OCTOBER 2022

down's syndrome oxford
NEWSLETTER

As we say farewell to Her Majesty Queen Elizabeth II, it feels poignant that one of the last constitutional acts of her astonishing 70 year reign, was to give **Royal Assent to The Down Syndrome Act**.

We all now have the opportunity to shape the future of the Down Syndrome Act as HM government collects evidence from people with DS, their families and carers, professionals supporting our community and people with other genetic conditions and learning disabilities. Do please make the most of this unique opportunity to contribute to the legislation that seeks to support the future of our community (see page 2).

Have your say!

Make sure your voice is heard in the 'Call for Evidence' to the Down Syndrome Act.

Deadline for online submissions is
8 November, 2022.

See pp2-3 for details.

FROM THE CHAIR

THE THEME OF THIS NEWSLETTER IS 'SHAPING THE FUTURE'.

from Jos

For DSO families, late Spring and Summer 2022 were very busy. Our summer party was back (page 18), the choir returned to the stage, (pages 4&9). Many have taken on new challenges to support of DSO, even jumping from planes (Page 22) and the achievements of all involved with the Tri-stars were recognised at their first awards ceremony (page 10).

As we look ahead to Autumn, the fun just goes on (Page 33) so don't forget to save those dates. And make sure the Christmas party date is in your diary (Page 29) - a great way to start your festive season with a great new organising team and new entertainments!

We look forward to seeing you at next member meeting on 28th November 2020.

IN THIS EDITION

Have your say!

Consultation is now under way for the Down Syndrome Act. It's important we all answer the 'call for evidence' to help improve the lives of our young people living with Down's syndrome.

One of the last acts of our late Queen Elizabeth II, was to give Royal Assent to the Down Syndrome Act 2022. This is monumental for our community and a period of consultation on the Down Syndrome Act is now underway with a "call for evidence".

It is important that we all have our say, ensure that our voice is heard and help the needs of our community to be addressed, as the Act is refined.

The evidence collection period ends on **8th November 2022**. In advance of that, views and evidence can be submitted via an online survey.

The Call for Evidence is the Government's consultation process. They are interested in hearing the views, experience and evidence of a wide range of people and organisations to inform the development of statutory guidance for people who have Down's syndrome. Developing this guidance is one of the requirements of the Down Syndrome Act 2022. This Act aims to ensure that a number of relevant public bodies (such as health services and schools) follow appropriate steps to meet the needs of people who have Down's syndrome.

The main categories the Call for Evidence covers are Education, Healthcare, Social Care and Housing, and Employment. However, the Call for Evidence is also interested in hearing about other public services that people think should be covered in future guidance.

From the Down Syndrome Act guidance:
We know that people with Down's syndrome can have poorer health outcomes compared with the general population and other people with a learning disability. People with Down's syndrome and their families and carers can often struggle to access services such as speech and language therapy, additional educational support and appropriate levels of social care support. The government is committed to ensuring that people with Down's syndrome receive the care and support they need, to improve outcomes and help them to live longer, healthier and happier lives in their communities. We are clear that everyone with Down's syndrome should receive early support to meet their needs, and families and carers should receive the help they need to enable them to guide their child's development.

The evidence collection period ends on 8th November 2022. In advance of that, views and evidence can be submitted via an online survey to gov.uk at:

https://www.gov.uk/government/consultations/down-syndrome-act-2022-guidance-call-for-evidence/down-syndrome-act-2022-guidance-call-for-evidence#families-and-carers-questions

Useful link

The National Downs Syndrome Policy Group have also prepared: http://consultation.ndspg.org/?fbclid=IwAR12p8pzyzpTFW4T01kLf_zcepQUnolhzdKQLuCLtR_dVao1SVJQsApXMgM

A short guide

Here is a short guide to the types of questions covered in the Call for Evidence.

Remember, it is not necessary to answer all the questions in the survey.

Healthcare Services:

- Your view on specific physical and mental health needs of people with DS.
- Your view on how well health professionals support and communicate with people with DS, and do you feel there are barriers to accessing health services.

Education Services:

- Your views on the type of education that works best to meet the needs of children with DS.
- Your views on what type of support would help children and young people with DS prepare for adulthood.

Social Care and Housing Services:

- Your view on how well social care professionals support and communicate with people with DS, and do you feel there are barriers to accessing social care services.
- Do you know what housing support your local council offers for people with DS to live independently, and is it easy to access this information?
- Your view on what people with DS need in order to live independently in their own home. Do you feel there are barriers to achieving this?

Employment Services:

- Do you know what employment support your local council offers people with DS, and is it easy to access this information?

Down Syndrome Act guidance:

- Are there any areas not covered in the above that you would like to add for consideration in the Act?

DSO CHOIR

THAME MUSIC IN THE PARK

In May the choir performed for a second time at a music festival in Thame. The choir received an enthusiastic reception from the crowd as well as lots of wonderful comments on social media afterwards. As always, our wonderful young performers loved being in the spotlight!

Elsa Gill

We always love choir, but performing on a stage in front of an amazing audience was just such fun.

I loved performing at the festival and I loved the signing. It was an amazing audience


Thame
MUSIC
IN THE PARK


CHOIR


CHOIR

High Court ruling is good news for EHC plans.

Collated by Joy Weideman

The High Court of Justice, Queen's Bench Division has ruled that local authorities must adhere to a maximum 12-week time frame when reviewing the needs of children and young people with special educational needs and disability (SEND).

This means delays in updating education, health and care (EHC) plans are no longer acceptable, with the potential to have a "monumental impact" on the whole annual review procedure and positive educational implications for our young DSO people.

The court made its decision in a case brought against Devon County Council.

The case was brought on behalf of three children whose education was being hampered by the slow handling of their ECH plans by the council. It is an issue many parents within DSO have also experienced.

The statutory scheme requires that a local authority must issue a notice to parents/carers within four weeks of an annual review, informing them of their *intention* to make amendments to their ECH plan (Stage 1). The local authority is not required to state *what* their intention is until Stage 2, and no fixed timeframe is set for this stage. This loophole has meant potential significant delays in creation of the amended draft ECH plan and provision of the final plan.

The three children in question were all adversely affected by this issue.

The High Court case noted that:

> 'an overarching time frame does exist, and that within 12 weeks of the annual review meeting, properly read, the statutory scheme requires a local authority to issue a final amended EHC plan. This is an important step because the issue of the final amended plan triggers a right to contest provision under the plan on appeal...The decisions made affect which school is to be attended and what provision is made for children who may require significant specialist input for their welfare. Delays, and the local authority's interpretation of the time provisions, mean an issue may not get before a Tribunal in time for the new academic year.'

Based on this argument, the final judgement ratified the 12-week fixed timeframe from annual review to issuance of the final ECH plan, which will provide greater certainty for parents and carers.

Dr Keith Lomax, a solicitor with Watkins Solicitors, who represented the case for the three children, said, *"This judgment has been a long time coming, but so worth waiting for."*

He added, *"Councils prosecute parents for failing to ensure their children attend school and argue that every day matters. Yet they regularly delay for months in their duty to make sure children with special educational needs get the provision they must have. Children end up out of school for months. Mental health gets worse. Parents struggle to get suitable school placements. All because the council has delayed updating the EHC plans."*

The court also stipulated that local authorities have to act promptly in preparation for an annual review, updating and distributing information to all relevant parties two weeks beforehand.

In her considerations, the Honourable Mrs Justice Foster DBE said: *"In spite of the resource implications of a time-limited amendment process, I am unconvinced that there is a particular reason for this stage of the process not to be subject to the exacting timetable which obtains elsewhere in the scheme. The need for a parent or young person to achieve certainty (either by acceptance in good time, or by way of appeal) is as acute in respect of amendments as it is on the initial provision of a plan. Evidence shows that where a very extended period is taken to produce certainty, serious prejudice may result."*

In her judgement regarding adherence to the 12-week fixed timeframe and in support of the intent of the statutory scheme, she went on to say: *"The court is not without sympathy for the resource-led arguments of a local authority, however, the whole of the scheme could be described as resource heavy, and time dependent. That is a clear deduction from the statutory framework, the Regulations and the Code. It is clear that there is throughout this legislation a tension between timing and available resources. That inheres as a result of Parliament's choices, it cannot condition what in my judgement is the clear meaning of the statutory instrument in question."*

We wait to see. Watch this space!

> ***"Children end up out of school for months. Mental health gets worse. Parents struggle to get suitable school placements. All because the council has delayed updating the EHC plans."***

HAVE YOU HAD AN ECH PLAN EXPERIENCE YOU'D LIKE TO SHARE WITH OUR COMMUNITY?

Please let us know at
newsletter@dsoxford.org

Pre school group softplay

In March our preschool group spent a fab afternoon at Snakes & Ladders in Abingdon. We had such fun on the soft play climbing frame, slides, tunnels and rope climbs. A brilliant indoor adventure for our little ones!

Busking for World Down's Syndrome Day

After a break of two years the choir was excited to be able to perform in public again one Saturday afternoon in March at the Woolgate Shopping Centre in Witney. This performance to celebrate World Down Syndrome Day was postponed from the weekend of the original lockdown two years ago.

We sang for just over an hour and received a wonderful reception as well as raising an amazing £650.52!

TriStars Awards Presentation

On Saturday 21st May, the Oxford United Tri-stars football team held their first presentation evening. It was a wonderful celebration of all the amazing players and coaches that come along to training on a Wednesday each week.

Around 80 people, including the coaches, players, and their families, attended the event that started off with a buffet dinner, followed by the presentation of awards, and finished with a disco.

Head Coach Garry presented each player with a trophy and personalised certificate to highlight their strengths and achievements. The pride on each of their faces when they went up to collect their award was clear to see! The coaches were also given a small thank-you gift for volunteering their time and doing such a great job each week.

The disco was very popular. Everyone had requested their favourite tunes in advance, so the dance floor was never empty! It was a huge success and something that we'd love to repeat on an annual basis.

Amanda Foulds

OXFORD UNITED

I'm a star!

Oxford United Tristars


EB
CHARGING
21


21
21

HELPING DSO FAMILIES

DSO Discretionary Fund

DSO Discretionary Fund is a sum of money put aside for the specific purpose of helping DSO families in particularly acute need.

Full details are attached in the Discretionary Fund Rules document attached, but in brief:

- Any member of DSO can apply to the fund
- The application must be for a specific purpose – for example, toys for ill children, one-off donations to families to help with extra equipment, funds to use on a family outing, money to help with taxis to visit a sick child in hospital
- A member of DSO can apply on behalf of any other member, with or without their consent or knowledge
- The fund will be administered by three people – the Chair of DSO, a Trustee, and one other DSO member
- All applications will be considered, but there is no obligation on the fund administrators to agree to the request
- All applications and awards are treated in the strictest confidence.

To apply to the fund, just write an email or letter with an explanation of how much money is needed, what the money will be used for, and any other relevant details. The fund administrators will contact you if they need further information. Any request will be considered and you will be notified within four weeks as to the decision.

Full DSO Discretionary Fund Rules

1. The amount for the fund will usually be agreed at the beginning of each financial year.
2. For the year ending April 2023 the amount for the fund will be £1500.
3. There is no obligation on DSO to continue with the Discretionary Fund if total DSO funds do not allow.
4. The annual amount set aside must be agreed by the Chair, Secretary, Treasurer and the other two members of the Discretionary Fund panel.
5. The Fund will be administered by a Panel consisting of the DSO Chair, a DSO Trustee, and one other Committee member.
6. The Panel will convene at any time convenient to them, as and when an application is received, but must reply to the applicant within a period of four weeks. If a Panel member is unable to take part (for example due to holiday) one other DSO Officer (ie, Treasurer or Secretary), or Trustee, should be nominated as their deputy.
7. Applications can be made either by the individual or family, or on their behalf by another member of DSO.
8. All funds must be used to further the stated aims of the charity – ie, “supporting people with Down’s Syndrome, and their families, in Oxfordshire”.
9. Applications should be made in writing (by email or letter) to the Panel, detailing how much money is being requested, what it will be used for, and the main beneficiary. Full contact details should be given so that the panel can contact the applicant for further information if required.
10. No more than one application per family may be made in each year.

Wednesday Stay & Play

Did you know every Wednesday DSO holds Stay & Play sessions in Oxford?

These are drop in sessions organised for babies and pre-school children and their families. Held at the West Oxford Community Centre, Botley Rd, Oxford OX2 0BT, they run every Wednesday morning from 9.30am-12.30pm. It's not far from Oxford Station, and there is also parking and a playground and cafe on site. On the same morning, Early Development Groups run alongside Stay & Play in a separate room.

Stay & Play is a fun and relaxed play group for families who have a pre-school child with Down's syndrome. It gives parents a chance to meet and chat. All the family is welcome and we love to meet grandparents and other family members, too.

Recently Rowena Roberton, clinical nurse specialist, and Dr Flaudia Petrone, lead Down's Syndrome paediatrician, have attended to support our parents and answer questions.

If you want any further information please contact Amanda at amanda@dsoxford.org.uk

Yummy cake at Stay & Play for Ibrahim's 2nd birthday.

DSO DANCE PERFORMANCE

By Sally Dubock

It was fantastic to see our new DSO dance group taking part in the Amanda Alder Dance Academy show in March.

Six of our children were meerkats in ‘Dr Doolittle’, performed in the show alongside 500 other dancers at Radley College over the weekend.

Our group rehearsed each week for 2 months and performed brilliantly at the show, with deserved applause at the end of their three-minute set.

The company selected DSO as one of their chosen charities for the four shows across the weekend, and raised an amazing £1,250 through audience member’s donations.

If anyone is interested in joining the dance group (open from school age upwards) then please contact me sallydubock@gmail.com.

Maths For Life Programme

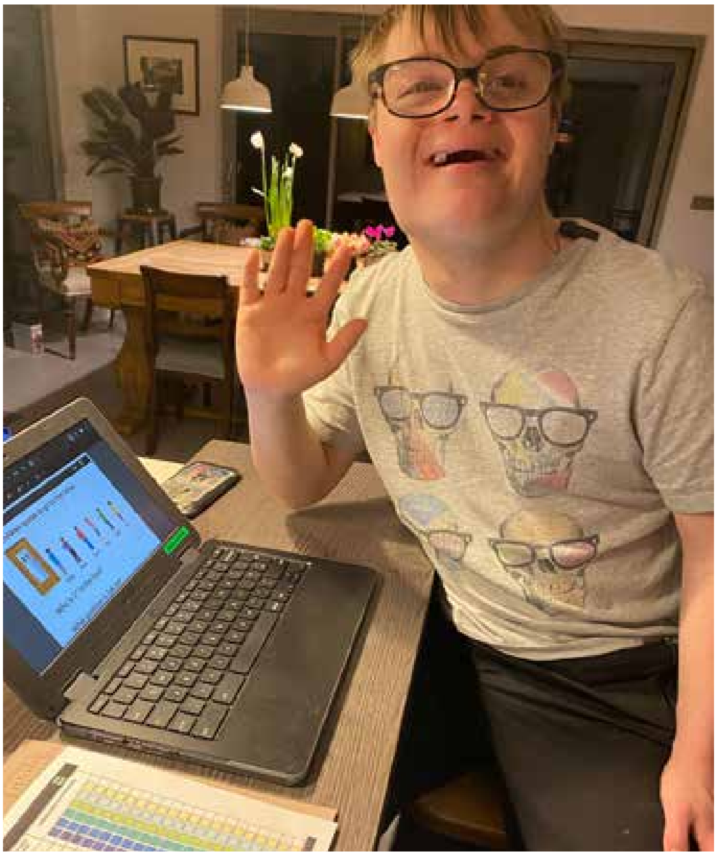
Our groundbreaking Maths For Life Programme which started in Feb 2021 has now successfully come to the end of its pilot year. The programme which was partly funded by the National Lottery and which was free of charge for participants to join, was run by Karen McGuigan aka The Maths Mum.

The pilot had 28 participants ranging in age from 4 to 22 years and attending both mainstream and specialist education settings. Each student completed three assessments spaced throughout the year and received advice from Karen through 1:1 Zoom meetings and detailed reports which contained goals and SMART targets which could be shared with school and college settings. Participants were also given a copy of Karen's book, 'Maths For Life: A Differentiated Approach' and had access to the Maths For Life online library which contains 1000's of resources, templates, worksheets and videos.

Out of the 23 students who completed the programme, 100% demonstrated improvement in overall mathematical attainment AND increased independence.

The success and popularity of the pilot year has led DSO to extend the programme into another year. Following valuable feedback from the pilot participants we have tweaked the programme allowing us to widen it to many more students. We now have private Facebook and Whatsapp groups and Karen runs monthly Zoom Q&A

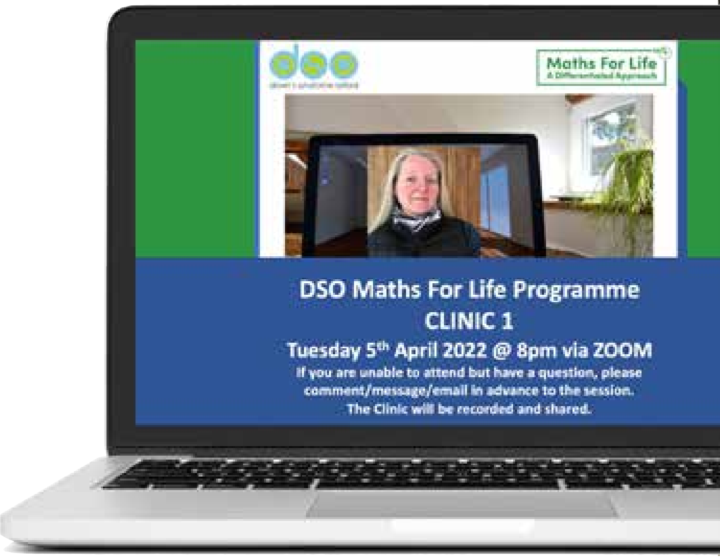
Out of the 23 students who completed the programme, 100% demonstrated improvement in overall mathematical attainment AND increased independence.



Clinics which are recorded and so can be watched back later. Starting this February, 22 of the original pilot participants chose to continue on the programme and after collaborating with the DS&CNs SENSS Team a further 23 new families and schools have also joined, making a total of 45 active students currently on the programme.

Our hope is to secure funding so that we can continue the programme in future years, we are also in discussions with the OCC SEN Team to discuss the opportunity of this programme helping to improve a core life skill for all students with DS across the county.

Elsa Gill and Jos Smith



DSO Maths For Life Programme
CLINIC 1
Tuesday 5th April 2022 @ 8pm via ZOOM
If you are unable to attend but have a question, please comment/message/email in advance to the session.
The Clinic will be recorded and shared.

DSO Summer Party

After two years without a Summer gathering it was great to see so many families in our DSO Summer Party on the 26th of July.

Nearly 200 people have joined it and enjoyed the huge grounds and many facilities of Thomley Hall.

It was lovely seeing people from all age groups enjoying the different activities and having lots of fun. Many friends had an opportunity to reconnect and families had a chance to have a chat over a picnic. We also met new members and some super cute babies.

Thanks for everyone who attended and for those who shared the lovely pictures!

Roberta Celeste


DKNY

Strictly Makaton!

By Elizabeth Reid

Ever feel like there's nothing new happening in your life…. You wonder if you have slipped into Groundhog Day?

Well, one Saturday Morning in May, Gordon certainly got to shake things up a bit, go somewhere different and try something new. He got to participate in the filming of a promotional fundraising video for "*Learn and Thrive*." We both had a total blast!

Many of you will know of Karen McGuigan, through the Maths for Life program. What you may not know about her is that she is also one of the trustees of "Learn and Thrive", a charity supporting learners with Down's syndrome to access free, specialist support to help them learn and thrive. It's a new charity. Their "*Learning for Life*" project covers personal health, emotions, relationships, and appropriate behaviour. So far they have created a set of videos and support materials titled 'Growing Up and Keeping Safe'. They don't want to stop there, and are currently fundraising to make this possible. Hence the filming of a promotional video.

So Gordon, alongside Lance, Cicely, and Maya, got to be on the 'judging panel', whilst Karen and the other trustees dressed as tigers, and did their best Makaton signing to Katy Perry - "*Roar*". The team had a plan…. They explained to the judges that the first shot was to be of them striding to the judging table… and from that point onwards 3/4 of the judges did pretty much just whatever they wanted, whilst Ethan (the cameraman/editor), did his best to capture footage.

I can report that there was a lot of signing, Katy Perry on repeat, and loads of laughing. There may have been a teeny-weeny bit of cheating by some of the contestants - handing the judges the signs displaying their own name, and then posing with the judges as if they had won, even before the signing had begun! The atmosphere was totally fantastic, and the whole team were so kind, enthusiastic and supportive.

We had a really fun morning, and I was delighted that Gordon got to be in a garden he didn't know, with people he didn't know, and he joined in, got involved, and had a great time.

- To see the finished video on YouTube, search for **'Strictly Makaton - Supporting the Down's syndrome community'**.
- Please also check out the **Learn and Thrive website**. 'Teach me too' has a series of videos for younger children, and 'Learning for Life' is for older children with a series of videos and teaching materials for Relationships and Sex Education.
- **https://learnandthrive.enthuse.com/cf/strictly-makaton** is where to go if you would like to make a donation.

SKYDIVING FOR DSO!

In April, Gabriel's mum, Emily Steers, took to the skies to raise funds for Down's Syndrome Oxford. Her skydive has raised over £1200 and left us all speechless at her bravery. A huge thank you to Emily and her skydiving team!

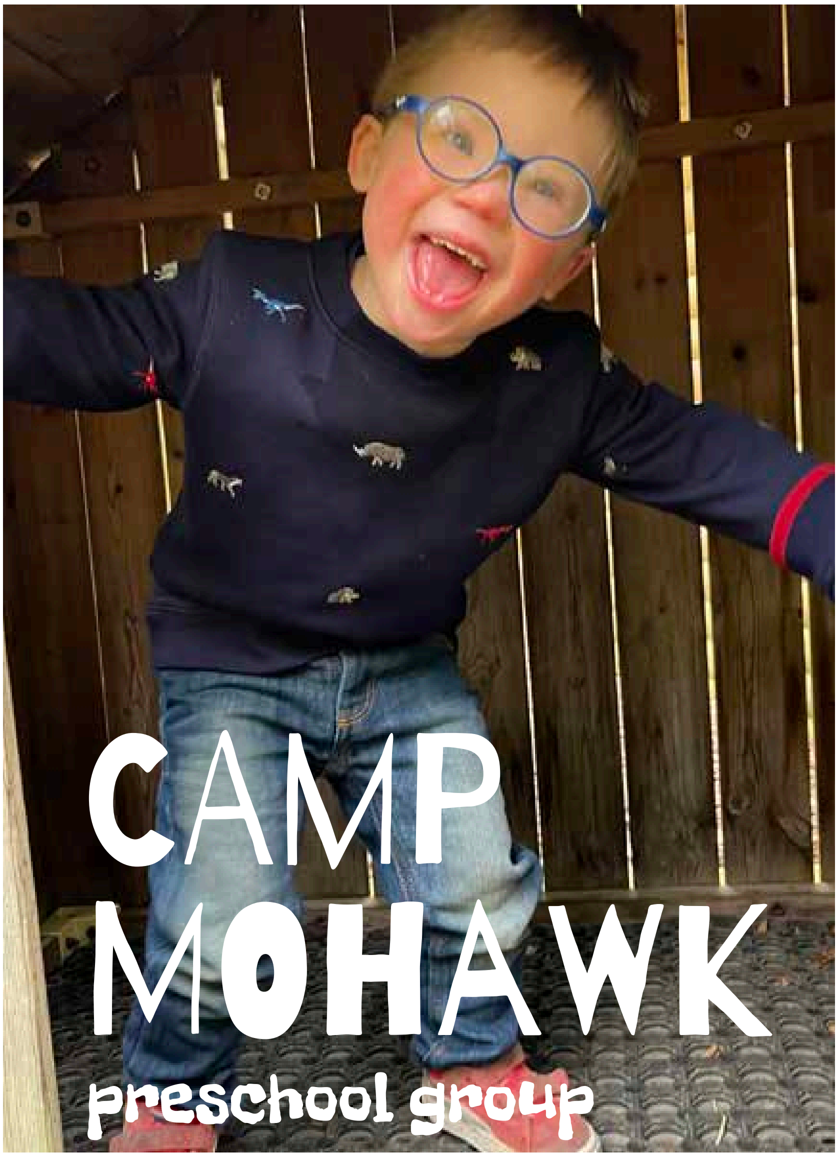

Gabriel

A PIZZA LOVE ON VALENTINE'S DAY

Love was in the air on Valentine's Day when the **Cook & Chat** group got together to make heart-shaped pizza! Meat lovers, cheese lovers and veggie lovers were all catered for and a delicious time was had by all. And, to spread the love, we also made Valentine's Day cards for our special someone.

CAMP MOHAWK

preschool group



The preschool group visited Camp Mohawk in April. The sun was shining and we spent a lovely day in beautiful woodland surroundings. Camp Mohawk boasts various playgrounds, soft play, a music room and fabulous sensory room. We had a wonderful time and will definitely be returning!


happy
bunny


TEDS WILD EXTREMES
OUTDOOR ADVENTURE

LIVING & LEARNING

A MUM'S MUSINGS

My daughter, Lucy, recently turned 18 and it's one of those milestone moments that gives pause for thought. Here are a few of mine. Some of them may chime with you.

When Lucy was born, the midwife seemed to feel that I should have been depressed, but I wasn't - I was besotted and overjoyed, Lucy was just so gorgeous. I know it's different for everyone, but I felt (as a Christian) that God had prepared me and I somehow wasn't at all surprised my baby had Downs. Maybe it was also being a clinical psychologist in the NHS that made me well aware that 'these things happen'. Many of you will probably recall Barbara Croft, the paediatrician, who was a big help too. She reassured me that Lucy would "do everything other children do, but in her own time".

We spoke with Lucy early on about Downs Syndrome, even before she had any idea what we were talking about. Then for a while it became "Dancing Drome" thanks to her little brother! Given Lucy's love of dancing that's perhaps our preferred diagnosis! Sometimes Lucy says she likes having Downs Syndrome and she loves those chance encounters when we come across someone else with it. Recently though she told me she hates it, so I gave her a big hug.

Lucy has some pretty normal aspirations, as well as some slightly more unusual ones. She's been quite obsessed with becoming a midwife (I blame 'Call the Midwife'), or a drama teacher (thanks to her love of musicals), and would like to work in our village shop. She wants to go to college, learn to drive and have a baby (aargh!). But then she also wants to move to Australia to marry one of The Wiggles(?!). Well, that one certainly won't make it in to her EHCP! She won't ever be able to drive because she has a nystagmus, she's quite upset about that. We'll just have to try and be creative about the rest. Like

other parents, we hope she will be happy, have lovely friends, fall in love, work in some way and live away from us at some point.

It was wonderful a few months ago to hear a talk from a supported-living provider and two of her young residents with Downs. I'm beginning to feel more confident that Lucy can have a fulfilling, safe and supported life as an adult, whilst we relinquish some of the everyday responsibility and be a little more free. It's hard to put it like that without feeling guilty though isn't it?

Like you, we've had many challenges, but I feel so grateful to those who have gone before us and fought the battles, so that Lucy is accepted and treated really positively in the community and has real choices and opportunities ahead of her.

Our beloved people with Downs certainly bring many blessings into our lives and the world. I'm sure many of you will associate with my experience of societal values being turned on their head: the deep-seated understanding that settles in us as we come to fully understand that people have an intrinsic value, regardless of what they can achieve or contribute to society. And then there's the way we become shaped and educated by our children with Downs. For me, this has meant having to learn to go slower, to compromise much more, be kinder, acknowledge what I don't know, lean on others, admit my weaknesses, appreciate Lucy's absolute commitment to being in the moment (even before mindfulness became so popular!) and aspire to her contentment and complete lack of materialism.

It's amazing how our young people can influence others as well. A friend of mine commented years ago that Lucy had completely changed her liberal views on testing for and aborting babies with disabilities - without Lucy so much as raising a placard. When Lucy was critically ill with pneumonia, aged 18 months, many at our church felt they learned more about the power of prayer and togetherness than from any number of sermons or years of theological study.

I've put so much pressure on myself over the years to 'do things right'. Unsurprisingly, this has often had the absolute opposite effect and I continue to struggle with the memory of times when I've messed up and not coped as I'd have hoped. But I'm finally learning to cut myself - and more importantly Lucy - more slack.

Thanks to all you wonderful people in the DSO community, and our other supporters, I'm even beginning to feel a bit more ready for parenting an adult with Downs!

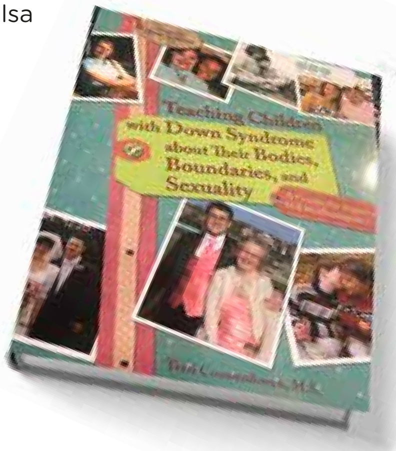
Rebecca Mitchell-Farmer (mum of Lucy - aged 18!)

DSO Library

The DSO Library was created last year using a Community Grant from the University Of Oxford. It is free to use and is available to all DSO members living in Oxfordshire and Oxfordshire schools who support a pupil with Down syndrome.

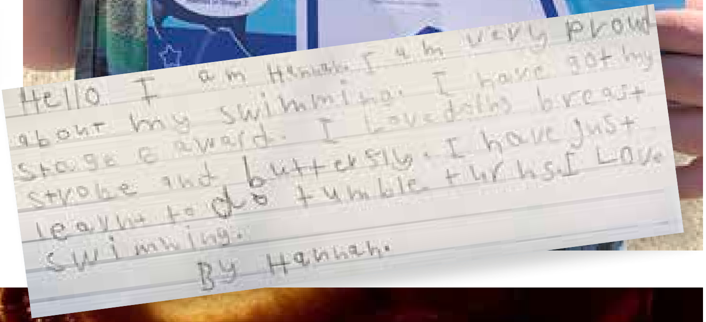
Books can be handed over at DSO events e.g. choir, football, tennis, EDGs etc, can be collected from 6 Wychwood Lane, Risinghurst OX3 8HG or can be posted.

The library catalogue is available on the DSO website or can be emailed to you if you contact Elsa at library@dsoxford.org.uk or please contact Elsa if you have any questions about the library.

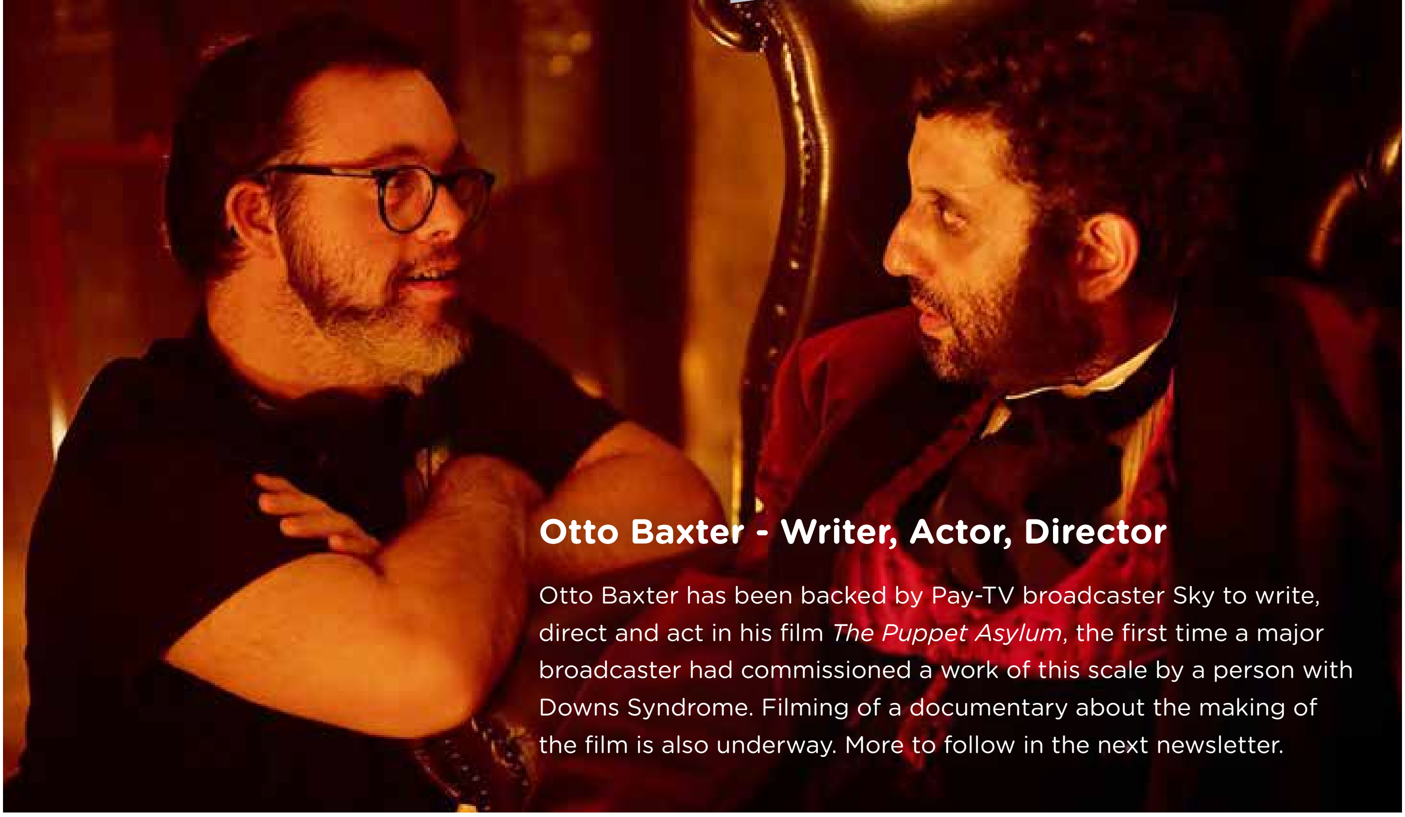


YOUR STORIES

"I saw the man who reminds me of the Queen's husband. I felt happy getting a medal for cycling."
Jack Gill 17



Hello I am Hannah. I am very proud
about my swimming. I have got my
stage 6 award. I Love doing breast
stroke and butterfly. I have just
learnt to do tumble turns. I Love
swimming.
By Hannah.



Otto Baxter - Writer, Actor, Director

Otto Baxter has been backed by Pay-TV broadcaster Sky to write, direct and act in his film *The Puppet Asylum*, the first time a major broadcaster had commissioned a work of this scale by a person with Downs Syndrome. Filming of a documentary about the making of the film is also underway. More to follow in the next newsletter.

Save the date

4th Dec

2-5pm

DSO XMAS PARTY

NEW

for this year

DJ Aaron Williams will be providng lots of great music, fun and games.

Exeter Hall
Kidlington

Torchlight Maze

AT MILLETS FARM

On the 3rd of September the 10+ and 16+ Clubs enjoyed a visit to the Millets Farm TorchLight Maze. We all had a great time navigating our way around different mazes and getting lost! There were also lots of other activities for us to enjoy including go-karts, trampolines and crazy golf. it was a fun night and everyone had a great time.

A closed Facebook Group for TAs, teachers and nursery staff.

DSO Schools Network

DSO Schools Network is a closed FB group for TAs, teachers, nursery staff, SENCOs and professionals supporting pupils with Downs 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.

A huge thankyou!

COVENTRY
Building Society

Over the last 10 years DSO has been a nominated charity of the Cowley branch of the Coventry Building Society

Unfortunately that has now had to come to an end, as the maximum time period has been reached. Over the last 10 years the branch, and in particular Stephanie Sawyer, have done an amazing job of championing DSO and identifying opportunities to raise extra funds for us.

We would like to pass on our sincere thanks for all their support and the funds they have raised for us. They have held in-branch cake sales and raffles and have awarded us their Community Grant Fund. In total we have received well over £5000.

Steph was also able to join us at the 2018 Walkathon and did a marvellous job on the hog roast stall, and she personally took on the 21Challenge last year and raised £185 .

A huge thank you to Steph and the team at the Cowley branch for your continued support over the last 10 years!

Funk & Soul Night fundraiser

In March, Ben and Emily Higgins organised a Funk & Soul night at the Coach and Horses pub in Wallingford. It was a great night with dancing and a raffle which raised £741 for DSO!

Black Boy Pub donation

A big thank you to the Black Boy pub in Headington for their £642 donation to DSO. The Black Boy pub regularly run charity coffee mornings and in June and July DSO were one of their chosen charities.

ELLIOT'S SHED

Don't forget we have a wide range of equipment, toys and resources available for you to borrow **FREE of charge** from Elliot's shed. Items available include:

- **Trip trap/breezi highchairs**
- **Wooden toys**
- **Sensory equipment**
- **Bikes, trikes and scooters**
- **Eductional resources such as Numicon**

If you're interested to find out more about the items avaiable please get in touch with Kat Cornfield at **elliotsshed@dsoxford.org.uk**

FUNDRAISING DONATIONS AND GRANTS

DSO Oxford is extremely grateful to have been given the following money from October 2021 to January 2022, through fundraising efforts, donations and grants.

FUNDRAISING

Emily Steers did a skydive for DSO and raised **£1250.00.** See photos of her bravery on page 14.

Archie Cunningham raised **£355.00** with his **21 Minutes on the treadmill campaign.**

On World Down's Syndrome Day **Caroline Woods** held her annual Badge Sale and raised **£42.00,** and **Lucas Hynds** sold lots of yummy brownies and raised **£66.00.**

Dragon Christmas Charity Sale	**£2000.00** Over 70 individual pupil stalls were run by students, with activities ranging from reindeer food to plate smashing with everyone enthusiastically contributing to the fundraising.
Phil & Jack Jacksons handmade crafts	**£67.00** Selling wooden Xmas reindeers.
Coach & Horses Wallingford	**£741.00** Ben & Emily Higgins family soul & Funk night.
Damascus	**£153.00** All Saints Church Sutton Courtenay - coffee morning.
Coventry Building Society, Cowley Branch	**£428.00** in branch fundraising.
Amanda Alder Dance Academy	**£1250.00** Donations from Radley Dance show.

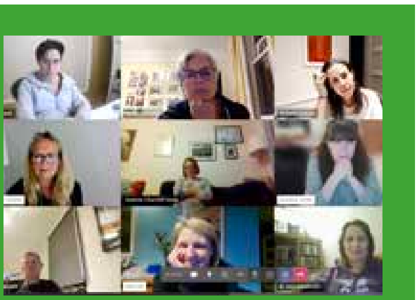
DONATIONS

Didcot Rotary Club	**£570.00** from sarah.
Alyssa's Horse winning race	**£500.00** Her horse won a race.

We currently and very gratefully receive £210.00 monthly through standing order donations.

SAVE THE DATE

We've got a lot of exciting events hapening over the coming months. Keep an eye out for our emials for more details about each one.



26 September

Members Group Meeting

Join us or our All Member's Meeting. It's a great way to share your ideas. Look out for an email with further details.

27 October

Halloween Party

All 10+ and 16+ members are invited to our cool Halloween Party at Risinghurst Community Hall, 7 - 9pm

6 Nov

Justi

SOLD OUT

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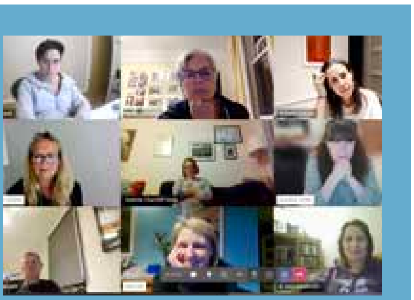
2x tickets available -
ontact



28 November

Members Group Meeting

Join us or our All Member's Meeting. It's a great way to share your ideas. Look out for an email with further details.

4 Dec

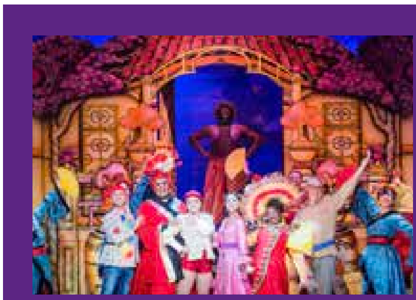
Xmas Party

Save the date for our unmissable Xmas Party, 2 -5pm Exeter Hall, Kidlington with entertainment from DJ Aaron Williams..

6 December

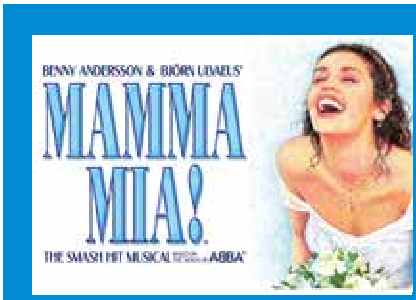
Cinderella panto

We have a number of tickets for the Cinderella panto at the Oxforf Playhouse at 2pm. Details on FB.



23 December

Jack & the Beanstalk Panto. Watch out for details in September for tickets to the Jack & the Beanstalk Panto showing at 1pm 23 Dec.



29 December

Mamma Mia

Mamma Mia comes to the New Theatre, Oxford. We still have a number of tickets available.

LOTTERY RESULTS

Message from Andy Fearnside, DSO Lottery organiser.

As always, **thank you** to everyone for taking part. A total of **£744** has been raised for DSO all thanks to you!

If you or anyone else would like to join, please email **lottery@dsoxford.org.uk** for details.

YOUR CHANCE TO WIN! JOIN THE LOTTERY.

Join our lottery! Each ticket is just £5 per month.

To join simply:

1. Set up a regular monthly payment to our lottery account Sort code: **30-80-45** Account No.: **29786768**
2. Send an email to Andy Fearnside 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!

The DSO lottery draws for February to May took place at the last two All Members meetings, and here are the lucky winners!

Congratulations!

FEBRUARY 2022

1st prize - £61.00	Steph Mills
2nd prize - £36.60	Katharine Horrocks
3rd prize - £24.40	Ella Terblanche

MARCH 2022

1st prize - £61.00	Marion Simon
2nd prize - £36.60	Steph Mills
3rd prize - £24.40	Karen Woodrow

APRIL 2022

1st prize - £61.00	Netty Lings
2nd prize - £36.60	Sam Martin
3rd prize - £24.40	Emily & Matt Robinson

MAY 2022

1st prize - £61.00	Lucy Sanderson
2nd prize - £36.60	Adam Geoghegan
3rd prize - £24.40	Ella Terblanche

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. Our next meeting is on the 21st of March.

And don't forget, we have our Social WhatsApp groups, too. If you'd like to be added to a group, please contact the person listed here:

Pre-School Club
Stephanie Mills
steph@dsoxford.org.uk

10+ Club
Sam Martin-Morrissey
sam@dsoxford.org.uk

Primary Club
Emily Higgins
emily@dsoxford.org.uk

16+ Club
Anne Churchill-Stone & Sonia Forester
anne@dsoxford.org.uk
sonia@dsoxford.org.uk

MAKE A DONATION

Down's Syndrome Oxford relies entirely on its fundraising and generous donations from our friends and supporters to fund the activities we provide for our children. Any contribution you can make will be put to good use and is greatly appreciated.

down's syndrome oxford

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

OR

A regular gift of £ per month / quarter / year (please circle appropriate)

commencing on dd/mm/yyyy

Name of bank

Bank address

Postcode

Account No. Sort Code

Signature Date dd/mm/yyyy

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).

GIFT AID DECLARATION

Please tick the 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 at least equal to the tax DSO reclaims on my donation(s).

☐ I am not a UK taxpayer.

YOUR DETAILS

We will not share your information with any other organisation.

Your name

Your address

Postcode

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

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Website:
dsoxford.org.uk

Facebook (closed group):
facebook.com/groups/dsoxford

Facebook (public group):
facebook.com/downssyndromeoxford

Twitter:
twitter.com/DownsOxford
@DownsOxford

SHARE YOUR EXPERIENCES

We welcome text or photos about your child enjoying themselves - not necessariliy a DSO event. Please send materials to:

Joy Weideman or
Lucy Sanderson
newsletter@dsoxford.org.uk

The deadline for the next edition of the newsletter is:

Friday 13 January 2023.

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

down's syndrome oxford

Registered charity number: 1103850