

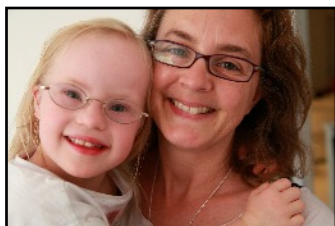


down's syndrome oxford

Newsletter • Our Kids! 2016

From the chair

2016 has been a great year for DSO. I can only highlight a few events in this space, but thank you to all of you who have organised events in 2016.



We will continue these in 2017 as well. We may have to change location for the early development groups from April 2017 but we hope we will be able to stay at South Abingdon Children's Centre. If not, we have found an alternative location, so whatever happens, we will be able to continue these groups and the Stay and Play. Many thanks to Colette Lloyd, Netty Lings and Sally Dubock.

So, some highlights. We've had some brilliant Unity Club events. On 27 February, Tracey and Suzanne from Singing Hands joined us again in Sandhills Primary School for a super session of singing and signing. As we had over a hundred people there and everyone had so much fun, we decided to have them come back again next year. In April all members of the charity had the opportunity to go for a swim in Thame. This event was also enjoyed by many and we'll also repeat this event again in 2017. And then we had a great day out in Paulton's Park in September. These days don't come 'round every year but it was a brilliant day for all who came along. Thank you Kelly Stacey, Katharine Horrocks and Sarah Fonge for organising!

But Down's Syndrome Oxford doesn't exist to organise fun events only. This year we also continued to support our members in other ways. Various training days for parents and professionals were attended and appreciated by many this year. Thank you very much for continuing to organise them, Elsa Gill.

The early development groups and primary development groups also ran again and are more popular than ever. The first secondary development group also kicked off in autumn.

Early next year we'll see the publication of *More than Medical* for Oxfordshire in which fourteen local families will tell their personal stories about living with (a child) with Down's Syndrome. Many thanks, Emma Smith, for organising this and working with a team to get these booklets distributed around the county. Watch this space for the launch!

Our committee meetings have been well attended this year -- it was great to see so many of you round the table at The Turnpike in Yarnton. But we can always use more people, we do a lot but there is so much more that we would like to do. The committee meetings are open to anyone so please come along to the next one on 16 January if you can.

Last but not least, I'd like to thank everyone who has done some amazing fundraising for us this year. We wouldn't be able to do any of the above without your continued support. Many thanks from all of us.

Let's hope 2017 will be another great year for Down's Syndrome Oxford. I wish you all the very best for the New Year.

Marion Simon

Donations

(September 2015 – October 2016)

The following money has been given or raised for DSO in the last few months, for which we're extremely grateful

Donations include:

£5115	Steven Willis – 1000 miles in 12 months for his nephew Lucas This includes £1500 from TJX Europe and £169.50 from Marshall Tufflex
£950	Natasha Pitts and Kidlington Green Social Club for the Green Road Music Festival held in August
£600	Oxford Inner Wheel Club for a garden party and raffle held in August
£250	Family member of Charlie Sumner
£313.50	Matthew Perriss, Oxford Half Marathon
£188.19	Neil Holt, Oxford Half Marathon
£50	Robert Dubock
£155	Lloyds Bank Foundation Staff Matched Giving Scheme for Rowan George's belly dance event held in April 2015
£110	Ellie Simmons cake sale
£110	Charitable Giving Great Western Gift match for Stuart Crawford's quiz night in May
£410	Waitrose, Witney for the Waitrose Community Matters green token scheme
£94.62	D'overbroeck's cake sale
£10	Morna Whitlock's book sale
£7	Sue Crisp
£20	Phoebe Gibbon cake sale at Chalgrove Primary school
£15	Katherine Horrock collection
£75.57	Spires Sandwich Deli, Cowley, collection box
£100	Oxford Brookes Lettings
£100	Emma Mellor, who received a donation from The Sun newspaper

The following people are fundraising for DSO

Kat Cornfield and her friends and family: Vision Wild Run in memory of Elliot, May 2016
Martin Cullen, friend of James Marsh: Iron Man UK, Bolton July 2016
Joanna Woodley, Jamie Beckett's preschool keyworker: Brighton Marathon, April 2016

Donations April 2016 – October 2016

£50	Family Member of Thomas Foulds
£530.00	Amber Wing and family school cake sales (Joseph Wing)
£618.88	Reed Elsevier Gift Match through Dean Stacey (Joseph Stacey)
£647.28	Wootton Community Centre
£17.00	Sue Crisp
£216.50	Amber Wing and family School May Day Posies (Joseph Wing)
£150.00	Suhana Belly dancer
£658.02	Banbury Team National Citizen Service (Arthur Fonge)
£50.00	O'Sullivan family (Elliot Cornfield)
£154.00	Coventry Building Society
£848.83	Herbert family fundraiser (Arthur Fonge)
£1065.00	Joanna Woodley – Brighton Marathon (Jamie Beckett)
£1185.28	Martin Cullen - Iron Man Triathlon (James Marsh)
£8247.73	The Cornfields and friends – Elliot's Army, Vision Wild Run (Elliot Cornfield)
£450.88	Lisa Marcham – Elliot's Army, Vision Wild Run (Elliot Cornfield)
£386.14	Lucy Robinson - 5K at Olympic Park
£867.00	Lucy Sanderson & Nic Walker - Oxford Half Marathon (Chloe Sanderson)
£500.00	Oxford Gene Technology Charity Committee
£50.00	Nigel Oddy of the DeddiArms, Deddington

A huge thanks as well to all those who give regularly by standing order

In December 2015 the primary club visited Santa's grotto at Millets Farm. We all had fun making reindeer food before a sing along with the elves. Then it was time to visit Santa and have a picture with him. Finally all the children got to pick a gift from Santa's workshop. Afterwards everyone enjoyed tea together.





On Saturday 27 February we were very lucky to have Suzanne and Tracy from Singing Hands run a session for us at Sandhills Primary School. It was a hugely successful afternoon and it was definitely one of our best attended events to date. It was lovely to see so many families there, with children of all ages thoroughly enjoying themselves and joining in. The very talented Suzanne and Tracy engaged with all the children and used a range of fun props to get everyone involved. A special mention must go to Kaylah Ford who is clearly a huge Singing Hands fan and did a fantastic job of accompanying Suzanne and Tracy throughout session. Afterwards it was lovely to catch up with other families over a cup of tea and a biscuit!

Lucy







Owen's class have fun decorating the white board.



Owen and his class friends showing off there odd socks.



Amber having fun on odd socks day.

Ellie Taylor age 13yrs meeting Theresa May !!



Theresa May was at John Watson school back in the summer opening the Venison house which stands in the school grounds(its an outside learning space with a sensory garden). Ellie was very open and chatty as was Theresa she asked Ellie what she liked most about school after careful thought Ellie said "boys" !! Then followed this up by saying do you? The PM smiled and said of course which made Ellie laugh and she came back with "yeah like me" and "i like your shoes" and very polite this was too followed by me (mother) swiftly moving Ellie before she says anything ...ummm not so polite as i could see she was lovely the attention,

Ellie clearly has no idea who this lady is but it was lovely for Theresa May to make time to talk with all the children that wanted too and even though i was worried Ellie might say something cheeky she done me very proud on this day !!



Craig's surprise gift



The jump was a surprise gift from his girlfriend for his 30th! Craig Archer jumped out of a plane whilst he was in Budapest!!

Sara(his girlfriend) thought it would be extra special and mean a lot more to him knowing he was doing it for a worthy cause! The aim was to reach a target of £150 but we were overwhelmed by all his kind friends! We are biased and think he is great but it was so lovely seeing that others think the same, it was amazing as him and Archie have such a special bond he was over joyed that he could show how much love he has for Arch!! and also with the footy being canceled it was so good to get something this year to DSO!

I believe the amount was £1045 on just giving and I have £50 to collect. So a total of £1095





Summer Party

This year's summer party was again at Manor Farm, Waterperry. The date had to be rescheduled from July to August due to horrific rainfall and we were very grateful that Capri Marquee's generously moved the marquee booking too. On the day we had blue skies and bright sunshine.

Colonel Custard entertained with a circus skills workshop followed by a magic show. He was very entertaining and wonderfully engaging with all our members, despite a certain heckler hey Isla!

This was followed by an amazing Punch and Judy show hosted and performed by our very own Otto Baxter and the whole day was accompanied by a picnic alongside music and a lot of bubbles and smoke from the Smith Families Entertainment.

We also took this as an opportunity to thank Steve Willis (Uncle to Lucas) who ran 1000 miles in a year and by doing this raised over £5000 for DSO.







Members of DSO were very lucky to be given the chance to spend the day at paultons park. It was a unity club event and was attended very well with 128 of us descending in September. We were blessed with fabulous weather and a lot of smiles and great memories were created. This trip was made possible by members support and fundraising. Social activities are very important to our families and we were all very grateful for the amazing family time.





DSO Lottery Update

Join in and win!

These are the last few months Lottery winners. Thanks to everyone for their support. This is a great way, and a bit of fun, to raise money for DSO.

If you would like to join then simply set up a monthly payment to the DSO Lottery - account no 2978 6768 and sort code 30 80 45. It's £5 for one ticket or £10 for two, and send an e-mail to lottery@dsxford.org.uk We will then allocate your numbers. Thank you to everyone who supporting us. Amanda Foulds & Lucy Sanderson



Recent winners...

June

1st Prize - £39.00	Emily & Matt Robinson
2nd Prize - £23.40	Will Foulds
3rd Prize - £15.60	Rachel & Gary Lane

July

1st Prize - £39.00	C & J Dilnot
2nd Prize - £23.40	Nigel Orman
3rd Prize - £15.60	Andrew Partner

August

1st Prize - £39.00	C & J Dilnot
2nd Prize - £23.40	Netty Lings
3rd Prize - £15.60	Jo Sumner

September

1st prize - £39.00	Andrew Partner
2nd Prize - £23.40	Rachel & Gary Lane
3rd Prize - £15.60	Jo & Stuart Crawford

October

1st prize - £39.00	C & J Dilnot
2nd Prize - £23.40	Sally Dubock
3rd Prize - £15.60	Sue Beckett

November

1st prize - £39.00	Ella Segran
2nd Prize - £23.40	Andrew Partner
3rd Prize - £15.60	Ruth & Nick Smith

Oooh What a Performance!!!



2016 has been a real year of achievements for Lucy (10) or should I say recognition for her achievements as every year is full of success!

Lucy loves participating in her chosen hobbies, and at home is a consummate performer which I know many of you will relate to. But when faced with an audience or unfamiliar people she flatly refuses to perform although like many aspects of her character, her confidence has got better each year. This year has been a real year of milestones, for which we are hugely proud of our little girl. Since she was born I have always assumed it was going to be up to us to pile on the praise for what we recognised as an achievement for Lucy, the scales of which other people would not understand. For 5 or so years we have continued to encourage but not pushed Lucy to participate in performances even though we know how much she hates them, trying each year to take just a small step forward with her confidence. This year's successes have been a long time coming and with a lot of hard work and heartache. Hopefully it will encourage other parents to persevere....good things do happen and other people do recognise our children's efforts.

For the last 5 years she has been attending an interpretive dance class (Tac au Tac) with a number of her other friends with DS and each year there is a show....in a theatre...with an audience and we have moved on year by year from flatly refusing to appear on stage, to standing at the back of the stage with her back to the audience, to hiding at the back holding tight to the teacher, to this year an actual performance!!!



Lucy successfully appeared with her ballet class in a whole dance school production of La Fille Mal Gardée..on a stage..in a theatre...albeit she danced at the back and had her Crocs on ready to leave before the final curtain call!

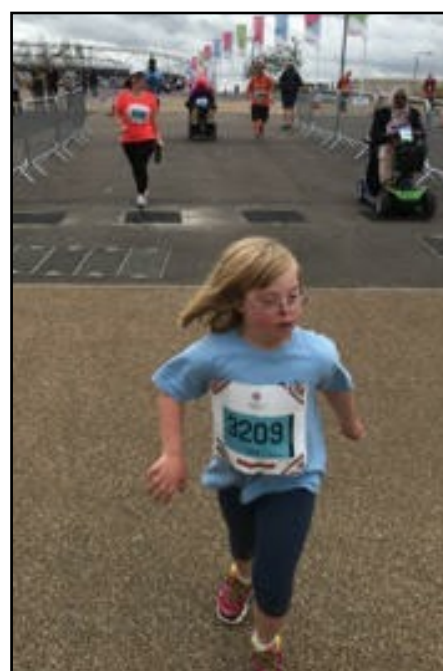


In September, myself, Matt and Lucy all participated in a 5k event called Parallel London, exclusively for people with a disability. The first event of its kind, sponsored by Barclays, took place in the Olympic park in London and participants could choose from a range of race lengths. After not much training Lucy completed the 5K run - well she ran maybe 1k, pushed other children in their wheelchairs for 2k and hitched lifts with Daddy for another 2k...moaning for



4.5K...but she did it!! she got a medal, a goody bag and as many free ice creams as she could eat...what more motivation could she need. She also raised nearly £400 for DSO! It was a lovely event, we even bumped into some old DSO members who have moved from the area. There were loads of side shows and information providers relating to disability. Hopefully this will be an annual event and we can get some more DSO kids people involved?

October's achievement was being presented with a trophy by KUMON, with whom she attends Maths lessons, at a special prize giving ceremony. Although she has made great progress with her maths this year, her KUMON teacher wanted her to have an award so she received an attendance award - who care's what it is for, she had to march up on to the stage, shake hands, pose for a picture and receive a trophy!!! which she did beautifully despite having to wait an hour and a half for her turn.



The last of this year's awards (we need a bigger trophy shelf!!) was for Ballet. She has been having ballet classes for about 5 years but we have always steered clear of the exams. Lucy won't even let me watch her in the last lesson each term - all the other Mums sit and watch their children perform and I have to stay outside! Her ballet teacher was keen for her to have a go at an exam and we really sold it based on the fact that she would get a trophy, which appears to be quite a motivating factor. Despite being in a Grade 2 class, she did a beginners exam and bagged herself a pretty weighty trophy for about 3 minutes work!!

I am pretty sure that's the end of the awards for 2016 - we are bursting with pride and who knows what 2017 will hold?! Lucky it's not an Olympic year!!



Emily Robinson

EDG Group

Here is a picture of Amos giving Joseph Wing a cuddle and a couple of Amos and Jamie in their EDG group with Sally.

Emma Smith



Wheels for All



Wheels for All Oxfordshire provides opportunities for both adults and juniors to access inclusive cycling.

The Wheels for All initiative is a nationally recognised programme run by Cycling Projects whose vision is to ensure that cycling is accessible for all. By using specially adapted cycles, the activities are both physically and mentally stimulating and most importantly, fun for everyone involved!

Wheels for All Oxfordshire offers a wide range of specially adapted cycles and trained leaders to ensure participants enjoy and get the most out of these fantastic cycling sessions.

During these sessions participants can try out a wide range of bikes, build their confidence, socialise and have fun!

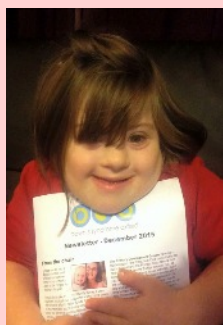
Telephone 01865 252661

Junior Wheels for All Witney Artificial Turf Pitch, Gordon Way, Station Lane, Witney, OX28 4EL

Adult Wheels for All Horspath Athletics Track, Horspath Road, Oxford



DSO NEWSLETTER NEEDS YOU!!!



If you run a club or particular activity, or are a regular newsletter contributor, please send an update of what you've been doing plus future plans.

Any good photos of your children doing something significant would be great too, whether that's school stuff, holidays, outings, meeting famous people! Christmas party.

We've had some lovely profiles of DSO children in recent issues, to do with a hobby they're doing or stage of life, so keep them coming too.

Also, if you've seen any articles in the media about Down's issues, which we could reproduce, do let me know.

And if you know of someone else, who can contribute, please forward it on.

Thanks again - your help is much appreciated.

Gary Lane

Email address for the DSO Newsletter:-
newsletter@dsoxford.org.uk

Training



DSO has been very active this year running many training workshops for both parents and school staff.

In October we ran a day training course 'Meeting the learning needs of pupils with Down syndrome' which was an introduction to DS, aimed at school staff who have had little or no previous training. The course, delivered by Lucy and Julie from Inclusively Down, was fully booked and received great feedback from those professionals who attended.

In November, Karen Smith a sleep practitioner who works with children with special needs ran a morning workshop for sleep deprived parents who struggle with children with sleep problems. Karen suggested many practical ideas and strategies not only for children who find it difficult to fall asleep but also those who are early wakers.

In the coming weeks, Sandy Alton will be running a workshop for both parents and school staff on fine motor skills and handwriting and in the new year we will be running two workshops on behaviour, see flyers.

All training courses are advertised by email, so it is always worth informing your child's TAs and teachers that they can join our mailing list through the DSO website.

Libby Lumley
Makaton Regional Tutor
Hands Aloud

Makaton training in Oxfordshire and surrounding areas by 'Hands Aloud'

Libby is a licensed Makaton Regional Tutor who is available to deliver a full range of Makaton Workshops at your setting as well as regular workshops in Abingdon, Oxfordshire.

If you have an interest in learning Makaton, attending a Taster Session or booking an in-house training workshop please contact Libby on

07546 191811
Twitter @HandsAloud
LibbyMakatonTutor@gmail.com
www.facebook.com/HandsAloudMakaton

Taster Sessions - 90 mins

For Professionals
Foundation Workshop
Enhancement Workshop

For Parents and Carers
Beginners Workshop
Follow Up Workshop

Makaton Signing for Babies

Libby Lumley
Makaton Regional Tutor
Hands Aloud

Makaton Training Workshops
Abingdon, Oxfordshire

Date	Duration	Type of Workshop	Cost
24th & 31st January 2017	2 day workshop	Foundation Workshop for professionals and teachers	£150 per participant
14th & 21st March 2017	2 day workshop	Beginners Workshop for parents and carers	£120 per participant
16th & 23rd May 2017	2 day workshop	Foundation Workshop for professionals and teachers	£150 per participant

What is Makaton?

Makaton is a language program using signs and symbols to help people communicate. It is designed to support spoken language and the signs and symbols are used with speech, in spoken word order.

Today over 100,000 children and adults use Makaton symbols and signs. Most people start using Makaton as children then naturally stop using the signs and symbols as they no longer need them. However, some people will need to use Makaton for their whole lives.

MANAGING BEHAVIOUR: PUPILS WITH DOWN SYNDROME - Training for School Staff

Date: Wednesday 25th January 2017
9.15am - 12.15 (registration/coffee from 9am)

Venue: Kassam Stadium, Conference Centre,
Grenoble Road, Oxford OX4 4XP

Trainers: Lucy Clark & Julie Knight 'Inclusively Down'
www.inclusivelydown.co.uk

A half-day workshop aimed at TAs, teachers, sencos, pre-school staff and all professionals working with children and young people with Down syndrome.

This course will assist you in understanding the reasons why a pupil may exhibit difficult behaviours and will offer a range of practical strategies and interventions which can help promote positive behaviours.

Cost: £20 Limited to 20 places.

To book or for more information please email Elsa Gill
elsagill99@gmail.com



The cost of this training has been heavily subsidised by charity DSO.

MANAGING BEHAVIOUR: PUPILS WITH DOWN SYNDROME - Training for Parents

Date: Wednesday 25th January 2017
1.15- 4.15pm (registration/coffee from 1pm)

Venue: Kassam Stadium, Conference Centre,
Grenoble Road, Oxford OX4 4XP

Trainers: Lucy Clark & Julie Knight 'Inclusively Down'
www.inclusivelydown.co.uk

A half-day workshop aimed at parents of children with Down syndrome.

This course will assist you in understanding the reasons why your child may be exhibiting difficult behaviours and will offer a range of practical strategies and interventions which can help promote positive behaviours.

Cost: Free, however you must book a place. Limited to 20 places.
To book or for more information please email Elsa Gill
elsagill99@gmail.com



The cost of this training has been paid for by DSO.

Max Card. A Discount Initiative for Foster Families and Families of Children with Additional Needs.



Have you got your free MAX CARD yet?

MAX CARD is a national discount scheme for families of children with additional needs aged 0-19 years.

The scheme has recently been funded by Oxfordshire County Council, and free cards are now being administered to eligible families.

Current supporting attractions include Legoland, Tenpin Bowling, SEA LIFE and Go Ape!

If you fall under Oxfordshire County Council, and have a child with additional needs, please contact michelle@carersvoiceoxfordshire.org to obtain your free Max Card today.

Remember to connect on social media www.facebook.com/mymaxcard for a live feed of attractions joining!



Dear TA, Teacher or SENCO,

Down's Syndrome Oxford (DSO) is a charity organised and funded by volunteer parents and supporters to provide information, support and activities for children and adults with Down's syndrome and their families living in Oxfordshire.

As a parents group we are very keen to support those who work with our children. We run training workshops throughout the year, led by both local and national experts. These training sessions are usually subsidised by our charity to keep costs very low.

If you are interested in hearing about future training events—please join our email mailing list.

How do I sign up to hear about training?

1. Go to our DSO website www.dsoxford.org.uk
2. Click on the '**Connect**' icon on the homepage.
3. Complete the form. Choose to receive emails (by clicking 'professional' you won't receive emails about social events) or you can also choose to receive our quarterly newsletter. We will never pass your details to a third



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 01154094).

Please return this slip to DSO, not your bank, c/o Treasurer DSO, Sue Beckett.

We will not share your information with any other organisations.

Your Name: _____

Your Address: _____

Postcode: _____

Registered Charity No. 1103850

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preschool@dsoxford.org.uk

Primary Club Co-Ordinator

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primary@dsoxford.org.uk

01235 510222

10+ Club Co-ordinator

Lucy Sanderson

10plus@dsoxford.org.uk

01869 327055

18+ Club Co-ordinator (adults group)

Position vacant

18plus@dsoxford.org.uk

Early Development Group Administrator

Netty Lings

edgs@dsoxford.org.uk

01993 852391

Early Development Group Leaders

Colette Lloyd (01993 883707) Anne Churchill-Stone (01235 533011)

Website: <http://www.dsoxford.org.uk>

General enquiries email address: info@dsoxford.org.uk

Facebook: <https://www.facebook.com/groups/dsoxford>

Twitter: <http://twitter.com/DownsOxford>

*With thanks to Print Concern who very generously
Printed our newsletter free-of-charge.*



down's syndrome oxford
A Registered Charity - No. 1103850



Deadline for the June newsletter 2017 is the 6th May and the deadline for the December newsletter 2017 will be 4th November. We welcome any text or photos about your child enjoying themselves – not necessarily at a DSO event.

Please send material to the editor Gary Lane at newsletter@dsoxford.org.uk