down's syndrome oxford

Newsletter | September 2021

From the Chair

The theme of this newsletter is "firsts". Our DSO family is once again demonstrating our drive and resilience, bouncing back from the challenges of the last 18 months with nothing but energy and positivity.

Our 21 Challenge was a phenomenal success, and the first time we've raised in excess of £50k from one event. An enormous thank-you to Sarah Fonge for the idea and for helping us come together and have fun in such inspiring ways. I'd encourage everybody to share the story (page 2) with their friends and family as a thank-you for all of their support.

We launched two pilot programmes. For the first time we ran a 6-week Sensory Programme (page 6) for 16 families. Also we launched our first maths programme specifically designed to support individuals with DS. Twenty-eight young people are participating in the year-long Maths for Life Programme (page 4). With lots of positive feedback to date we are now seeking funding to run future programmes. It's been great working with Elsa Gill, Amanda Foulds and Sally Dubock to get these pilots up and running.

Our first DS football team - Oxford United Tri-Stars - launched in June (page 8). Oxford United Walking Football Club and DS Active have collaborated with DSO to bring this new opportunity to life. If you'd like to get involved, contact Amanda Foulds (amanda@DSOxford.org.uk) and thank you Amanda for all your hard work.

Finally, after many months of virtual meet-ups, it's a relief to spend a little less time on Zoom. It's delightful to see our social groups are starting to meet again in person. Do read more about what they've been up to.

If you have any ideas for events and activities that our DSO family might enjoy, please share them. You can join any of the DSO WhatsApp Groups (page 17) or contact the group leads directly.

I hope to see you at a DSO event soon. In the meantime, stay safe and sending best wishes from our family to yours.

Jos Smith, *Chair*

In this edition

21Challenge

Our biggest fundraising event … ever!

£52,000

In March 2021, after a challenging year for DSO when all our activities and events came to a grinding halt and our fundraising income was reduced by 88%, we were in desperate need of a fundraiser. That's when our amazing Treasurer, Sarah Fonge, came up with the idea of the 21Challenge. The aim was to raise money to recoup some of our lost income and also for us to celebrate World Down's Syndrome Day (WDSD) when we couldn't all be together. And, wow, what an event it turned out to be!

Sarah Fonge writes:

"**In March**, **fifty-two DSO members and their families took on the 21Challenge** and what a phenomenal success it was. We challenged members to raise £21 for DSO, maybe incorporating the number 21 into their challenge. What an amazing array of challenges emerged! Here are just some of them:

- baking 21 cakes
- cycling 21 miles
- throwing 21 wet sponges
- completing 21 sports challenges
- cooking 21 different dishes from 21 different countries
- picking up 21 bags of litter
- running a mile a day for 21 days
- reading 21 books
- doing 21 dances
- signing 21 songs
- jumping on the trampoline for 21 minutes
- building a tower of 21 bricks

…. and the list goes on.

Members used social media platforms to share their challenge journeys and it was a fantastic way to bring our community together. In the lead-up to WDSD and on the day itself, social media was flooded with photos and stories of everyone taking on their challenge. It was wonderful.

We were hoping that the challenge would recoup maybe £4000 of our lost fundraising income due to the Covid pandemic but as we approached WDSD it was clear that we were going to smash that target. We **never envisaged, however, that the challenge would raise a staggering £52,000!!"**

Thank you to each and everyone of you who took on the challenge and to those who supported it. What a marvellous community DSO is!

(And thank you to Sarah for coming up with such a brilliant fundraising idea.)

dso
down's syndrome oxford

THANK YOU FOR YOUR SUPPORT!

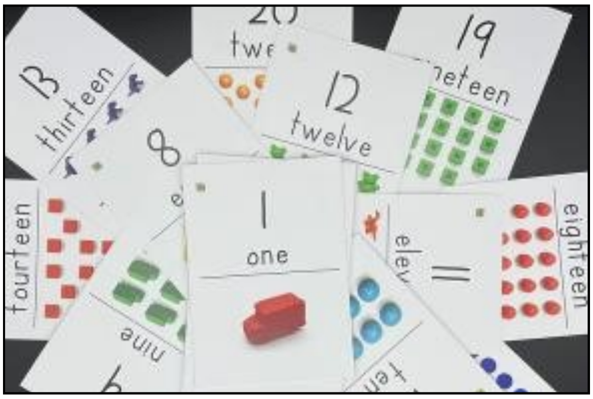
Maths for Life Pilot Programme

Elsa Gill writes:

Starting in February and lasting for one year, this ground-breaking pilot has 28 participants ranging in age from 4 to 22 years.

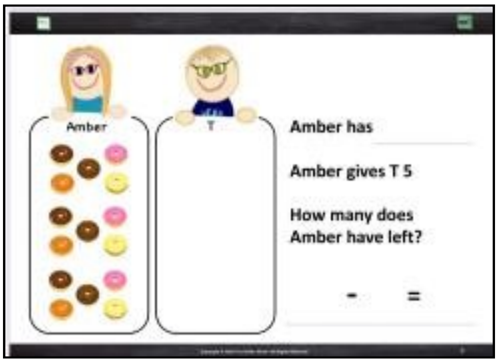
The programme, which is **partly funded by the National Lottery and free for participants, is being run by Karen McGuigan aka The Maths Mum. I**t offers differentiated maths for home and/or school and focuses on the practical maths skills that our children will need for life.

Each participant started by completing a baseline assessment. This was a great starting point for Karen to identify areas of strength and weakness and also to gauge each participant's level of independence. Following the assessment, parents had a 1:1 Zoom meeting with Karen where she identified gaps in knowledge and highlighted topics to focus on.



Maths For Life
A Differentiated Approach
MFL

Each parent was given a copy of Karen's book, 'Maths For Life: A Differentiated Approach,' which breaks down maths topics into mini steps and gives tips for teaching. They also have access to the online MFL library which holds templates and resources and also a parents forum for asking questions and sharing ideas.



Amber

T

Amber has

Amber gives T 5

How many does Amber have left?

- =

It has been interesting to see the many different ways that parents have approached the programme. Some parents have managed to get their child's school or college on board, which is fantastic, while others have children who love to work through the worksheets at home. Some parents have introduced more practical ways of including maths into their child's days such as by introducing new approaches to teaching money and time or by increasing their use of maths language and maths play throughout the day.

The Maths Mum® Challenge

I want to see photos of how you can demonstrate 'Which one is different? And why?' using everyday items. Here's my idea for starters...

It's upside down!

It's smaller!

It's facing the wrong way!

Week 1 Challenge

Time Passing

What is a second?

What is a year?

What is a minute?

What is a month?

What is an hour?

What is a day?

What is a week?

Parents (and some school staff) are currently attending their 2nd quarterly 1:1 Zoom meeting with Karen and participants will soon complete another assessment at the halfway point, which will assess their progress.

Our hope is to extend the programme beyond this year and to open it up to more DSO parents. The feedback from participating parents has been invaluable in helping the team (Sally Dubock, Jos Smith, Amanda Foulds and Elsa Gill) to identify ways that we can improve the programme moving forward. Hopefully the feedback and data we gather during this pilot year can help us to secure future funding to do this.

Sensory Pilot Programme

Elsa Gill writes:

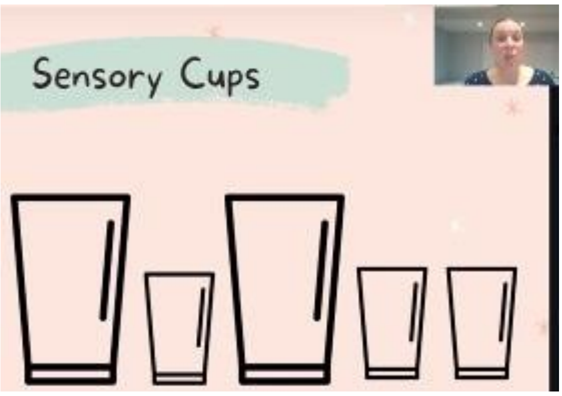
Thanks to funding from the National Lottery, DSO was able to run a 6-week Sensory Pilot Programme starting in April for 16 families. The programme was run by Occupational Therapist (OT) Vicky Robinson who has a specialism in sensory issues.

The families met in a private Facebook group where they could post questions, chat, share ideas and videos and each week there was a Zoom meeting with Vicky. They also had access to an online 4-step programme, including videos and written resources from Vicky, which they worked through at their own pace.

The 4 steps of the programme were...

1. Identify & breakdown challenging behaviour
2. Identify the sensory systems involved
3. Identify sensory strategies
4. Create a sensory plan

Vicky explained sensory processing, by using an analogy of individuals having 'sensory cups’. Ideally sensory cups are balanced and filled to the top meaning that an individual is regulated, happy and calm. However, a child with sensory processing difficulties may have cups which are too small (meaning their cups are filled too quickly so they become overwhelmed and avoid activities e.g. teeth brushing or have meltdowns due to anxiety) or alternatively they may have cups which are too large (meaning they are never filled and so the child is always seeking more and more sensory input). Unfortunately many of our children have a combination of both large and small cups, making it more difficult for parents to unpick behaviours.



Sensory Cups

Having a sensory OT's guidance and wisdom over the 6-week programme was invaluable and helped parents to become 'sensory detectives' and importantly to understand WHY their children may be displaying particular behaviours. Unpicking those behaviours, some of the parents had a eureka moment and others realised that changing long-held behaviours would be a long slow process, but they had a plan they could follow to succeed.

The feedback from the parents during the pilot was invaluable and will help the team (Jos Smith, Amanda Foulds and Elsa Gill) to improve the programme moving forward, if we are successful in securing future funding.

"My son's behaviour has improved because of the plans I make beforehand and the way I respond to him"

"I wish I had done this course years ago!!"

"I now feel I understand my child more"

Race to the King

2 days, 53 miles, and £1700 raised for DSO!

On the 19/20 June, Marius Terblanche, uncle of Chloe Sanderson, took part in the Race to the King challenge—a **53 mile trek over the South Downs.** The trek started at Arundel, with an overnight camp at the half way point, finishing at Winchester cathedral.

Thankfully the weather was kind with just the odd bit of rain and mild temperatures. Marius made great progress on both days and reached the finish line on the Sunday afternoon, to be cheered on by Chloe!

Marius set out to raise £500 but the challenge clearly impressed all his supporters as by the time he had crossed the finish line he had nearly trebled that. He was thrilled to have **raised £1700** for DSO.

A huge thank-you from us all at DSO!

Oxford United Tri-Stars

Amanda Foulds writes:

Garry Allen from Oxford United Walking Football Club contacted DSO to ask if our members would be interested in attending football training. DSO and Oxford United Walking Football Club with support from DSActive set up an exclusive group for people with Down's syndrome. Our first football session for adults and children (from 8 years old) took place in half term on Wednesday 2 June at The Dome, Oxford Academy. **The first session was amazing—we had 17 participants who found the sessions fun and engaging.** Garry, who is now our lead coach, loves playing football and wants to pass this on to all those who come along. Thanks to all our amazing volunteer coaches who attend each week to support us.

Once the group was up and running we decided we also needed a name, so the members suggested names and three were chosen. Everyone voted on which name of the three they liked. **The winning name is Oxford United Tri-Stars**.

Tahsin and our very gentle visitor, Bangers the dog!

Well done to Chloe Sanderson and her family for suggesting Oxford United Tri-Stars. Chloe received a £10 gift voucher from OUWFC.

The football sessions are open to anyone who has Down's Syndrome, ideally 8 years and older.

If you would like to come along please email Amanda Foulds at amanda@dsoxford.org.uk

Visit to Farmer Gows

We had a wonderful time at Farmer Gow's in June. Sixteen families from the preschool and primary groups attended—61 people in total. We spent a beautiful sunny day feeding lambs, holding chicks, collecting eggs and exploring the hay bale climb. It was so lovely to be able to get together again. Look out for info on more excursions soon!

Emily Metcalf, *Pre-School Coordinator*

Farmer Gow's
Activity Farm

Torchlight at Millets Maze

The 10+ club enjoyed their first in-person get-together in over 18 months at Millets Maze.

We enjoyed pedal tractors, skittles, trampolines, crazy golf and as the night drew in we explored the two maize mazes by torchlight. It was lovely to be able to get together once again and see so many families face-to-face having fun.

Kelly Stacey, *10+ Club Coordinator*

Stay and Play

Our pre-school Stay & Play group started again in April 2021. The families were happy to be meeting up to socialise again. This was especially important for new families who had not been in contact with other parents who had a child with Down's Syndrome. The Mary Town Room at West Oxford Community Centre has been a great hit, offering great facilities including a café and children's playground. It is lovely to see the children and siblings enjoying each other's company and for parents to chat in a relaxed atmosphere.

Amanda Foulds, *Stay & Play Coordinator*

"Stay & Play is wonderful for me to be able to socialise with other parents who 'get it'."

"So much more relaxing for me then other play groups"

Introducing Lauren England

Hello, my name is Lauren England and I'm really excited to be the new Speech and Language Therapist working with Down's Syndrome Oxford from September.

Currently, my speech and language therapy role involves providing 1:1 and group therapy for pupils aged 5-16 with an autism diagnosis. Alongside this, I volunteer at a special needs school working with pupils with moderate and additional learning needs.

Having these two roles has hugely benefited my practice as a speech and language therapist, providing me with insight into both the education and therapeutic perspectives of supporting children with additional needs. These skills were also developed in my previous role, working at an independent specialist school setting for boys aged 8-18 with specific language and learning needs.

My passion for working with children and young people with Down's syndrome started through volunteering at a holiday camp for young people with learning disabilities during my summer holidays. My role here involves supporting young people to have opportunities to try new activities, make new friends and experience greater levels of independence. You will also find me enjoying archery, low ropes and the heated swimming pool!

Outside of my work, I have recently moved to Cirencester and am getting married in September to my fiancé, Alex. Moving house and planning a wedding definitely kept me busy over the lockdowns, especially as I love all things creative! I also enjoy being outdoors, especially going for long walks with my very energetic springer spaniel, Monty, and working on the garden in our new home.

I'm looking forward to supporting the Primary Development Groups in the new school year and can't wait to meet you soon!

Don't forget that we have a wide range of equipment, toys and resources in Elliot's Shed that are available for you to borrow free of charge. Items available to borrow include:

- Trip Trap/Breezi highchairs
- Wooden toys
- Sensory equipment
- Bikes, trikes and scooters
- Educational resources such as Numicon

If you're interested in finding out more about the items in Elliot's Shed, then please get in touch with Kat Cornfield (elliotsshed@dsoxford.org.uk)

Primary Development Groups

The Primary Development Groups are starting again! Our new speech and language therapist Lauren England will run the sessions at various primary schools around the county. Colette Lloyd will be supporting her while she is getting started in her new role.

You can enter your child for the Primary Development Groups if they are at primary school in Oxfordshire and you are a DSO member. If not, membership is free and easy to set up. Just go to our website for more information about the groups and how to set up your membership:

https://dsoxford.org.uk/

If you would like more information or would like to sign your child up, please get in touch with Marion Simon at:
pdgs@dsoxford.org.uk

Marion Simon, *PDG Coordinator*

AGM

On Monday 28th June we once again held our AGM via Zoom and despite the difficult year there was still lots to celebrate. We reflected on the wonderful online events programmes, the amazing fundraising success of the 21Challenge, and much more! All our current serving officers were voted back in to their roles.

The next DSO All Members Meeting is on Monday 22nd November at 8.00pm via Zoom.

Everyone welcome. Look out for the email the joining instructions

DSO Sing and Sign Choir

After a full year of meeting on Zoom, the choir was very excited to start meeting up in person in May. Although limited to a maximum of 30 people outdoors, we were able to continue Zooming the sessions, so those unable to attend could continue to take part. We were also relieved that we seemed to miss the worst of the recent rainy weather!

And we're very excited that from September the whole choir will be coming together once again.

Elsa Gill, *Choir Leader*








Save the Date

We've got lots of exciting events happening over the coming months.
Keep an eye out for our emails for more details about each one.

Thomley outing for the Preschool & Primary Clubs

Sunday 17th October 11.00am—3.00pm
Thomley, Menmarsh Road, Worminghall, Bucks

Partyman outing for the 10+ & 16+ Clubs

Friday 22th October 7.00pm—9.00pm
Partyman World of Play, Grenoble Road, Oxford

Halloween Disco for 10+ & 16+ Clubs

Friday 29th October 7.00pm—9.30pm
Risinghurst Community Centre, Kiln Lane, Headington, Oxford

DSO All Members Meeting *(formerly the DSO Committee Meeting)*

Monday 22nd November 8.00pm—10.00pm
Via Zoom

DSO Christmas Party

Sunday 5 December 2.00pm—5.00pm
Exeter Hall, Oxford Road, Kidlington, Oxford

Robin Hood Panto

Tuesday 7 December
The Oxford Playhouse

Beauty & the Beast Panto

Friday 24 December & Thursday 30 December *(relaxed performance)*
The Hexagon Theatre, Reading

Downright Discrimination

Colette Lloyd writes:

As you may have seen in the news, on 6th and 7th July Heidi Crowter took the Government to court over discrimination found in our law, specifically in our Abortion Act. Because, as she said during one of her many interviews and speeches, ‘This law makes me feel that I am better off dead. I know I am not, but that is how it makes me feel.’

For babies that are typically developing the state has decided that due to viability of the foetus, and the need for feticide (and injection to stop the heart) there should be a limit of 24 weeks for abortions. However, if the foetus has an extra chromosome then the limit is 40 weeks. Theoretically this is to allow more time to ‘make a decision’, however, in practice it often leads to women being hassled over and over again as to whether they want an abortion.

So I went to London to support Heidi. I have been involved in the case for a while now, ever since Heidi decided to take the Government to court, and we have raised over £100,000 to pay the barrister and QC. Thank you to all those who contributed.

Photo credit: Julien Carcano

Photo credit: Julien Carcano

There has been some controversy over this case, however, I would like to reiterate that this is about discrimination. There is another clause in the Act that would still allow a woman to have an abortion based on grave risk to her mental health, so no-one is forcing anyone to have babies. It just so happens that the discrimination Heidi is challenging is found in black and white in our abortion law.

We had fantastic support online and outside the court, with many self-advocacy organisations present and supporting, as well as Don’t Screen Us Out. Many people gave speeches, including Heidi and Maire, one of the co-claimants, and other people from disability organisations. There was a fantastic atmosphere and actor Sally Phillips even came along to offer her support to Heidi.

Court itself was complex. There was a lot of talk about Articles and tabs, and references that without a ‘bundle’ we had little idea of what was being said. The fog parted after a while, and our QC’s final speech was brilliant (I tweeted it from @HeidiCrowter95, the best bits are from 3pm on July 7th!). Much of the argument centred around whether this was something for the Court to rule on, or whether it should be left to Parliament.

With Parliament's track record of actually debating Abortion issues outside of Private Members Bills, the Claimants very much hold that it is the Court's responsibility to direct Parliament.

There was very little talk of disability by the Defendants (the State). Of course, for us that is the central theme. The incompatibility with the European Convention of Human Rights was a larger focus, yet despite the recommendation from the United Nations Committee for the Rights of People with Disabilities, stating that our law needs to be changed, the Defendants still couldn't see the problem, perhaps none of them love someone with Down syndrome?

The judgement won't be for several weeks yet, and possibly months, and so we wait, hopeful, whilst Heidi continues her happily married life, with James, doing all the normal things that we do when not taking the Government to court. For instance making bacon on toast, because as she says in her blog, *Heidi Crowter – Living the Dream*, 'We'd run out of eggs'!

DSO WhatsApp Groups

Have you joined our **DSO Members Group** yet (formerly the DSO Committee Group)? We've changed the name and would love more people to join. Open to everyone, it's the place where you can take part in discussions, ask questions, and put forward ideas and suggestions.

To join the DSO Members Group, please contact Jos Smith (jos@dsoxford.org.uk)

And don't forget we have our social club WhatsApp groups too. 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

Kelly Stacey

kelly@dsoxford.org.uk

16+ Group

Amanda Foulds

amanda@dsoxford.org.uk

Your Stories

Otto and Rafi

Otto Baxter, 33, has been performing as a drag queen for few years now. His drag name is Horrora Shebang and he performs with Drag Syndrome which is an umbrella of Culture Device. His brother Rafi Baxter, 18, has also been performing with Culture Device for the last few years. Culture Device promotes people with Down's syndrome in the world of arts. It has different projects such as Drag Syndrome and Radical Beauty Project. Their aim is to give people with Down's syndrome equal footing with other professional artists and promote socio-cultural events across the UK and overseas. Rafi, Otto and a couple of other DSO members have been part of these projects.

Rafi and Otto were able to perform and be part of a 3-month residency at the Royal Opera House in London which culminated in a performance with the members of the Royal Ballet. The ballet called "The Rites" was based on Igor Stravinsky's Rite of Spring and can be seen on YouTube (see link below).

Otto has performed as Estragon in Samuel Becket's "Waiting for Godot" at the Hackney Showroom, and both Otto and Rafi have been part of a troupe of seven drag artists who have performed in places like South Bank Centre, the Globe, Kensington Olympia and the Royal Festival Hall. They have performed in many festivals in the UK and abroad (performing at Rupaul's Drag Con).

Otto is keen to point out that not all Drag Syndrome drag queens are gay, but are professional actors doing what they love most which is performing for people. At the same time, they are supporting the LGBTQ+ community and this community has welcomed Drag Syndrome with open arms and on an equal footing. (Sadly, this has not always been the case with other people.) In effect, here are two marginalised groups supporting each other for the benefit of both.

Otto, Rafi and their brother Titus, like a lot of people with Down's syndrome, love performing and excel at the arts. We hope that more wonderful opportunities will be available for people with Down's syndrome to enjoy performing on every level and become masters at their craft.

Culture Device: https://www.culturedevice.org/about-us

Drag Syndrome: https://www.dragsyndrome.com/

The Rite: https://www.youtube.com/watch?v=fs_4WWMPdA0&ab_channel=NOWNESS

Rosie

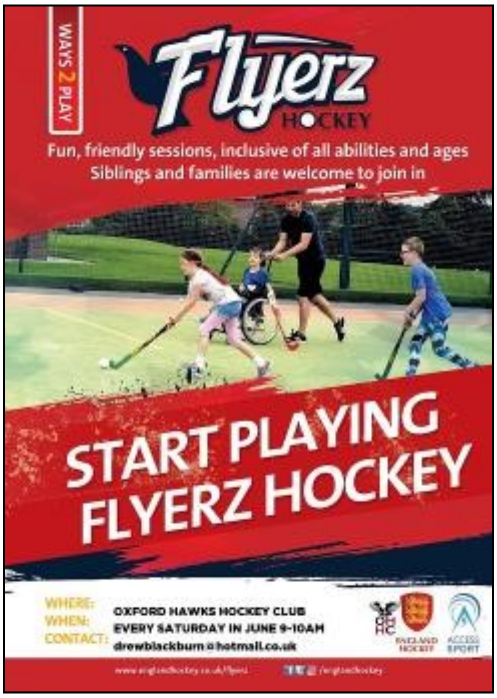
Rosie (at 9 months) had her first trip to the seaside in Devon, with her big brother Riley, Mummy and Daddy, and also Nanna and Grandad. Rosie enjoyed the beach and also went swimming in the pool for the very first time, went to the zoo and enjoyed a few train rides. Whilst we have been away Rosie has been doing lots of practice with her sitting up skills too! We can't wait to take her away again on another adventure as a family.

Gabriel

This is Gabriel at 16 weeks old. Ten weeks of this have been spent in hospital. He loves dressing up and posing for a photo in his Disney outfits … from *Tigger* and *Winnie the Pooh* to *Woody* from *Toy Story*. We think he's just the sweetest little boy. I hope you enjoy the photos as much as we do!

Kaylah

Kaylah Ford, 13, has been having so much fun playing hockey with the Oxford Hawks Hockey Club. They meet on Saturday mornings at the Banbury Road North Sports Ground.



WHERE: OXFORD HAWKS HOCKEY CLUB
WHEN: EVERY SATURDAY IN JUNE 9-10AM
CONTACT: drewblackburn@hotmail.co.uk

Your Stories

Evie-Mae

After being diagnosed for a second time with leukaemia Evie-Mae has been receiving treatment for the past two and a half years. On Thursday 15th July we were thrilled when she was able to ring the end of treatment bell!

It has been a very tough journey, made even more difficult as we've had to shield due to COVID but Evie-Mae has smiled her way through it and has continued to play football in the garden, which has been her favourite thing to do throughout.

Thank you to everyone who has supported us and for your kind messages, gifts and visits.

Final score 2 - 0!

And a very happy 18th birthday to …

Ellie Taylor and **Thomas Walpole** who both turned 18 in July!

Fundraising, Donations and Grants

DSO is extremely grateful to have been given the following money from April to September 2021, through some amazing fundraising efforts, donations, or grants.

21Challenge fundraising (donations continue to be received). Running total:	**£52,0000.00**
University of Oxford Library—grant donation	**£500.00**
North Oxford Rotary Club—charitable donation	**£500.00**
Stanton Ballard Trust—grant donation	**£1000.00**
Dragon School Christmas Charity Sale—fundraising donation	**£2000.00**
Marius Terblanche Race to the King—fundraising donation	**£1700.00**

The DSO Lottery continues to raise an amazing **£174.00** per month.

Amazon Smile raised **£99.00** for this period.

Income raised through social media platforms and donations through Paypal is **£310.00**.

Rachel Clare is running the Abingdon Marathon for DSO on 3rd October and has so far raised over **£300.00**.

Do you shop on Amazon?

Don't forget, every time you shop on Amazon you can raise money for DSO at the same time!

smile.amazon.co.uk

amazonsmile
You shop. Amazon gives.

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A private facebook group for TAs, teachers and nursery staff

DSO Schools Network

'DSO Schools Network' is a private facebook 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 local training opportunities and to hear about DSO projects aimed at school staff.

Please note, this is not a group for parents.

Lottery Results

Recent Winners:

February 2021

1st prize - £56.00	Rachel & Gary Lane
2nd prize - £33.60	Sam Martin Morrisey
3rd prize - £22.40	Sue Beckett

March 2021

1st prize - £58.00	Netty Lings
2nd prize - £34.80	Rachel & Gary Lane
3rd prize - £23.20	Jo & Stuart Crawford

April 2021

1st prize - £58.00	Emily & Matt Robinson
2nd prize - £34.80	Will Foulds
3rd prize - £23.20	Sally Dubock

May 2021

1st prize - £58.00	Marion Simon
2nd prize - £34.80	Andrew Fearnside
3rd prize - £23.20	Steph Mills

June 2021

1st prize - £58.00	Steph Mills
2nd prize - £34.80	Marion Simon
3rd prize - £23.20	Joe Colehan

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

We now raise £174 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!

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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

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Website:

http://www.dsoxford.org.uk

Facebook (closed group):

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

Facebook (public group):

https://www.facebook.com/downssyndromeoxford

Twitter:

http://twitter.com/DownsOxford
@DownsOxford

dso
down's syndrome oxford

Registered charity number: 1103850

FirstMove
DIRECT MARKETING

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 7th January 2022.
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