

# South Bucks Down's Syndrome Group

## Newsletter — Autumn 2009



**The SBDSG AGM** took place in June when we were pleased to elect a new trustee, Paul Hester, who has been a member of the committee for the past year. Thank you to all those who came to support. The Chair's report which reflects on all the activities during the year is available to read on the SBDSG website. After the meeting we were treated to the Drama Group's production of GREASE. It was a lively performance, much enjoyed and appreciated by the audience. Thanks must go to Dan Fallon and Sarah who lead the group. Also to the families of the cast who support in many ways, not least in helping provide the costumes. The Drama Group, for people with Down's syndrome aged 14 +, meets on Saturday afternoons in Bourne End. If anyone is interested in finding out more they should contact Rowena Card.



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### Housing conference

**Saturday 20th March 2010, Pugin Rooms, Marlow**

Eighteen is the statutory age when parents do not have to take responsibility for their children, but most of us want to ensure that they are able to continue enjoying the same standard of living and lifestyle to which they have become accustomed. To this end our group is planning a conference for all our members so that we can be as well informed as possible about the future for our children with Down's syndrome when they reach adulthood. We are planning for this to include information not only about where they might live but also about employment, further education, leisure activities and health care. The committee have already held two preliminary meetings with speakers from Social Services Adult Learning Disability Team, Maidenhead and District Housing Association and Mencap. All have indicated a willingness to speak at the conference and speakers will be also be invited from local FE colleges and employment agencies for the Learning Disabled. Please make a note of the date and watch out for further details.



### Christmas Activities

The Christmas event for **Children and Young People** will be a swimming party at Risborough Springs, Princes Risborough on Saturday 12th December from 5-6.45pm or 6-7.45pm. Invitations will be circulated to families with this newsletter. Contact Rachel Pope: [rachelpopegp@aol.com](mailto:rachelpopegp@aol.com) for further details.

The **Drama Group** are staging a production of "Cinderella" on Saturday 19th December at St Dunstan's Church Hall, Bourne End. You are welcome to come and swell the audience. Check the website to confirm timings.

**ADS** will have their regular meeting on Friday 4th December. The Festive meal will be on Friday 8th January 2010. Contact Fiona Ellis for details.





The annual **SBDSG BBQ** took place in September at **TVAP**. The weather was good which was great for the outdoor activities although this year we also had the use of the wonderful new inside area. Completed in Spring of this year, it overlooks the lake and is well equipped with areas to play or just sit and chat. If you haven't been for a while to the regular Sunday afternoon gatherings at TVAP —last Sunday of each month 2-4pm— why not come along. Parents can relax and socialize in the knowledge that their children are having fun playing in a safe and stimulating environment.



### **The Youth Group Activity Day at Green Park**

This was much enjoyed by all the young people who attended. During the day everyone took part in 4 activities— orienteering, archery, swimming and drumming. A Youth Opportunities grant subsidised the cost to individuals. It was a wonderful opportunity to learn new skills, develop friendships within the group and have fun together. At the end of the day each of the participants was pleased to receive a certificate acknowledging their efforts in all the activities.



### **Holiday report:**

"Cecilia Phillips, aged 18 and attending Park School in Aylesbury, has just returned from a lovely week staying at Hosanna House in Lourdes. Lourdes is a Catholic shrine in the Pyrenees particularly associated with disabled people. Weekly stays at Hosanna House between March-October, for ages 18 and over, are run by the Handicapped Children's Pilgrimage Trust (HCPT). Costs are met by parents and as well as religious events such as a candlelight procession and blessing of the sick, the week includes many social occasions such as a trip to the seaside at St Jean de Luz, eating in a café and a house party. The HCPT also runs a week's holiday / pilgrimage for younger disabled children, ages 10-18, with one-to-one helpers, every Easter; this is free (though donations are welcome!) There are HCPT groups all over the UK and children / young people do not have to be Catholic to join them.

Details from: HCPT, Oakfield Park, 32 Bilton Road, Rugby, Warwicks CV22 7HQ.

Tel: 01788 564646. Fax: 01788 564640. [www.hcpt.org.uk](http://www.hcpt.org.uk)"

Please let us know of any holidays or holiday activities you, your child / young person has enjoyed and benefited from.

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For up-to-date information on all activities and the people to contact, visit the **SBDSG website:**  
[www.sbdsg.org.uk](http://www.sbdsg.org.uk)