

Chairman's note

Dear all,

This is my last note to you as Chairman of DSO as I am resigning at the AGM in June. However, I shall still be a committee member and hopefully very much involved in all the activities which DSO organizes. I do hope that new members come forward to give their time and support to DSO, we only exist to provide friendship and activities to families in the local area and we need to know what people want. In the meantime, have a wonderful summer and I hope to see many of you at the AGM.

Annual General Meeting—June 25th

The Down's Syndrome Oxford Annual General Meeting will be taking place on Monday 25th June at 7.45pm. It will be held in the Club Room at Oxford City Football Club (where the Christmas party usually is).

The Committee would like to invite all DSO members who can come, to do so. It is a good opportunity to meet the Committee, meet other parents, find out how the charity is run and what the current situation of the charity is.

The Summer Raffle will also be drawn at the AGM. (If anyone has any additional prizes they could contribute, please let Emily Robinson know)

The future of DSO's Early Development Groups is to be discussed, so if you have a view, then this is your opportunity to have your say.

Agenda

Agree Minutes from last meeting

Chairman's Report

Secretary's Report

Treasurer's Report

Early Development Groups—the future

Raffle Draw

Any Other Business

Election of Officers—a new Chairman and Secretary will be elected

Date of Next AGM



The 29th January saw a pre-school visit to Snakes and Ladders in Abingdon. The play centre has different size play frames so there was something for every child to play on no matter what their physical ability. All the children had fun whizzing down the slides, playing in the ball pits, jumping on the bouncy castle and taking turns on the slides. There was also a brand new addition of a home corner which the children loved. Some of the older siblings even braved the outside adventure area despite the cold. We all met up for lunch and then those children with enough energy went off for another go on the play frames.



On the 11th March the pre-school group took a trip to Farmer Gow's in Farringdon. We all met up around 10am and had an hour of fun climbing on the hay bales and playing on the toy tractors. At 11am it was meet the animals where the children had the chance to get very close to the animals

by bottle feeding the goat kids and hand feeding the sheep. We then moved onto egg collecting in the chicken shed and a rather bumpy tractor ride. Once in the top field the children had a chance to feed the pigs which this time included throwing in whole potatoes. After lunch it was back to the hay bales with some families choosing to do the meet the animals again after enjoying the morning session.

Kelly Stacey

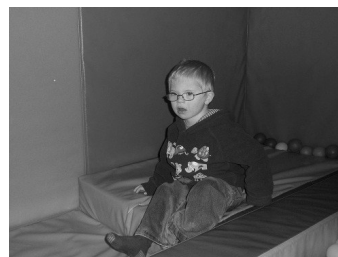




Pre-School Club

Thomley Hall is an activity centre for disabled children in Warminghall and on the 19th May 8 families from the Pre-School group visited. It was lovely to see everyone and to meet some of our youngest members and their families. We had use of the fantastic sensory room, which now has a UV section, then everyone made good use of the facilities there. The children had the chance to make a key ring in the arts and craft room, zoom down the zip wire on the adventure play ground, make plenty of noise in the music room, make soup in the kitchen and of course play in the very popular (especially with some dads!) soft play/ball pit area. At 12pm we all met up for lunch and sang/signed happy birthday to Evie-May and everyone got the chance to have a slice of birthday cake, yummy!

Kelly Stacey



Pre-School Club

Kelly Stacey, mum to Joseph, has been running the Pre-School Club for DSO for the past year or so. Joseph is starting school in September so will be moving up to DSO's Primary Club. We are therefore looking for someone to take on Kelly's role in organising events/outings for the Pre-School aged children. If anyone would like to talk to Kelly about what the role involves, please contact her at kellystacey@btinternet.com.

Baby & Toddler Friday Shared Lunches



Pre-School Club

The Baby and Toddler Lunches have been booked for the following dates between 12.30 -2.30pm.

The lunches take place at The Roundabout Centre, at the Ormerod School in Barton

- Friday 15th June
- The lunch planned for Friday 13th July has had to be cancelled.

All our families are welcome with any siblings.

Please contact Amanda 07769 707855 if you have any queries.

DSO Summer Party

Down's Syndrome Oxford would like to invite all our members to the annual



Summer Party



This is being held on **Friday 10th August 2012** from 11.00 to 4.00pm at The Roundabout Centre, Barton.

The Summer Party is a great chance for our members to get together over the summer holidays, to meet up with friends, make new friends and let the children play and run about within a safe environment.

Please bring a picnic lunch which we can eat in the garden or indoors depending on the weather.

We have booked 'Mr Marvel's Magical Fun Show'. He will be entertaining us between 11.00 and 1.00pm with magic, a Punch & Judy show, and balloon modelling. There will also be a disco and party games.

All our DSO members and families are welcome to come. It would be great to see teenagers and adults as well as our younger members.

PUNCH & JUDY



Speech and Language/other services update

Amanda Foulds and Katharine Horrocks have met recently with Geraldine Vandersluis, Joint Children's Integrated Therapy Manager (South) and Service Manager for Speech and language, and Lesley Bucke, from the Specialist Services Team. Our aim is to create a dialogue between DSO and the NHS services so they are aware of any issues we might have, and so we are kept informed of any changes. This followed our group meeting about two years ago which resulted in an action plan from the Service.

One positive outcome has been an informal visit by Sarah Rae, Speech Therapist, to one of the shared lunches held at the Roundabout Centre, where she was able to chat with parents and answer some questions. We have asked if different therapists, eg, Occupational Therapist, can also visit occasionally and they have a list of the forthcoming dates.

One important change in the service is that from now on there will be a single point of access to children's therapy services for school age children. This already exists for pre-school children, so it is an extension of an existing policy. Below is a copy of the letter from the NHS explaining it.

Our Trust provides three types of therapy for children: Physiotherapy, Occupational Therapy and Speech and Language Therapy (part of Integrated Service for Speech, Language and Communication). Up until now, there have been separate forms and separate processes for accessing each therapy. From **1st December 2011**, however, there will be a single point of access for all three services.

This change has come about to simplify the way treatments are organised for a child or young person. As the form and the contact for all three therapy services will now be the same, this means that if a referrer is not sure which therapy is required for a child, we will help make sure the right treatment is arranged.

The single point of access system has been working successfully for children of early years (up to the age of five) for some time now. The decision to adopt the same system for children of school age has been taken to streamline the system and ensure that a child or young person is guided towards the correct therapy services as effectively as possible.

The single point of access will, however, vary according to which part of the county you are located in. Below are listed the three new contacts:

North Oxfordshire:	Childrens Integrated Therapy Services Orchard Health Centre Cope Road Banbury, OX16 2EZ (Tel 01295 819179/80; fax 01295 819119)
Central Oxfordshire:	Childrens Integrated Therapy Services Community Paediatrics, LG1 Childrens Hospital, Oxford, OX3 9DU (Tel 01865 231988/82; fax 01865 231985)
South Oxfordshire:	Childrens Integrated Therapy Services Abingdon Hospital Marcham Road Abingdon , OX14 1AG (Tel/Fax 01235 205735)

For more information about our services, go to the 'Children's Therapy Services' section on our website (<http://www.oxfordhealth.nhs.uk/?service=childrens-therapy-services>), where you can also download the form and find additional information about each service.

Kind regards, Anne Keating
e-mail: Anne.keating2@oxfordhealth.nhs.uk



PRIMARY CLUB



Primary Club – Popstars Academy Dance Party

Dance and drama workshops are always popular amongst the Primary Club children and parents. Back on a snowy day in February we enjoyed a high energy dance session with Arwen from Popstars Academy. Using an array of props including dance ribbons, pompoms, inflatable guitars and glitter microphones the children and many parents enjoyed playing games and doing dance routines. There were lots of impressive dance moves along to a mixture of current chart music and old classics such as Greased Lightning and the Macarena.

We had a very large turn out and were particularly pleased to welcome two new families to our club for the first time.

Elsa Gill





PRIMARY CLUB

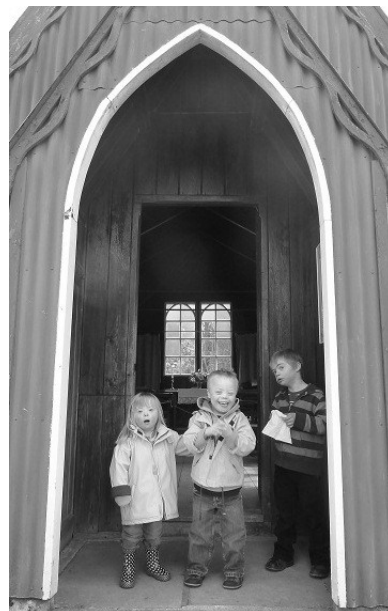
Primary Club visit to Chilterns Open Air Museum

On 22nd April we joined a group of other DSO families at the Chilterns Open Air Museum, near Amersham. Despite having grown up not far from here, I was completely unaware of this hidden gem! As you might imagine, it is an open air museum, with buildings from different centuries and eras – for example, there is a post-war Nissen Hut, kitted out with authentic furniture and clothes for children to try on, a working Victorian farm, an iron-age hut with working fire pit and people on hand dressed up in costume to tell you about it, and a toll house, again with authentic fittings and people dressed in costumes. All this in a lovely setting, with a café, "story circle" and woodland walks.

It was a huge success for our family, Alexander (6, with DS) and Robert (4). Quite frankly, any activity that engages them both without huge amounts of cajoling scores highly with me! They walked for what seemed like ages, and we even re-entered the museum after our picnic lunch by the car. Of course, Alexander decided he was tired and went on a sit-down strike at the furthest possible point from the entrance, but apart from that they had the run of the place, all pretty safely, too.

We were lucky to have a dry day, so many thanks to Elsa for arranging both the weather and the day out, we will certainly be returning.

Katharine Horrocks





Adults



On Saturday, 4th February, we started a new group for adults with Down's Syndrome who live in Oxfordshire, supported by DSO. You may have seen the advert for it in the last newsletter? This group has been set up to provide an opportunity for adults to get together and do something new - it may be that people just want a social group, or perhaps to talk about serious issues they are facing. Whatever shape it takes, it is for the adults who participate to decide and will at the very least be a chance to network in the Oxfordshire area.

The first meeting was held at the Turl Street Kitchen at lunchtime. With the money provided by DSO, we enjoyed a buffet lunch and a few drinks as we met some new faces and got to know each other. It was a fairly small group to begin with, but we had a great time and everyone was keen to get together again soon and hopefully bring along more people we know for next time. Ideas were exchanged of what we should do at the next meeting and the general consensus was...karaoke!

If anyone is interested in coming along to future events, please feel free to contact James, Otto and Bill either by email or telephone. We hope to see you at the next meeting! thebaxterpas@hotmail.co.uk 01235 209109/07985635440



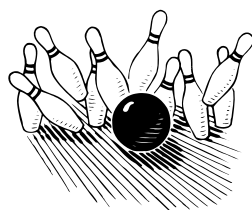


Adults



The latest adults group was held on St. Patrick's day, Saturday, 17th March. We met up at Lan Kwai Fong on the Cowley Road, where we had booked their karaoke room for a couple of hours over lunch time. As you might expect, much fun was had by all as we passed the microphones around, taking turns to belt out our favourite tunes while we dug in to some rather tasty refreshments!

If anyone is interested in taking part in future activities please do contact us.
Get in touch with James, Otto and Bill on 01235 209109 or
thebaxterpas@hotmail.co.uk



The next meeting of the DSO adults is planned for Saturday 9th June between 12 and 2pm at the Kassam Bowlplex.

There will be a free game of bowling but if people could bring their own money for food and drinks please.

If you are interested in coming or have any questions, please contact Otto, James and Bill by email or phone 01235 209109.



Down's Syndrome Oxford
would like to invite its members



on a trip to Chessington World of Adventures.

- DSO has 85 tickets for Sunday 8th July 2012
- £5 per person, including travel - first come, first served.
Complete request form at the back of this newsletter and send to the address indicated.
- Tickets required for children taller than 0.9m and adults
- Open to children/adults with Down's Syndrome living in Oxfordshire and their parents/guardians and siblings
- Return coach travel is available from Oxford (Oxford City Football Club), you are welcome to make your own way there if you prefer.
- Families who have already received Merlin's Magic Wand tickets for 2012 cannot apply. Sorry!
- The coach will leave Oxford at 9am and Chessington at 4.30pm
- **Please check the DSO website before applying to see if tickets are still available – updated daily from Monday 11th June.**
- Cheques made payable to 'Down's Syndrome Oxford' to, to be returned with completed request form to:
Emily Robinson,
Barn End, Clock Court, Middle Aston, Oxon, OX25 5PX

Shifting perspectives... in Didcot!

Can you remember where you were on the evening of Wednesday 21 March? I had the pleasure of in being in Didcot. No, really, it was a pleasure, because I was with a crowd of others at the Cornerstone Arts Centre celebrating World Down's Syndrome Day -- the first-ever one to be officially recognised by the United Nations.

And celebrate we did. A moving address by one of the evening's organisers Penny Green, Director of the Down's Heart Group, was soon followed by a brilliant set by MiXiT, the world's first inclusive pop group. Several of the group have Down's Syndrome and it was really inspiring to see their talent and enthusiasm on stage: they were living proof that anything is possible if you put your mind to it, in spite of how society might label you. The audience smiled, clapped and sang along as MiXiT performed well-known pop songs and original material. The dance routines were awesome, especially from cart-wheeling, breakdancing Matthew. The concert was a fitting way to mark WDSD.

Afterwards, we went down into the gallery to mingle and view the Shifting Perspectives photographic exhibition, which was on loan from the Down's Syndrome Association for the whole of March. The stunning wall-hung images show people with Down's Syndrome in a hugely positive way, doing everyday things, and the accompanying stories are ones most people there that evening could identify with on a very personal level.

More widely, I hope Shifting Perspectives opened the eyes of visitors throughout March, and gave them a better understanding of what Down's Syndrome really is, rather than what it isn't.

By Andrew Dubock, DSO Media Officer

Our Families



His new Tomkat trike,
funded by Cerebra

Joseph Stacey (4) likes to travel by a variety of modes of transport.....



By horse!



By pushchair



By Daddy!



We have been contacted by Mark Three Media who are currently working with CBBC and looking for a cheeky, confident young person with Down's Syndrome, preferably aged between 10 and 14, and someone who isn't afraid of talking in front of people.

The idea would be for them to front a documentary about their life, and show how they use their creativity / story telling to get over some of the hurdles that young disabled people have in their lives.

Mark Three Media are a company run and staffed by disabled people, and have a track record in filming and programs about disability in a positive way, and have also worked lots with both disabled and non-disabled children.

If you have any questions or would like to be involved, please contact Paul at Mark Three Media paul@markthreemedia.com

The Oxford Home Improvement Agency is a service which offers invaluable support to residents living in Oxford City. Its purpose is to enable people to remain safe, secure, and independent in their own homes.

The HIA Service can be accessed by:

- Anyone who is 60 or over
- Or people who are registered disabled
- Or people suffering with a long term health condition
- Or people on a low income



The services offered are:

Disabled Facilities Grant - A DFG is a means-tested grant available to people who have a disability to pay for be home adaptations or improvements.

Essential Repairs Grant - An ERG enables home owners on low income to have essential repairs made to their home.

Flexible Home Improvement Loan - The FHIL is a loan scheme for owner-occupiers over 60, which is designed to help pay for works to improve the comfort, safety, security and repair in your home.

Small Repairs Service - The Small Repairs service is a scheme to help with various small jobs that need completing within the home it covers Home safety, Home security, Key Safe's, Minor electrical works, Minor plumbing works and other general repairs. There is a small hourly charge for this service.

For more information please do not hesitate to contact a member of the HIA Team on 01865 249811 or on environment@oxford.gov.uk .

DSO Website Upgrade & New Picture Please

Some of you may have been experiencing some difficulties with the Down's Syndrome Oxford website of late, things may have been looking out of line and blocks missing.

The website is 5 years old now and as you can imagine, technologies have moved on.

So, Matt Robinson is currently in the process of re-platforming the DSO website—giving it a new design, layout and hopefully a more intuitive functionality.

This transition to the new site will be a gradual process for Matt as it has to be fitted in around a busy full-time job and a life! So please bear with us.

However, in the mean time we are looking to update many of the pictures that we use on the website—many of the babies featured are at primary school now!

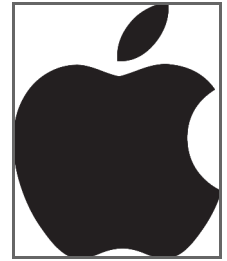
If you have any good quality pictures of your gorgeous children that you would be happy to have on the website then please send them to: web-site@dsoxford.org.uk

If there is anyone who had photos done at the recent Monkey Business photo shoot (see pictures below) that they would be willing to share, they would be great as they are beautiful pictures.





Charlotte talks about how useful an ipad has been to Ollie's (4) language development



After several 'one day' conversations about how useful an ipad might be to Ollie (aged 4 with Down Syndrome) and also to our 2 younger children Thomas and Emily, an incredibly generous and unexpected grandparent present introduced us to the reality of the ipad earlier this year. As a TV (Mr Tumble in particular) addict, it was no surprise to us when Ollie was enthralled, and we started to ask Ollie's therapists and other parents about apps he might find useful. Ollie was hooked and, at the point where he'd normally be throwing the educational flashcards and puzzles across the room in frustration, with the ipad he was still focussed and enjoying himself. Firm favourite is 'Hairy letters' (£1.99), a brilliant phonics app that can be used for practising forming words and forming letters, but is also great for getting children to copy letter sounds – this has been an uphill battle with Ollie, but he has spontaneously tried to copy the sounds of the letter cartoon characters which make him giggle (and dribble – screen cleaner required!) with excitement! Our speech therapist also suggested 'Scene and Heard' (£34.99 – for more info go to www.tboxapps.com) which was expensive, but we would really recommend - is very adaptable and has massive potential for practising all kinds of language at different levels using family photos, videos, voice recordings and children's personal experiences. We see huge potential for Ollie's future learning (and entertainment!) in the ipad and hope that we can build a good bank of ideas on the DSO website that all our children can benefit from.

PS – Ollie's Dad has also benefited from scrabble, fifa and golf – thanks Granny and Grandpa!
Charlotte & Paul Blois

Lucy (5) and her ipad

Our daughter, Lucy, as with many children with DS is obsessed with the TV and anything with a screen and after Daddy and Lucy's battles for time on his ipad we decided to get her one of her own. When the ipad 2 was introduced Ebay was flooded with techies selling their ipad 1s and we got a bargain. After fitting it with a rubber frame, which means it bounces if she drops it and stands up so she can use it at the table she was off! Like Charlotte above, Hairy Letters was Lucy's first app and still remains her favourite. She uses it for letter sounds, she also uses it for practising letter formations and spelling basic words phonetically. She hates holding pens so the ipad has been great in getting her to practise writing, we now have additional apps so she can use it like a white board—she likes the ability to get rid of something if it has gone wrong. Lucy has about 10 apps which she flicks independently between (took about 10 mins to learn that!). She uses the ipad at school—she takes in pictures of her weekend to talk about, she uses it to write on, she does memory games and we make electronic books which include pictures of her and which allow us to include the words we want. It's flexibility is endless. She also plays games which has helped her fine motor and listening skills no end. We are hoping that as her education progresses the school will embrace the uses of the ipad more and more. At home, it makes a nice change to the TV and keeps her independently amused for hours! All we need now is a Mr Tumble app!

Emily & Matt Robinson

Below is a link for a document on the DS Society of Queensland in Australia which contains, by category, lots of ideas for ipad apps, which you might find useful.

<http://www.dsaq.org.au/Default.aspx?SiteSearchID=639&ID=/Results.htm>



'Kidz South' One of the largest FREE UK exhibitions totally dedicated to children and young adults with disabilities and special needs, their families, carers and the professionals who support them.

Thursday, 14th June, 2012 , Rivermead Leisure Complex, Reading, RG1 8EQ

www.kidzsouth.co.uk

Established in 2007 this exhibition once again promises to be a hive of activity with over 100 exhibitors attending. Many of the companies that exhibit at the 'Kidz' events you see year on year, as they have chosen our exhibitions to launch new equipment and products, so make sure you visit all the stands. The company representatives are often experts in their field and usually have solutions to what may seem like unmanageable problems. So, do take the opportunity to pick their brains.

As funding for equipment continues to be a concern, the 'Kidz' team have taken a proactive approach and introduced 'The Funding Point' to all our Kidz events where you can access information and advice about alternative funding streams for equipment and much more.

We have some excellent speakers presenting our free seminar sessions who can provide you with information on best practice, new research and good practical advice. For our professional visitors, certificates of attendance are available to support your continued professional development. Children and parents are very welcome to attend.

We do welcome feedback as year on year, we want to improve our events. Please take the time to complete a questionnaire at the event, or email your comments and suggestions to info@disabledliving.co.uk



Charity football fundraiser is pitch perfect

Down's Syndrome Oxford (DSO) netted a welcome boost of £600 following its annual football tournament on Sunday March 18th.

Thirty-three players took part in the event on a Sunday afternoon, held for the fourth successive year at Oxford City Football Club in Marston. The four teams played at the club's new community arena, which boasts a new, state-of-the-art 3G artificial grass surface.

Self-professed non-footballer Matt Robinson from Middle Aston had previously resisted the pressure to take part in the tournament – until this year when he made his debut.

Matt's daughter Lucy (5) has Down's Syndrome. "Lucy entered mainstream primary school last September," says Matt. "This major achievement is in no small way down to the excellent work that DSO funds in pre-school early development speech and language classes, and she continues to remain on a par with her classmates in reading and numeracy. "The cost of these groups remains the single largest investment that the charity makes, and vital funds are needed for them to continue."

Ben Drabble from Didcot scored the decisive winning goal in the final match for the victorious yellow team. He says, "There was a fantastic atmosphere and it was a privilege to be part of such a well-organised and good-spirited event. The real winners were DSO and the many beneficiaries of the fantastic work that they do".

As well as the football on show, there was a cake stall, refreshments and a raffle. Oxford City again generously donated their facilities, plus officials and staff, all free of charge.

Organiser Mark Stevenson from Bicester, whose son Jack (5) has Down's Syndrome, was delighted by the turnout. "In spite of the gloomy weather, we were really encouraged by the number of family and friends who came along to cheer on the players," says Mark. "We're especially grateful to the football club for again hosting us so well, and for their commitment to supporting charities like ours."

Mark and Sarah Stevenson have organised and run this event for the last 4 years. They have however decided to step down to let someone else have a go. Thank you very much to Sarah and Mark for all your hard work and all the money you have raised. If you fancy taking over the running of this event, please contact any member of the Committee.

Cousins Palace Challenge



Andrew Dubock writes about how his fundraising family pedalled to the Palace for DSO

"I have a good idea!" When your child (or boss at work) comes up with a statement like this it's usually followed by something that strikes fear into your heart. But on this occasion, Jessica, our six year-old daughter, had a real brainwave.

She and I had recently started going on bike rides together, and she suggested that we could do one to raise funds for Down's Syndrome Oxford, to help people like her four year-old sister Hannah.

A plan was hatched, ideas snowballed and six months later – on Sunday 27 May – Jessica and four of her cousins, Jasper (6), Theo (8), Lawrie (9) and Hazel (12), plus the three dads, embarked on a 15-mile cycle ride from our house in north Abingdon to Blenheim Palace in Woodstock.

It was a beautiful, sunny – if not a little too hot – morning, as the group set off covered in suncream and with tyres pumps, just before 9am, cheered on by the rest of the family, and looking resplendent in specially designed t-shirts. After some village roads, we hit our first cycle path – and the eldest cousin Hazel hit the ground. The fall grazed her knee and hand but our medical expert, her JR consultant uncle, was on hand to help. She valiantly cycled on!

The cycle beside the canal at Iffley was stunning, we negotiated the station and streets around Oxford (Jasper crashing this time but bravely battling on) and up Woodstock, then onto Wolvecote and a return to the canal, before joining the long stretch up the A44, with little shade, towards Woodstock. We ensured plenty of snack and water stops as the temperature rose and we became more tired.

At the same time, already at Blenheim Palace, Hannah and the youngest cousin Henry (3) were having their own bike ride around the lake, giving Hannah's mum Sally and their grandfather the run-around!

Continues on next page...

It was just after midday that the cycling team arrived at the Palace to an even larger group of cheering family, crossing the line under a brilliant banner. The trip took just over three hours – a fantastic achievement for a group of young children, of whom the whole family is proud.

We were truly humbled and amazed by the generous support by friends and family to the Challenge – they helped us raise over £3,400 for DSO's early development groups. The EDGs are fortnightly sessions that build up the communication skills of young children with Down's syndrome before they attend school.

Our daughter Hannah has benefited hugely from the groups these past few years, especially in expressing herself and improving her speech. They're a crucial foundation for children like Hannah and as a result of them we're thrilled that she'll be starting full-time, mainstream education at Thomas Reade Primary School in Abingdon this September.

We're very grateful for Jessica's big ideas (most of the time) and I'd encourage anyone, no matter their age, to get their thinking caps on about how they can help people they know with Down's syndrome in Oxfordshire. As well as being tremendous fun, it can make a huge difference to our charity.



80s Disco

Organized by Lucy Sanderson
(Mum to Chloe aged 6)



It was after attending the January DSO committee meeting when we discussed the financial situation of the charity and the urgent need to think of new fundraising ideas that I decided to organize an 80s disco in Langford Village, Bicester. I thought it would be great excuse for a fun night out while raising money at the same time. Once I started discussing the idea with friends and family I was overwhelmed by people's generosity and offers of help. The local village hall committee offered the use the hall and disco equipment for free and a friend, Dom Cotter, very kindly agreed to DJ on the night. Chloe's aunty and uncle, Ella & Raj Segaran, offered to run the bar, donate prizes, and organize an 80s quiz and raffle. It all was coming together. Now all we needed was to sell the tickets. Word soon spread around Chloe's school and there was a definite buzz of excitement amongst the mums keen for a night out and a chance to relive their teenage years. I was thrilled to sell 80 tickets out of a possible 90!

The night itself was fantastic. The majority of party-goers got into the spirit of it and came dressed 80s fancy dress. Primark certainly did a roaring trade in neon that week! The men excelled themselves with some fantastic costumes; from MC Hammer to Adam Ant and George Michael to Run DMC, they all looked brilliant.

It wasn't long before the dance floor was full and people were dancing along to the classic 80s hits of Wham!, Human League, Duran Duran and many more. The evening seem to end far too soon and as people left to go home I was thrilled to hear them ask me to make it an annual event. And I was even more thrilled to count up the takings at the end of the night and realise that we had made over £800 for Down's Syndrome Oxford.






Down's Syndrome Oxford Summer Raffle

The draw will take place for the DSO raffle on Monday 25th June at the AGM.

Thank you to everyone who has sold their tickets and sent in the stubs and cheques. If you have sold tickets please send the stubs in as soon as possible.

Please help DSO raise much needed funds by selling any tickets you still have. Stubs and cheques can be sent to/brought along to the AGM.

No xxxxx	No xxxxx
	
<small>(Down's Syndrome Oxford) Registered Charity 1103850</small>	<small>(Down's Syndrome Oxford) Registered Charity 1103850</small>
Name	SUMMER DRAW
Address	1st Prize : £100 Cash
.....	2nd Prize : 3 Course Dinner for 2 at The Turnpike Gastropub, Begbroke, (nr Kidlington Oxford)
.....	3rd Prize : Miele S4212 Vacuum Cleaner
.....	Plus many other prizes
Tel.	Draw will take place at the DSO Annual General Meeting on Monday, 25th June 2012
<small>All cash, cheques and stubs to be returned to organizers by Friday, 22nd June 2012</small>	<small>Prizes: DSO Communications Office, Emily Robinson, Barn End, Middle Aston, Oxfordshire, OX25 5PX Registered under Gambling Act 2005 with Oxford Council</small>
	
	tickets £1

Cheques and stubs to be sent to:
Emily Robinson, Barn End, Clock Court, Middle
Aston, Oxfordshire, OX25 5PX

A big Thank You....

There have been some amazing fundraising activities since the last newsletter—

- A massive thank you to **Jessica & Hannah Dubock**, their cousins and their parents for the amazing amount raised through their bike ride.
- **Lucy and Mark Sanderson** for the fantastic £800 raised at your 80s Disco.
- **Sarah and Mark Stevenson** for the £600 raised at the DSO Football tournament .
- Thank you to **Morna Whitlock** for her £60 book donation
- There have very sadly been a number of funerals since January, who have kindly made collections for DSO: **Harriet Crisp** (£180), **Jo Sumner's mother** (£354), **Frederick Perry** (£172).
- We had an anonymous donation of £40—thank you.
- Thanks to **Northleigh Football Club** for your £25.
- Thank you to **Autologic Diagnostics Ltd** for the £293 raised at your Dress Up day and Cake Sale. This is the work place of **Sarah Fonge** (mum to Arthur 16mths who has DS) and whilst she was on holiday her team leader **Laetitia Delannay** initiated this event raising £146.91. Following the publication of the DSO thank you letter the company Director **Ian Jones** made a personal donation matching what Laetitia had raised, making their fantastic total.
- Thank you to the following people for their on-going support via monthly payments; **Janet Fenwick, Colin Doling, Stuart Summers, Sue Crisp, Paul Gander** and **Anne Churchill Stone**.

Still looking for a Fundraising Idea?
Please help raise much needed funds for Down's Syndrome Oxford.
Why not gather together some friends and enter one of the events below?

DSO would like to encourage its members to participate in some fundraising activity this year—it doesn't have to be one of these but we thought it would be nice to do something as a group. ***If you have a local event that will allow you to raise money for a charity of your choice we would love you to do that if you prefer.***

Where we have good numbers for a single event and as a thank you will arrange a group gathering place at the event (with Gazebo!), perhaps a cake sale, goody bags and DSO T-shirts to purchase so that we can make an 'event' of these for DSO and our supporters.

You are free to register yourselves and friends/family—if you would like DSO logo'd sponsorship forms let us know and please let us know if and what you have registered for!

The Clare Foundation Red Kite Ramble—a 5 or 10 mile ramble through the Chilterns raising money for your chosen charity (DSO please!). Sunday 24th June 2012. See their website for details and registration forms (they will also be on the DSO website). www.theclarefoundation.org.



Oxford Half Marathon will take place on 14th October 2012. This race starts at the Kassam Stadium but takes in all the historic sites around the city. You can raise money for any charity of your choice (DSO please!). This race is limited to 5,000 runners and entries close on 30th August. The entry fee is

£28 if you register before March 31st and £31 after that date. There is a minimum age of 17 for this race.

Visit www.oxfordhalfmarathon.co.uk for more information and to register online or find a postal registration form at the back of this newsletter.

Audiobooks for disability

Listening books is a national charity that provides a postal and online audiobook service to anyone who has an illness, disability or learning difficulty that makes it hard for them to read or hold a book.

The charity has been awarded funding to give away fee memberships to people who live in Oxford shire.

They have a varied library of fiction and non-fiction titles for all ages across a range of subjects and genres. Users can choose to have CD's sent through the post, via internet streaming or to download them into a portable device.

Visit www.listening-books.org.uk/library.aspx for a full list of titles.

Contact Jennifer Ades by e mail: jades@listening-books.org.uk or

Mencap Wills and Discretionary Trusts Events -free

<http://www.mencap.org.uk/what-we-do/our-services/wills-and-trusts>

Wednesday 19 September, 12.30pm – 2.30pm

Thame Town Cricket Club, Church Meadow, Church Road, **Thame**, Oxfordshire, OX9 3AJ

Thursday 20 September, 12.30pm – 2.30pm

St John the Evangelist Church, 25 South Bar Street, **Banbury**, Oxfordshire, OX16 9AF

A fun day for all the family -

1st September, Henley-on-Thames



- * With boating on the river
- * Dragon boat racing
- * Punch & Judy
- * Live music - food and bar
- * Interactive Zoo where the animals can be groomed and petted

Entry: £3 - carers free

www.regattaforthedisabled.org

CONTACT DETAILS

DSO Committee

Chair: Katharine Horrocks

Katharine.horrocks@mkha.co.uk

t: 01844 261424

Secretary: Amanda Foulds

amanda@grassrootsoxford.co.uk

t: 01865 875 832

Treasurer: Sarah Stevenson

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Administrator: Annie Rey

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Media Coordinator: Andrew Dubock

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Website Administration: Matt Robinson

website@dsoxford.org.uk

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t: 01869 347194

New Parent Contacts:

Michelle Blackstock

claudblackstock@btconnect.com

t: 01865 376 934

Or Emily Robinson

emilyr@mail.com

t: 01869 347194

Pre-School Club Coordinators

Sally Dubock & Kelly Stacey

andrewsally@nasuwt.net

t: 01235 528998

kellystacey@btinternet.com

EDG Administration: Netty Lings

netty@lings.me.uk

t: 07870 213572

Primary Club Coordinator: Elsa Gill

elsagill99@gmail.com

t: 01865 741216

Adults Coordinator:

Bill (PA to Otto and James Baxter)

Teenage Coordinator:

Vacancy

Have we got your details correct?

If you think that you have registered your email address with DSO but haven't received any messages recently about up and coming events, then we may not have up-to-date details. We have a number of missing email addresses as well as many that bounce.

If you have changed your contact details recently and think you might not have told us, please contact Emily Robinson (newsletter@dsoxford.org.uk).

Keep up to date with
Down's Syndrome Oxford
at our website:
www.dsoxford.org.uk



Ways to contribute

It is always great to have DSO events to raise money, however, there are other ways you can help the charity if you prefer

- **Send a Donation Cheque**

Complete the donation form (found at the back of this newsletter and on the website) and Gift Aid declaration and send it, along with a cheque to our treasurer, Sarah Stevenson.

- **Switch your computer search engine to EveryClick and raise 1p for DSO for every search you make.**



It is really easy to make the switch:

- Go to www.everyclick.com
- Type 'Downs Syndrome Oxford' into the text box then click on 'Charities' (written in white above the text box). You should then see DSO at the top of your search results.
- Select DSO from this list – then say 'go' to 'Fundraise for this charity now' and follow the sign in instructions.

- **Donate to DSO every time to buy and sell on Ebay**



- Log in to your Ebay account.
- Under MyEbay menu option along the top, click on Account from the drop down list.
- Click on Donation in the menu on the left hand side.
- In Preferences go to My Favourites and search for Down's Syndrome Oxford.

'down and about' is very generously printed and distributed by



Ticket Request Form



Name:.....

Address:.....

.....

.....

Email:.....

Mobile: (which you will carry on the day).....

I would like...(number required)

Names

☐

Adult tickets (£5 each)

☐

Child tickets (£5 each)
(taller than 0.9m)

☐

Child tickets (free)
(under 0.9m in height)

☐

No. of seats on coach

****YOU WILL BE ABLE TO FIT YOUR
CHILD CAR SEATS ON THE COACH
AND LEAVE THEM FOR THE DAY****

Send a cheque made payable to 'Down's Syndrome Oxford' to
Emily Robinson

Barn End, Clock Court, Middle Aston, Oxon, OX25 5PX

If travelling by car, you will be sent your tickets nearer the time.



Gift Aid declaration

Please tick appropriate response:

☐ I would like DSO to reclaim the tax on all donations I've made since April 2000 and all my future donations until further notice. I understand that I must pay an amount of income tax or capital gains tax at least equal to the tax DSO reclaims on my donation(s).

☐ I am not a UK taxpayer

I enclose my gift of £_____ (cheque/PO payable to Down's Syndrome Oxford)

OR

A regular gift of £_____ per month/quarter/year (delete as applicable)

Commencing on the _____ (day _____ (month) _____ (year)

Name of bank: _____

Address of bank: _____

Postcode: _____

Current Account No: _____ **Sort Code:** __ - __ - __

Signature: _____ **Date:** ____/____/____

Bank ref: _____ (completed by DSO)

Bank Instructions: please pay the above amount on the same day of every month/quarter/year (as indicated) thereafter to Lloyds TSB bank (30-94-04) for the account of Down's Syndrome Oxford (a/c 1154094).

Please return this slip to DSO, not your bank,

c/o Treasurer DSO, Sarah Stevenson, 12 Green Close, Bicester, Oxfordshire, OX26 6QU

We will not share your information with any other organizations.

Your Name: _____

Your Address: _____

Postcode: _____

OXFORD HALF MARATHON ENTRY DETAILS

Sunday 14th October 2012

Surname: _____ First Name: _____
 Address: _____ Postcode: _____
 Home Phone: _____ Mobile: _____
 email: _____

Date of Birth: _____ Age on Race Day: _____
 Are you ☐ Male ☐ Female PB for Half Marathon: _____ hr _____ mins
Brooks Tech T-Shirt to all Finishers

UKA Affiliated Club Name: _____ UKA Affiliated Club Members: £81 Unaffiliated Runners: £88
"Early Bird" Entry Fees: £3.00 from above rates for Entries received by 31 March 2012

Further information and "Online Entries": www.oxfordhalfmarathon.co.uk

Entries close 80th August 2012 or when race limit reached

Postal entries with cheques payable to "Oxford Half Marathon" should be sent with a "Large" stamped self-addressed envelope to:
 Oxford Half Marathon Ltd
 Perth Villa, Marine Parade, Gleveland
 Somerset BS21 7QS

I agree to abide by the Organiser's and UKA rules. I am medically fit to participate in this event and understand that I enter at my own risk, and that the organisers and event partners shall not be held responsible for any injury illness or loss caused to myself as a result of this event.

Signed: _____ Date: _____



www.oxfordhalfmarathon.co.uk

RACE ENTRY FORM



Sunday 14th October 2012
9:30am "Kassam Stadium"
Oxford's largest Events venue

Sponsored by:



proudly partnering:



Come and Race in the 'City of Dreaming Spires'