

South Bucks Down's Syndrome Group



Newsletter – Summer 2011

From the Chair

This should be the last time you will receive our SBDSG newsletter in this format!

We have been working on a new logo which we plan to launch at the AGM. Our designer has created a lively, colourful logo which you will soon be seeing on our new stationery, the website and maybe even some T-shirts!

Information will be reaching you shortly with details of the **AGM** which will be held on:

Sunday 11th September at TVAP.

We are combining it this year with our annual **BBQ**.

Please keep the date free and come along with all the family. It's a great opportunity to support your local group and for members of all ages to meet and enjoy spending time together.

This year we will need 2 or 3 new trustees, so please give that some thought and get in touch with myself or another trustee if you are interested in finding out more.

Judy Pantridge

Bucks Enabling Community Project

This is a recently formed group which comprises parents of people with Down's syndrome and other special needs. Its aim is to explore possibilities in the local area regarding care, housing, work and leisure activities, for people with a learning disability once they reach adulthood.

As parents we are concerned for our sons and daughters that they will be able to live lives that are contented and fulfilling. We want to ensure that they will be safe and well cared for.

To this end we as a group are planning to liaise with local services and organisations already

providing care services for adults with learning difficulties and ensure that our sons and daughters will be able to receive the best possible care and support when they are adults.



The members of the BEC Project group are in the process of clarifying the group's aims and objectives and formulating a vision and strategic plan.

Linked with this and following on from last year's housing conference under the banner of "Planning Ahead", training sessions have been held for parents and carers.

The most recent was on the subject of "Person-Centred Planning", and was led by one of our own members Marianne Selby. We plan to hold a follow-up session in the Autumn for anyone who is interested—whether or not you attended first time round—and also provide training and information on topics such as the transition process in Bucks.

Please contact *Judy Pantridge* if you are interested in finding out more about the BEC Project and/or the "Planning ahead" training sessions.

The ADS Group so far and what the future may hold

It all started in 2007 when we had a BBQ in my garden and we wanted to do more activities and interests together. So we put together a survey to find out if anyone would like to have a group club. It took a while to form everything but we got there and we called it Adults with Down's Syndrome Group—ADS for short and we base it at The Hub in High Wycombe.

What do we now? Well we do lots of things like going for walks and going to the pub, cinema, theatre, eating out and games evening plus DVD evening & tenpin bowling. And it is lots of fun and it makes us happy to do something worthwhile. We have lots of chats and we learn a lot from each other.

In the near future we are doing more fun things like Archery, more games evenings and branching out on places to go for evening meals.

Next year we shall be celebrating the ADS group 6th birthday and have a big BBQ in my garden which we now do every year and hopefully taking on more members and have as many activities and interests as possible. It will cost a lot to do this but with fundraising with the next BBQ and asking to have a church collection it could be great. Then we shall have lots more to do and to organize trips, holidays and events.



The group could be a panel to interview people who may want to help out with these activities. We would like the ADS Group to be 'ADS group with friends' sometimes so that every one with a learning disability can get a chance.

Chris Davies

(Chris is a trustee of SBDSG and founder member of the ADS group)

Recognition Ceremony



We'd like to hear from parents and carers about any particular achievements or milestones— whether great or small—that have been attained by our members

(of any age). The trustees would like to celebrate these in a Recognition Ceremony which will take place at the AGM.

(This idea came from Christopher Davies whose article about the ADS Group you can read in this newsletter. Thank you Chris).

Please let myself or one of the trustees know the name and age of the person to be mentioned and what the recognition is for. We'll do the rest. I look forward to hearing from you and hope for a good response!

Judy Pantridge

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*If you are interested in finding out more about ADS please contact Fiona Ellis:
fionaellis@me.com*

The Drama Group

is keen to welcome new members.

If you are aged 14 - adult and enjoy any aspects of drama—including costumes, set-design, filming etc— get in touch with Rowena Card: Quirk@one-name.org

See the website for more details.

Dates for your diary

AGM & BBQ
Sunday September 11th 12 –4pm
at TVAP

Christmas party
Saturday 3rd December
3—5 pm
Details to follow

For details of our regular group activities please go to the website and contact the group leader.

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