



down's syndrome oxford

Newsletter | February 2021

From the Chair

Welcome to our latest lockdown newsletter—full of fun, positivity and friendship. It's such a joy to see how our DSO family comes together in our own way to enjoy each other's company and support each other in these challenging times. Such an amazing amount has happened since our last newsletter:



DSO's Winter of Wonder (page 4) was a fantastic series of music, dance, craft and social events for all ages—thank you to everyone on the Social Events committee for organising these. Our **Sensory Processing and Maths for Life pilot programmes** (page 8) are just launching—thank you Elsa Gill and Amanda Foulds.

Our **16+ Parents Group** has sprung into life on WhatsApp with priceless knowledge being shared and support given. I know this group is looking at ways to capture and share that knowledge more widely. If your family has a young person or adult over the age of 16 and you would like to join this group, please get in touch with Amanda Foulds (amanda@dsoxford.org.uk)

Despite lockdown, many of our young people have continued to thrive and achieve amazing things. A few have shared their **lockdown stories** (page 12). We have been fortunate to obtain **grant funding** (page 2) for many of our recent activities and our pilot programmes. Thank you to Katharine Horrocks for preparing the

submissions. More help is always needed to find and write grant applications, so if you know somebody who could help, do contact me.

As expected fundraising has been a challenge and by January 2020, our fundraising income was down 88% vs last year. As I write, Sarah Fonge has just launched **DSO's 21 Challenge** (page 11), encouraging each of our member families to raise just £21 for DSO. Collectively those £21 add up. Did you know, if each member raised just £21, it would fund our PDG programme for a whole year? So every little really does help.

Stay strong, stay safe and sending very best wishes from our family to yours.

Jos Smith, Chair

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Grant Applications and Funding

Katharine Horrocks writes:

Obviously this year, in common with many other charities, it has been difficult for DSO to do much fundraising. We are so grateful to our regular supporters who support DSO either through direct payments or by taking part in our lottery, but we have been scouring opportunities to apply for funding from other organisations.

Earlier in the year DSO applied to the National Lottery's Coronavirus Community Support Fund which was inviting charities to apply for funding specifically for activities to combat the effects of Covid related lockdowns. In September we were delighted to hear that **we had been awarded a magnificent £9,759!**

Our application stressed the difficulties people with DS face, especially those at school who may be at risk of falling further behind their peer group. We applied for funds to **extend the Early Development Groups**, and to **support our Winter of Wonder activities**. We also wanted to try and combat specific issues relating to **maths skills and sensory processing**.

Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to carry out many of our activities this autumn, winter and spring. Thanks to the Government for making this possible.

We hope that many of you have enjoyed the Winter of Wonder activities, which included parties, a panto, sessions with Dave Benson Phillips and our recent sessions with Singing Hands. A new activity has also been a highly successful West End Warehouse session. You can read more about these activities on pages 4 - 6.

A large proportion of the funding from the National Lottery will go towards a Maths for Life Programme and a Sensory Processing Programme. Both of these initiatives are designed to give parents the confidence and skills to help their children, at whatever stage they may be at, whether still at school or beyond.

Please see the information on pages 8 and 9 for more information about both these programmes. We are hugely grateful to the National Lottery Community Fund for their generous contribution.

We also received a **fantastic donation of £1,000 from the Robert and Moss Charitable Fund**. This allowed our Early Development Groups and Primary Development Groups to be extended until the end of July, as we realised that the lockdown has had a significant impact on learning opportunities at school for our children.

The Coventry Building Society has supported DSO for a number of years now and we are hugely grateful to them for a further £980 we received this year from their Pandemic Fund. We used this money to fund our Summer of Fun activities to enable people with DS and their families to get together and have some fun, despite the limitations we all faced.



We continue to search for other funding streams to allow DSO to continue, and even extend, our activities. At the moment we are waiting to hear from the Oxford Community Foundation Community Resilience Fund. Please do contact any of the committee if you hear of other funding which may be available to charities like ourselves.

And if you'd like to do some fundraising of your own for DSO, then take a look at page 11 to find out about 21 Challenge, our new fundraising initiative to coincide with World Down's Syndrome Day (WDSD).

PDG update

The Primary Development Groups have carried on during the covid pandemic. They come in all shapes and sizes at the moment: we are running them virtually on Zoom, FaceTime or Google Meet at school and at home.

Colette also saw children at school before the recent lockdown and virtually at home when children were not able to attend school for health reasons. Most children have their sessions one-to-one with Colette because we are not allowed to have children visiting each other at school and in groups. However, we are also running a virtual group with a couple of girls at home and one at school.



The strange times haven't held us back in supporting children, parents and staff at primary schools: since the start of the academic year we have held sessions for 19 children and we're hoping to have reached a lot more by the summer holidays.

Marion Simon
PDG Coordinator



Hot on the heels of the successful Summer of Fun, **our Winter of Wonder programme of online events** saw some familiar favourites as well as some exciting new ones. They were extremely well-attended with over 330 participants attending the 13 events.

Festive Sing and Sign Along



Cooking with Sonia



Festive Crafts with Sonia



Dave Benson Phillips



West End Warehouse



Sharky and George Parties



Pantomime



Singing Hands



And here's what you said about them ...

Such fun to do this online - Sonia did a brilliant job!

A lovely way to be together when we can't actually be together.

These events are a lovely way for our young people to play alongside with their friends, when they can't to it in person at the current time.

Thank you for organising this. How lovely to be connected with so many other DSO families for a Christmas sing-song. A really heart-warming and powerful sense of community. These online events have really helped us to remain positive and connected in these very lonely times. Thank you so much.

Wonderful festive fun. DSO Choir is fantastic, and has been so important to us this year.

Thank you so much for organizing the events during this difficult time!

It was fantastic for our children to have a chance to work with a real West End star. He was wonderful with the children, pitched it just right and was so positive. Thanks so much!

Cooking and Festive Crafts with Sonia



Sonia writes:

I had great fun running our Christmas craft and cooking session during DSO's Winter of Wonder. It was so lovely to see everyone smiling and engaging with the activities we were able to offer and I must say I saw some really lovely looking tree crafts and tasty mint creams during the sessions.

I was a little worried at the start, but that soon disappeared when I saw all the smiling faces ready to start. I must say I did feel a little guilty for all the glitter mess though! A massive thank you to the parent helpers and of course our very lovely children who I hope had fun!



Dave Benson Phillips

After the success of his summer events, Dave Benson Phillips joined us once again with his guitar for a good old sing along.



A firm favourite was the Shark song, beautifully performed by Joseph!



Sharky and George Parties

Sharky and George ran two action-packed and fun-filled parties to get us in the Christmas mood. From dancing and games to making cushion tower Christmas trees and toilet roll snowmen, it was brilliant fun that kept everyone entertained and active for the full hour.



Festive Sing and Sing Along with the DSO choir



We made sure the choir didn't miss out on singing and signing their Christmas songs this year. The festive sing and sing along provided an opportunity for not only the choir to get together but family and friends too. And it was a great way to get us all in the festive mood.

Emily and Lucy, in their new choir hoodies, enjoyed signing along!

West End Warehouse

Ellie Walpole writes:



Right up until the day before our **'West End Warehouse' Workshop on 28th December** we were not absolutely sure that **Actor and Choreographer Sam Lathwood** was going to be able to lead our Zoom choreography workshop. BUT... having found a

way home straight from the most amazing run of 'live' (with no audience) performances of *A Christmas Carol* at The Old Vic in London, Sam cleared some space at his home to throw himself into **teaching 25 youngsters a routine from *Matilda*** - the musical of the famous Roald Dahl book.

From what I could see on my screen EVERYONE had an absolute ball! We had a whole range of folk from 10 upwards involved and some newcomers too.



After an energetic warm up, Sam shared with us a few fantastic photos of him in the touring troupe of *Matilda* which it turned out that Lucy had been to and even had Sam in her program! He set the scene and then took us through a



step-by-step routine from the hit song *Revolting Children*.

A whole hour flew by and at the end we gave Sam a performance as so many of those involved were from our DSO Choir.

Sam sent this lovely message back that evening: "That was so special, thank YOU so, so much for having me. *This is Me* absolutely finished me off, so brilliant. Even the parents getting involved too was so special!! What an incredible group. An absolute joy to teach every single one of them."

Obviously ONE event for DSO was not enough and Sam quickly cleared some time in his busy schedule to do **another workshop** in January soon after the Lockdown was announced. **This time a *Supercalifragilisticexpialidocious Mary Poppins* routine** from the West End

production that Sam will be in later this year when the theatres are allowed to open again! In fact Evie Mae and Freya even have tickets!



It was another HUGE success. Hold tight for some more dates from Sam!



Two exciting new initiatives

We are pleased to be running two exciting new initiatives—a Maths for Life Programme and a Sensory Processing Programme. We are hugely grateful to the National Lottery Community Fund for their generous contribution which has made the running of these two programmes possible.

The closing date to apply to take part in the Sensory Processing Programme is 2nd March. You can find details of how to apply and other key information about the programme on the opposite page.

The Maths for Life Programme is now underway, and as the flyer below shows, it will provide a fantastic opportunity for 18 children or adults to have a one-year personalised maths programme, benefitting from the vast experience of *The Maths Mum*® Karen McGuigan.

FREE DSO Maths For Life Programme

DSO has launched a *groundbreaking* pilot: a one-year *maths programme* for 18 families. This *programme* has been developed by Karen McGuigan aka *The Maths Mum*®. Karen, Educational Consultant and mother of a son with Down's syndrome, has a vision for a differentiated approach to the *maths curriculum* based on practical understanding.

Karen will identify the gaps in the child's *maths knowledge*. She will then guide parents to help their child learn the essential *maths skills* they need for life.

For each participant the *programme* includes...

- an initial *maths evaluation* to identify strengths and weaknesses.
- quarterly 1:1 Zoom consultations with Karen.
- 6-month review.
- end-of-year evaluation.
- a copy of Karen's book *Maths for life - A Differentiated Approach*.
- 1-year subscription to the *MFL* online platform which includes differentiated resources, workbooks, templates etc.
- DSO *MFL* online support group.

Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to offer this free *programme*. Thanks to the Government for making this possible.

 In partnership with


FREE DSO Sensory Programme for Parents

Does your child...

- have sensory meltdowns?
- hate brushing their teeth or hair?
- complain about how their clothes feel?
- have limited food choices? Gag on food?
- struggle with attention and concentration?

DSO is launching a **FREE** sensory programme for 16 families. This 6-week programme is delivered by Highly Specialist Children's OT Vicky Robinson who has a specialism in Sensory Integration. Vicky will give parents a clearer understanding of their child's sensory needs and guide them to create, implement and maintain a bespoke sensory plan so they are able to choose the *right* sensory strategies, at the *right* time and in the *right* way!

This is an amazing opportunity to gain access to a Specialist OT!

This programme includes...

- 6 weeks access to the *Sensory Foundations Programme*: an amazing online resource which includes video lessons, handouts, checklists, activity demonstration videos and much more.
- a workbook, to guide parents step-by-step through the programme.
- fortnightly group Zoom meetings with Vicky.
- a closed Facebook group where parents can post videos/pictures of tasks and receive feedback from Vicky.

Important dates:

2 March	Closing date for applications.
7 March	Parents will be notified if they have a place on the programme.
19 Apr	Programme start date.
30 May	Programme end date.

DSO parents/carers with a child aged 3yrs or above on 1st April 2021 are eligible to apply. There is no upper age limit. If oversubscribed, places will be decided by ballot.

For further information contact elsa@dsoxford.org.uk

Christmas Goodie Bags

A big thank you to the Oxfordshire Freemasons for their lovely gift of teddy bears, chocolates and Santa hats for our children.

Each year the Oxfordshire Freemasons pay for our families to go to see the pantomime at the Oxford Playhouse but as performances were cancelled they **kindly donated these wonderful gifts.**

As well as providing the yearly pantomime, Freemasons across England and Wales supply these teddy bears to A&E hospitals and Minor Injury Units. So when a distressed child goes to an emergency unit, the nursing staff can give a teddy to help them through their ordeal.

They have given out 2.5 million teddy bears over the last 15 years!

Also in the bag was a Santa hat and some **chocolate buttons from the Barry Callebaut Chocolate Factory** in Banbury who supplied them as a gift. A big thank you from all of us at Down's Syndrome Oxford!



A visit from the Christmas Bus

In the run up to Christmas some of our members received a visit from the brilliantly decorated Oxford Bus Company party bus which was organised by Yellow Submarine, KEEN and Mencap. Staff from the three charities dressed up and made socially distanced visits to deliver presents to children in Oxford. Here are DSO members Thomas and Kaylah enjoying their visit from the bus.



Will you take on the 21 Challenge?

To celebrate World Down's Syndrome Day on 21st March 2021, DSO are challenging every one of its members to try and raise just £21 each.

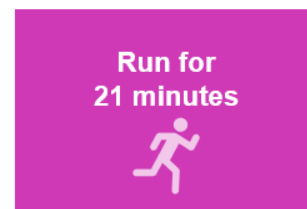
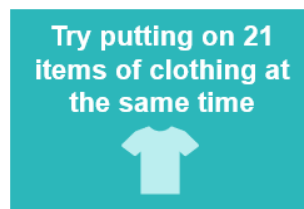
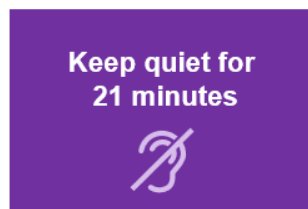
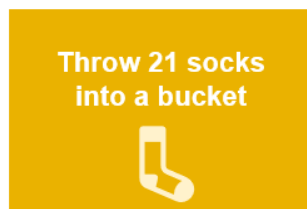
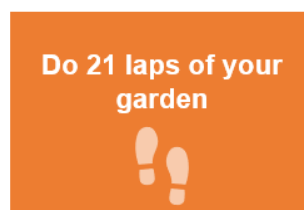
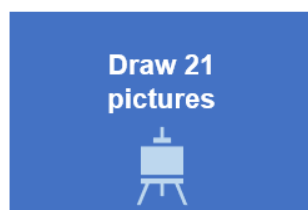
Because together, a little effort can achieve a great deal.

If every one of our 200+ members raised just £21, that will help bring over in £4,500 of much needed funds to DSO, **in a year when our fundraising is down by 88%** due to circumstances beyond all our control.



How you raise your £21 is up to you.

Maybe you could include the number 21 into your challenge:



... it really is up to you

To keep things simple (and to avoid handling cash wherever possible), we are recommending all funds raised are collected via JustGiving. This event has been set up on JustGiving and is available to select when setting up your page.

Another advantage of JustGiving is that DSO can benefit from raising up to 25% more from any UK taxpayer who sponsors you. You can set up your own JustGiving page linked to our 21 Challenge event in just a few clicks. For full instructions, please check the DSO 21 Challenge email that was sent on 5 February. .

You are also welcome to **invite friends and family to join DSO 21 Challenge**—the more of us there are, the bigger the impact for DSO and its members.

So ... are you up for the challenge? You know you want to!

Your Lockdown Stories

Rosie

Rosie was born in September 2020. We received a postnatal diagnosis of Down's syndrome after a low chance screening result. Rosie had a week-long stay in hospital to give her a bit of help. A nurse in HDU at the John Radcliffe had had the same experience as us 18 years ago and said how wonderful Down's Syndrome Oxford was as a charity. I felt so lucky to have met her on Rosie's second night in hospital, when I felt so scared and lost. We were very much in shock, but we soon found the DSO website and contacted Emily Higgins, the New Parent Contact. Her story mirrored ours too, which was extremely comforting.

Since joining DSO we have been very lucky to meet (albeit virtually at the moment) parents that have walked the path before us, and enjoyed some wonderful sing and sign sessions. We can't wait for the next ones and to meet everyone once we are allowed, and get involved where we can in helping the charity. We know Rosie and her big brother Riley will get so much from it.



Samuel

Being shielded since February 2020 hasn't stopped Samuel having lots of fun. The warm summer was a blessing and life moved outdoors. The fence was water painted, the paths were chalked and painted, dens were built, veg and strange looking sunflowers were attempted. leaves/snow piled up for hiding in. There was even a little horse-riding with Nana. Bring on 2021!



Jojo

Home schooling has proved pretty challenging with Jojo. Most days he's refused to get dressed unless I promise to paint his face—as you can see I'm no artist. We've managed the odd phonics success and lots of baking (and the odd spot of window cleaning!).



Alexander

Alexander and his dad have walked 50 km over a period of a few months by following the Bicester Health Walk routes. There are a variety of different 5k walks all around Bicester, marked with a blue trail, and Alexander has loved following the line and being photographed at every finish!

The walks are all flat and accessible and it is a really fun and easy way to get some exercise whilst having a goal, so if anyone wants to have a go you can find the walks at www.cherwell.gov.uk/downloads/download/1154/health-routes-in-bicester.

Amber

Amber used to be petrified of dogs. She's much better since we've had our own. We had Jip, a Labrador retriever, since just before lockdown #1. Here she is having a cuddle with him on the sofa, sporting her DSO Choir hoodie!



Ellie

Ellie has been busy during lockdown with lots of zoom calls both with DSO, Yellow Submarine and KEEN. All have given Ellie something to look forward to and a little structure in between 6th form where she's continued part time. Her favourite has to be our very own DSO Choir closely followed by KEEN's Got Talent where she's taken part in many of the talent shows often singing along to her favourite show songs and, of course, baking with both KEEN and Yellow Submarine. I can recommend both of these groups, in addition to DSO. Ellie found it quite hard to focus to begin with but now it's part of her week and she absolutely loves it. Should you wish to join any of these groups you are certain to receive a very warm welcome with a range of activities from singing, yoga, baking, talent shows and so much more!



Matthew

An upside to lockdown #1 was that Matthew bought himself a practice drum kit so he could carry on with lessons over Zoom. He has been able to practise almost daily instead of only playing once a week as before. The improvement has been wonderful to see and his enjoyment in his own skill is something he has not really experienced before as far as we can see.

Similarly Matthew had been learning to ride a tricycle with the splendid Wheels for All through school visits and he was given his own tricycle for his 18th birthday from his wider family. The lockdown enabled him to practise much more frequently. Now he is so much more confident and faster! I can't actually keep up with him if I am walking alongside - good exercise all round. A real plus was that we have been able to have some family cycle rides - a dream come true!



James

James has been enjoying making scones whilst home from Foxes Academy. And as you can see he is a big Slytherin fan!



Bill

Bill started walking during lockdown!



And a happy birthday to ...



Jack who turned 16 in November, and was delighted with his new Blanche t-shirt!



Amber who, along with her twin sister Olivia, turned 11 in December. They were lucky enough to enjoy a meal out and a trip to the Escape Room before lockdown started again.



Shine on Club



In the summer we launched the **Shine on Club**, a **holiday skills club for older children**

(secondary school age and up). We were conscious that with such a long break from school some families and their children may have found it difficult to keep motivated to learn, so we wanted to find a **fun and engaging way** of encouraging young people to learn new skills, or keep up existing ones, during the holidays.

The Club will had a series of challenges in **cooking, entertaining, thinking about the world of work, and keeping fit and healthy.**



Hannah Dubock was a very keen participant of the club and loved taking part in the challenges, especially the cooking one. These photos show the amazing smoothies, meals, and cups of tea she made independently. And we can tell by the big smile she's got on her face that her cooking tasted delicious too. Well done Hannah!

Committee Meetings

The committee have continued to meet bi-monthly via the wonders of Zoom. **The next committee meeting is taking place on Monday 15 March at 8pm.** Our meetings are a great way to hear about the charity's activities and to put forward your ideas and suggestions. We always welcome new members, so if you'd like to join the next one please look out for the email that's sent out a few days beforehand with the joining instructions.

Or you can get in touch directly with Roberta Celeste (secretary@dsoxford.org.uk) if you'd like more information.

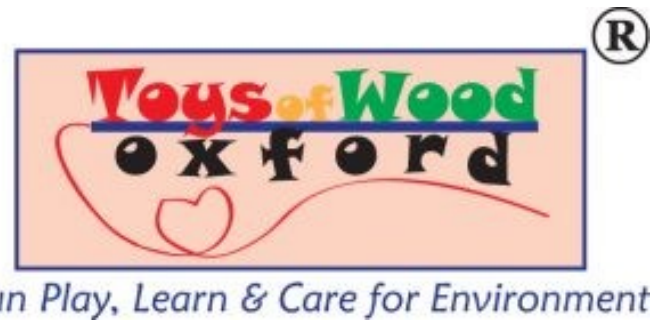


Toy and Puzzle Donation

During lockdown Dr Coco Groves of 'Toys of Wood Oxford' (www.toysofwood.co.uk) generously donated a wonderful selection of wooden toys, puzzles and dressing up outfits for DSO members.

Elsa Gill, Amanda Foulds and Lucy Sanderson handed out some of the toys at a socially distanced drop-in for parents at Elliot's Shed.

The children were delighted with their gifts and we are **hugely grateful to 'Toys of Wood Oxford' for the donation.**



Choir's Smart New Hoodies

Despite not being able to get together face-to-face as a group, the choir have still been practising regularly on Zoom and are looking very smart in their new choir hoodies.

Available in the same lovely bright colours as the choir T-shirts, the hoodies look just as eye-catching, so when the choir is able to once again do public performances outdoors, they will be able to keep warm while looking super smart!



Lottery Results



Recent Winners:

August 2020

1st prize - £50.00	Carolyn Walker
2nd prize - £30.00	Mary Robinson
3rd prize - £20.00	Amber Wing

September 2020

1st prize - £50.00	Netty Lings
2nd prize - £30.00	Shaun Goddard
3rd prize - £20.00	Sam Martin

October 2020

1st prize - £50.00	Jo & Stu Crawford
2nd prize - £30.00	Ella Terblanche
3rd prize - £20.00	Elsa & Jon Gill

November 2020

1st prize - £50.00	Sally Dubock
2nd prize - £30.00	Jenny Dilnot
3rd prize - £20.00	Caroline Ford

December 2020

1st prize - £50.00	Shaun Goddard
2nd prize - £30.00	Elsa & Jon Gill
3rd prize - £20.00	Jenny Dilnot

January 2021

1st prize - £50.00	Emily & Matt Robinson
2nd prize - £30.00	Katharine & Mark Horrocks
3rd prize - £20.00	Sarah Fonge

A big thank-you to all those who take part for your continued support.

We now raise £155 per month for DSO!

Want to join the DSO lottery?

Each ticket is £5 per month

All you need to do is:

- 1** Set up a regular monthly payment to our lottery account
→ **Account number 29786768 / Sort code 30-80-45**
- 2** Send an email to Amanda Foulds at
→ **lottery@dsoxford.org.uk**
- 3** We'll allocate you a number, email you back to tell you your number, and let you know when you win!



DSO Schools Network

A private Facebook group for TAs, teachers and nursery staff

DSO Schools Network is a private FB group for TAs, teachers, nursery staff and professionals supporting pupils with Down's syndrome in Oxfordshire. The aim of this friendly group is to share resources and training opportunities and to hear about DSO projects aimed at school staff.

Please note, this is not a group for parents.

WhatsApp Groups

All of our social groups now have a WhatsApp group for parents and carers. In the absence of our face-to-face social activities, these groups have proved to be a great forum to connect with other parents and carers of children/adults with DS of a similar age group, and to ask questions, share experiences, get advice, or to just have a friendly chat. See opposite to read more about the successful 16+ WhatsApp Group



If you'd like to be added to a group please get in touch with the contact person listed below.



Pre-School Group

Emily Higgins

emilyh@dsoxford.org.uk



Primary Group

Sam Martin-Morrison

sam@dsoxford.org.uk



10 - 16 Group

Lucy Sanderson

lucy@dsoxford.org.uk



16+ Group

Amanda Foulds

amanda@dsoxford.org.uk

Are you receiving the right emails from DSO? Has your child recently moved from one age group to another? See page 22 for instructions on how to check and update your membership information.

Introducing the 16+ Club

The first 16+ online call, for parents and carers, was in held in November 2020 and over the last few weeks has grown rapidly with lots of people joining the WhatsApp group. It has been a great platform for parents to share experiences, support each other and ask questions. On the second online call in January, one of our parents kindly shared her knowledge when seeking deputyship via the Court of Protection. The discussions have been very active and many questions arose within the following topics;

- The Law – Deputyship, Court of Protection
- Finance – Benefits, Bank Accounts, Trusts
- Housing – Supported living
- Further Education – Sixth form school and college, and residential college
- Speech Therapy
- Workplace Support
- Other useful groups and information
- 16+ Social events

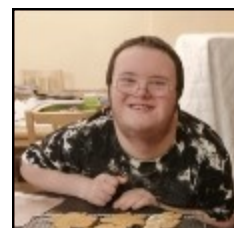
We are planning to hold an online library of the information we gather. If any DSO parent or carer would like to join our friendly WhatsApp group please email amanda@dsoxford.org.uk



Ellie (17)



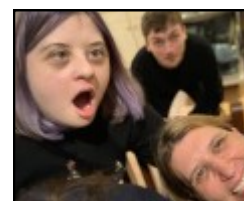
Thomas (17)



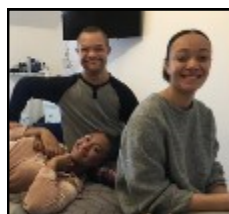
Dan (17)



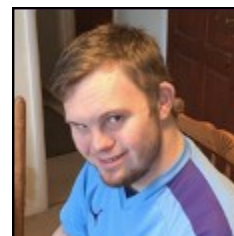
Rosie (17)



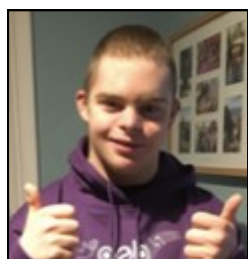
Katie (23)



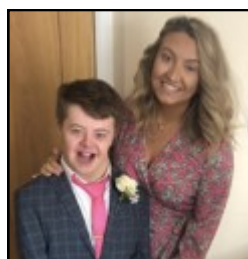
Theo (18)



James (22)



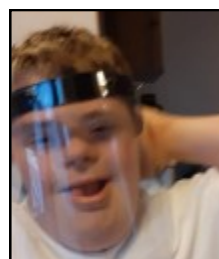
Jack (16)



Matthew (19)



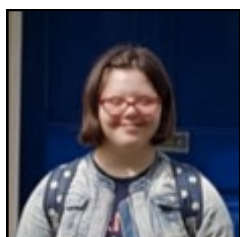
Serenna (23)



Oliver (16)



Yue (19)



Emma (19)



Rachael (20)



Matthew (18)



Natasha (19)



Ellie (16)

Are you still receiving the correct emails from DSO?

Has your child moved from pre-school to primary, and you want to receive the Primary Club emails now instead?

Has your child moved from primary to secondary, and you want to receive the 10+ Club emails now instead?

Have you moved house, changed contact details and need to update us?

DSO uses a simple system from MemberMojo to store and manage all of your membership information. You can amend any of your information at any time in a few simple steps.

Step 1: Sign In to the DSO membership site.

Follow the About You, Your Contact Details menu on the DSO website <http://dsoxford.org.uk>, or go straight to <https://membermojo.co.uk/dsoxford/signin>.

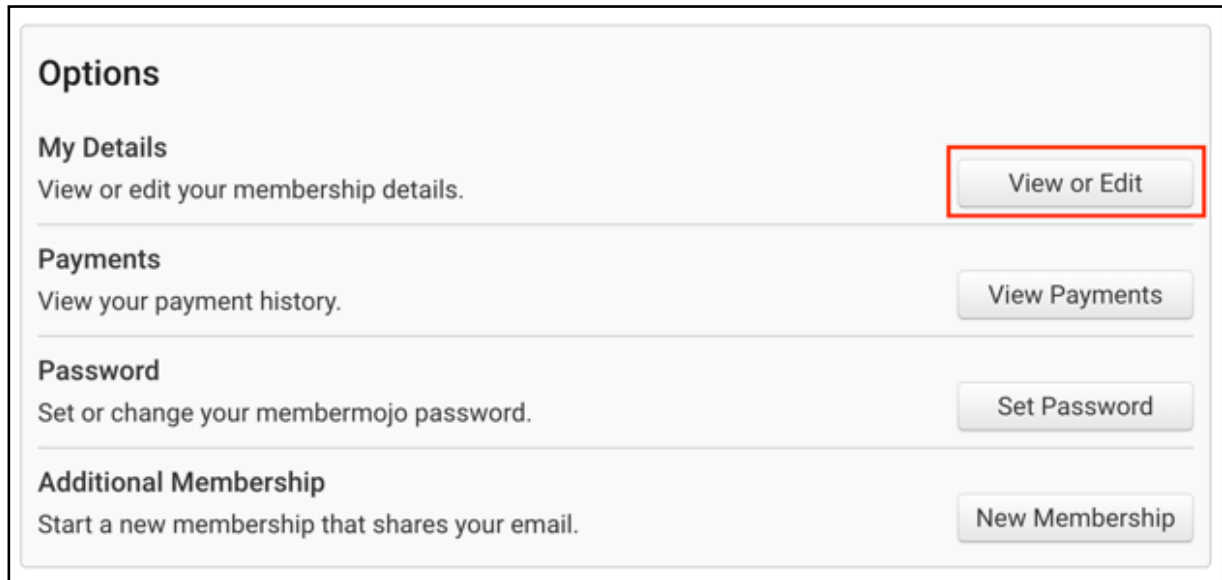
You can sign in either with a password, or without. And if you haven't signed in before, you'll need to do so without a password.

or

Once signed in, it's beneficial (but not essential) to set yourself a password for ease in the future:

Step 2: Update your information.

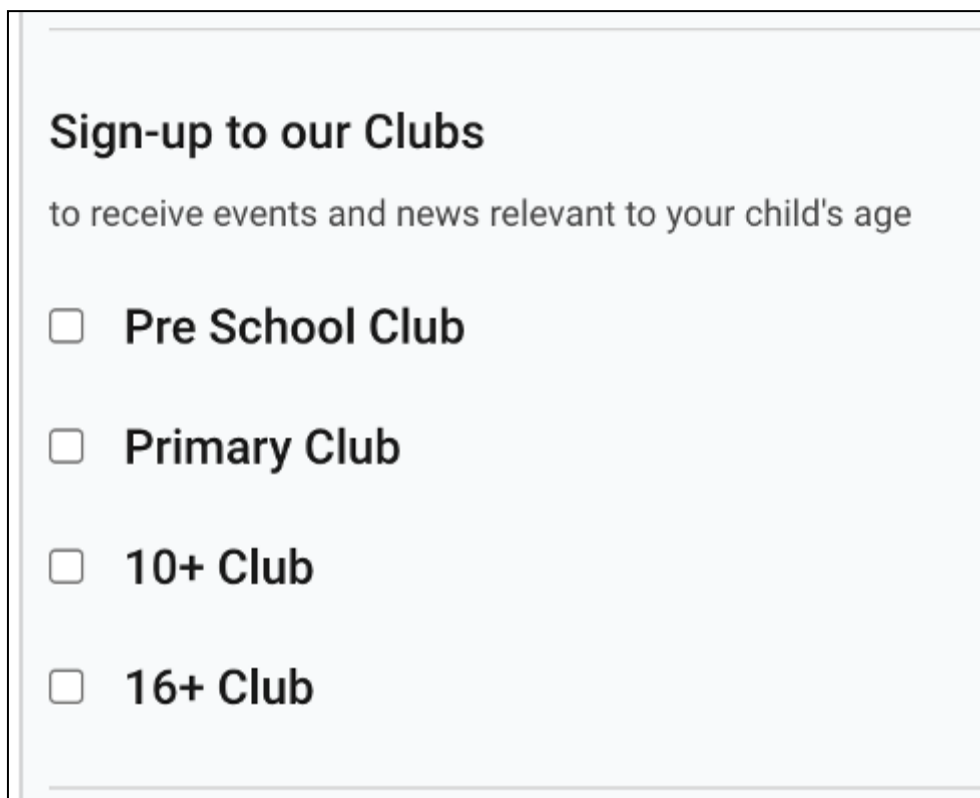
Click on **View or Edit** next to My Details:



The screenshot shows a light gray box titled "Options". Inside, there are four sections, each with a title, a description, and a button on the right:

- My Details**: "View or edit your membership details." with a button labeled "View or Edit" (highlighted with a red border).
- Payments**: "View your payment history." with a button labeled "View Payments".
- Password**: "Set or change your membermojo password." with a button labeled "Set Password".
- Additional Membership**: "Start a new membership that shares your email." with a button labeled "New Membership".

Click **Edit** in the bottom right corner of the main Membership box, and enter any changes that you wish to make. Your email preferences are under Sign-up to our Clubs:



The screenshot shows a light gray box titled "Sign-up to our Clubs" with the subtitle "to receive events and news relevant to your child's age". Below this are four checkboxes, each followed by a club name:

- ☐ **Pre School Club**
- ☐ **Primary Club**
- ☐ **10+ Club**
- ☐ **16+ Club**

Remember to click **Save** in the bottom right corner when you are finished.

You can now **sign out** using the menu in the top-right corner, or just close your browser.

DO YOU SHOP ON AMAZON?

Shop on Amazon and raise money for DSO at the same time!

smile.amazon.co.uk

AmazonSmile is the same Amazon - same products, same prices, same service. The bonus is that DSO will receive 0.5% of the net purchase price of your shopping (excludes VAT, returns and shipping fees).

It's easy to set up:

1. Simply visit smile.amazon.co.uk – the first time you visit you'll be asked to select your chosen charity.
2. Select "Down'S Syndrome Oxford" as your chosen charity from the list of available charities and confirm.

And simple to use:

1. Start your Amazon shop on smile.amazon.co.uk NOT amazon.co.uk.
2. Shop as normal.

That's it. Simple.

DSO already receives funds from smile.amazon.co.uk. Raising money for DSO couldn't be any easier. Help us do even better by sharing this with friends and family.





£34M
Raised

New Year's resolution
Support our cause
for FREE in 2021!

• You shop

• 4,400+ Retailers Donate

• For Free

EASYFUNDRAISING.ORG.UK
You shop. Down's Syndrome Oxford gets money.
For free.

DSO is now
registered with
easyfundraising.co.uk

Another easy way to
fundraise for DSO while
you shop!



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 tax payer

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

Or

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

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

Name of bank: _____

Address of bank: _____

_____ Postcode: _____

Account No.: _____ Sort Code: ____ - ____ - ____

Signature: _____ Date: ____ / ____ / ____

Bank Ref: _____	(Completed by DSO)
-----------------	--------------------

Bank Instructions: please pay the above amount on the same day every month/quarter/year (as indicated) thereafter to Lloyds Bank (30-94-04) for the account of Down's Syndrome Oxford (a/c 01154094).

Please return this form to **Down's Syndrome Oxford**, not your bank, c/o Treasurer, Manor Farm, Waterperry, Oxfordshire, OX33 1LB

We will not share your information with any other organisations:

Your name: _____

Your address: _____

Postcode: _____

Registered Charity No. 1103850

Contacts

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Secretary

Roberta Celeste
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Treasurer

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Primary Club Co-ordinator

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10+ Club Co-ordinator

Lucy Sanderson
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16+ Club Co-ordinator

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EDG Leader

Colette Lloyd (01993 883707)

PDG Co-ordinator

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Rowena Pearce (07512 210851)
SeniorMedicalAdvisor@dsoxford.org.uk



Website:

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



Facebook (closed group):

<http://www.facebook.com/groups/dsoxford>



Facebook (public group):

<https://www.facebook.com/downssyndromeoxford>



Twitter:

[@DownsOxford](http://twitter.com/DownsOxford)



down's syndrome oxford

Registered charity number: 1103850



With thanks to First Move Direct Marketing in High Wycombe who generously print and distribute our newsletter free of charge.

The deadline for the next edition of the newsletter is Friday 12th June 2021.

We welcome text or photos about your child enjoying themselves—not necessarily a DSO event.

Please send materials to the editor Lucy Sanderson at newsletter@dsoxford.org.uk



Colouring in for WDSD



Colour in ... cut out the circle and display on your window on World Down's Syndrome Day



Registered charity number: 1103850