

South Bucks Down's Syndrome Group

Newsletter — June 2010



Letter from the Chair

It has been an exciting time for SBDSG in the past few months. Of course the usual groups have continued to meet, providing opportunities for our members of all ages to meet and enjoy activities and social occasions together. *And...* thanks to Carole Arnold, we have a **new group** for families with children with DS - see below for more details!

In March our **Housing Conference** attracted much interest from our membership as well as a wider audience. We are now putting some thought into how to follow-up the ideas and suggestions which came out of the day—see the article by Ann Davies.

Good fun was had by all who came on the trip to **Chessington**—and it hardly rained at all!

Our **AGM** will be held on Saturday 3rd July. After the meeting the Drama Group will do a short presentation, a taster of what they have been working on most recently. Please come and support ...and enjoy a delicious tea afterwards.

Watch out for the new **SBDSG logo**. We hope to launch this at the AGM.

Don't forget the **BBQ** on Sunday 25th July. This year we are combining with the East Berks DS Group, with whom we share the afternoons at **TVAP** on the last Sunday of each month. TVAP will be open as usual in the afternoon from 2 - 4pm. Maybe this could be your opportunity to rediscover the delights of TVAP! It's a great place to spend the afternoon—in all weathers. The kids have fun and use up loads of energy, while adults can join in the fun or chill and chat. However for those who would just like to attend the BBQ, come at 4pm and stay into the evening. Even if the weather is not wonderful there is plenty of space inside to keep warm and dry, with a lovely view over the lake.

So, there's lots going on and we look forward to seeing you at some of our events. If there is anything you would like to know more about, get involved with, or if you have any suggestions for the committee to consider please get in touch.

Judy Pantridge

The new South Bucks Downs Syndrome Group where parents and carers of children with Downs Syndrome can get together for coffee, chat and support now has a name:

This Way Up!

So, anytime you are not sure which way is up.... or if you know and are happy to share the direction with others... please join us!

We have already had our first session and several families had a lovely, relaxed morning sharing experiences and playing with their children on a warm, underfloor-heated carpet!

We are running on the 2nd and 4th Thursday mornings of the month, from 9:30 to 11:30 and will continue in the school holidays—older children are welcome to these sessions. It is a drop in session, so please don't worry if you can't stay for the whole morning, we would still love to see you. No need to tell us you are coming, but do call if you want a chat before you arrive. The dates for the next few months are therefore: 10th and 24th June; 8th and 22nd July

We meet at Trinity Church, London Road, High Wycombe <http://trinity-urc.org.uk/where.php>
There is a pay and display car park immediately adjacent to the church and some pay parking in nearby side roads too if you know the area!

Please tell anyone you know who may be interested, especially those with young babies. Anyone who has a school aged child with Downs syndrome who also wants to join us would be more than welcome to come along for coffee and a chat! We equally want to encourage carers, childminders, grandparents... anyone who will benefit from the support we know we can offer each other.... now we have the place to do it!

Carole Arnold

Dates for your diary

SBDSG AGM—Saturday 3rd July 3pm
at St. Dunstan's Church, Bourne End

SBDSG / E Berks BBQ—Sunday 25th July
4pm at TVAP

SBDSG Groups & Activities

This way up! *Sparkles*
Upbeat *PODS*
TVAP *Youth Group*
Drama *ADS*

For information about all our groups and the people to contact, visit the website.

Keeping up with technology

We are planning in the future to contact our members mainly by email. We now have email addresses for the majority of our members, thank you. Please let us have yours if you think we do not have it already—if you're not sure, send me an email just in case. And **please** remember to let us know if you change your email address!

Information on all our activities and groups are posted on the website. It has been suggested that we start a "Notice Board" on the website, to include a "Swap-shop". This would depend on you sending your ideas, tips and items to swap eg things that your child has out-grown but might be of use to another family. You can send them to me or direct to the web-master via the website. Thank you.

Judy Pantridge



In March the PODS group enjoyed pottery-painting followed by a play in the park and then tea together in a café.

Housing Conference organised by South Bucks Downs Syndrome Group Held on 20th March 2010 in the Pugin Rooms, Marlow

For parents, one of their greatest anxieties, is what will happen to their sons and daughters when they can no longer care for them. There is far greater choice now than in former years and our Group wished to give our members the opportunity to find out more, to be able to ask questions and to meet other parents who will almost certainly be a support to one another when statutory education is no longer available. Over 60 members attended and our young adults with Downs Syndrome (ADS) waited on everyone. Speakers came from far and wide from organisations providing a variety of care. There were speakers from:

- Our local Social Services who explained what is available from our own local authority
- Fremantle, Mencap (from Princes Risborough) and MacIntryre (from Milton Keynes), all of whom provide care and accommodation
- Parents who had provided accommodation for a group of friends with Learning Difficulties and then chosen the carers – in this case Mencap
- Robert Owen Communities (from Devon) who provide care and accommodation as well as daytime occupation, work, training and social activities.

There was also literature available from other organisations and web-site addresses. Great interest was shown in setting up a parents group to find out more, to enquire into the varied needs of our offspring and to lead the way in establishing what is needed. Anyone who is interested in being involved in this, in whatever capacity, should contact Ann Davies, Judy Pantridge or another member of the SBDSG committee.



Ann Davies

Editor: Judy Pantridge (Chair SBDSG)
judy@pantridge.wanadoo.co.uk
01494 716578

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