Emily's passing falling whilst Giles was on the race this was a particularly poignant event.



Everyone at Up on Downs would like to thank Giles so much for all of his efforts, both in taking on this enormous challenge and in all of his fundraising for us. It means a very great deal to us.



Sadly Giles was forced to pull out of the race in its latter stages owing to an injury but I am sure members would like to join us in congratulating him on the awesome 246km he covered.

Thanks too to everyone who has so generously sponsored Giles. His challenge has raised almost £2,500.00! And his [fundraising page](#) is still open should anyone else wish to donate.

Thank you Giles!

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.



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Charity registration number 1126111