



down's syndrome oxford

NEWSLETTER

DECEMBER 2023



Summer and
Autumn fun

Barge trip on the Kennett & Avon

By Philip Mann





Four families were lucky to win places on the DSO Barge trip in June, travelling from Hungerford to Great Bedwyn on the good ship 'Hannah'.

The weather was wonderful, as was Hannah, the wide-beam boat which was very comfortable and catered for all our needs. We travelled for more than three hours in lovely countryside, working numerous locks (everyone on the boat was very involved and active – a real team effort). We were even allowed to steer the boat and be Captain for a while. Special thanks to the crew of Hannah and the Rotary Club of Abingdon Vesper who made this trip possible. Very much appreciated. We had a fantastic time and hope we will be invited again next year!



TUMBLE STONE HOLLOW

By Emily Higgins

9 families from the Primary group had a lovely time at Tumblestone Hollow at Stonor Park in June.

We spent a beautiful sunny morning exploring the wooden play frame nestled in the woodland, whizzing down slides, and digging in the sandpit. We also had exclusive use of the party tent where delicious pizzas were served. A thoroughly enjoyable morning!





By Sally Dubock

BRITISH DOWNS SYNDROME SWIMMING CHAMPIONSHIPS

What a weekend! Three of our DSO members took part in the second GB Down's Syndrome Swimming Championship.

Yet again it was an inspiring event, with a wonderful atmosphere and so much fun. There were even world records broken! Hannah Dubock, Katie Lloyd and Amber Davies all took part in a number of races. In their respective age categories, Katie was awarded two golds and a silver and Hannah a silver and a bronze. I recommend anyone who can swim a length competently to give it a go next year – it would be great to have more members from DSO there.



Black Oxford Untold Stories in partnership with Westgate Oxford

TRAILBLAZERS



WESTGATE
OXFORD

The DSO Choir brought an uplifting performance to the Westgate Oxford as part of October's Black Oxford Trailblazers event. Choir member Serenna gave a stirring solo performance of "Something Inside So Strong" that moved many listeners.

By Elsa Gill

The incredible generosity of our audience helped us raise an amazing £890.







By Elsa Gill

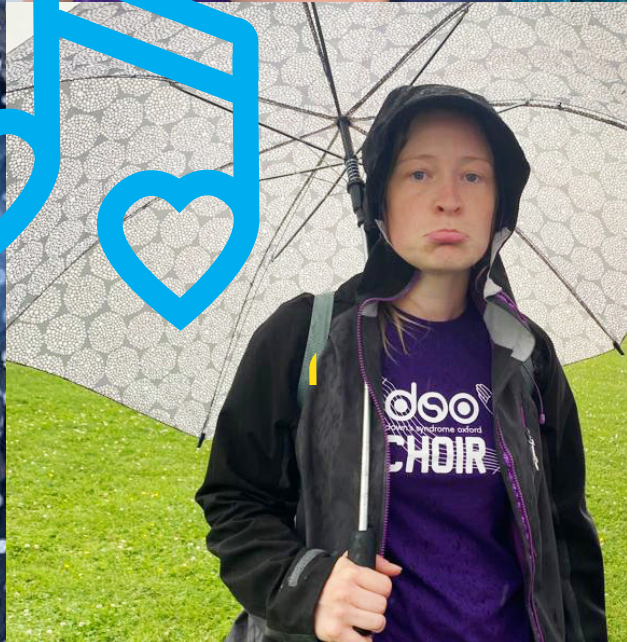
Choir at Accessival

Back in July, the DSO Choir was the first act to perform at the first Thomley Accessival Festival.

Accessival was devised to offer families with children with SEN the opportunity to experience a festival in a safe and accessible venue.

Despite the torrential rain, the choir did a fantastic performance and had lots of positive feedback from the crowd. Thomley were so pleased with the Festival that they have announced another festival in 2024 on Sat 6th July. and have asked the DSO choir to be part of it again.





Celebrating DSO's 21st birthday!

It's DSO's 21st birthday in 2024!

As part of the celebrations we asked our young members to design a 21st birthday logo that we can use for all the events planned to mark this big DSO milestone.

We are very happy to say that we received three fabulous entries and want to thank everyone who voted for their favourite.

If you were at the DSO Christmas party you'll have seen the announcement of the the winning entry, created by Alexander Horrocks (shown here on the right). Huge congratulations Alexander!

The runners up were Emma Wang and Ellie Holgate. Thank you both for your beautiful artworks (shown here below).



THE RUNNERS UP



*Save the
Date*

20/07/2024

**DSO's 21st
celebration
ball**

Worton Hall 7pm until late
Open to all aged 16yrs and over



By Amanda Foulds

As part of Oxford United Walking Football Club Tri-Stars were invited to take part in a fundraiser at Oxford United's training ground to celebrate the life of the club favourite, Joey Beauchamp.

The Tri-Stars kicked off the evening with a match which included Oxford United legends Les Robinson, Peter Rhoades-Brown and James Constable. The walking football teams then held a 6-team round robin tournament.

A selection of United's first-team players including Ed McGinty and Mark Harris plus Academy players Kasway Burton and George Franklin were also pitch side to meet players.

Despite the wet and dreary autumn evening a whopping £1,344 was raised.

The Foundation was established following Joey's passing last year and will fund the delivery of mental health and wellbeing focused programmes.







HELLO SUMMER



In July over 200 of our members came together for our annual summer party at Thomley, where we had exclusive use of the venue and all its wonderful facilities. Unfortunately the sun forgot to shine that day but a few drops of rain didn't stop us having fun.

We bounced on the huge inflatable pillow, peddled along the track on the bikes and trikes, and jumped around in the indoor ballpit.

DSO favourite Colonel Custard entertained us with circus skills and his incredibly popular magic show. It was great to see members of all ages getting involved and enjoying the show.

By Lucy Sanderson









Jump for DSA

By Emily Robinson

After a weather-related postponement from World Down's Syndrome Day, I finally got the opportunity to jump out of an aeroplane on 22nd April whilst raising money for The Down's Syndrome Association.

It's always been something I fancied doing (especially after a failed Bungee Jump – a story for another day) as I love a good Theme Park ride, especially a rollercoaster!...oh and it's a big birthday year for me this year so I thought I had better start ticking off items on my bucket list.

Surprisingly for me I wasn't that nervous in the run up to the event or even on the day itself – little did I know that Matt and Lucy were doing all the panicking for me! The actual day was still a bit iffy weather-wise so quite a lot of time was spent hanging around, but it was lovely to chat to the Team21 representatives from The DSA and all the other jumpers and their families – and some celebrity rapper called Aitch?! (no, not the one from Steps as I had thought!) who is a DSA Ambassador.

The trip on the plane up to 15,000 feet was interesting – sitting astride a bench, strapped in

front of your instructor (mine was called Mad Henk, not entirely reassuring!) with the harness gradually being tightened to the point that you can barely breathe!

Luckily, being strapped to an instructor means the decision as to whether or not you are going to 'fall' out of the plane is taken out of your hands. However, what no one tells you is that at 15,000 feet in April the temperature is -21 and you are free falling at around 135mph! Ice crystals hammered at my face, forcing me to close my eyes, and cloud cover meant I couldn't see anything for the free fall (a good thing probably!). However, all these factors combined to mean that by the time my parachute opened, and the world looked beautiful and serene below the clouds, I was feeling sick from the motion and lack of orientation. I then spent the rest of the fall worrying that if I was sick, which way would it go?! In the face of the instructor behind me? Up my face covering my goggles? Anyway, I didn't want to risk it so I closed my mouth and indicated to the instructor that I just wanted to get down as soon as possible!!! So, apologies to Henk for the lack of conversation during the descent!

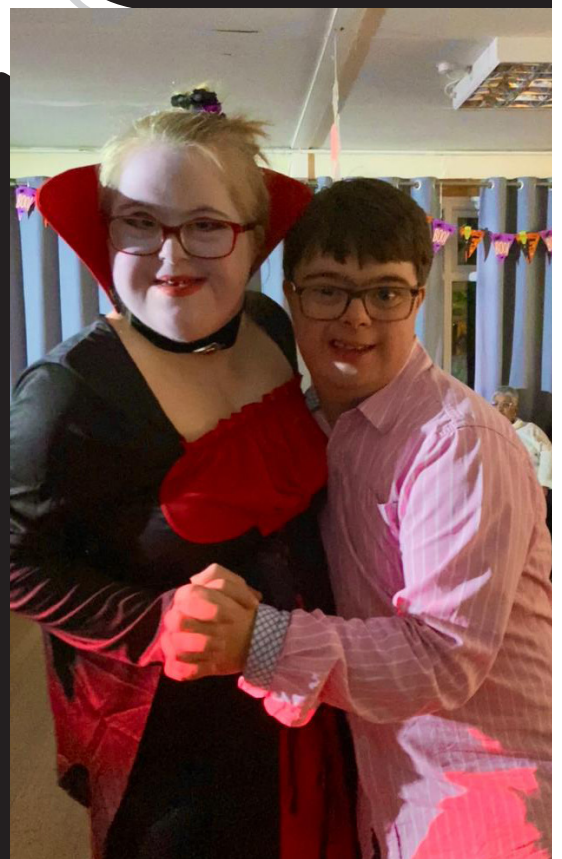
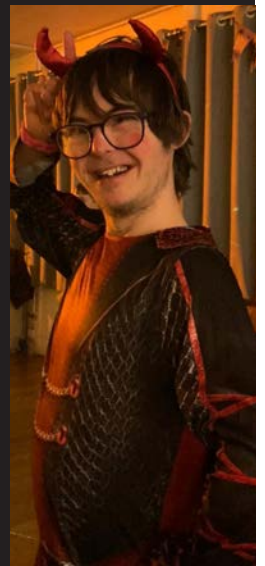
So, tick, done. I was buzzing, but did I enjoy it? Would I do it again?...probably not. Glad to have raised over **£1300** for the DSA though.

HALLOWEEN

By Sonia Forrester



Great disco moves and spooky grooves were the theme of the night. Attendance was phenomenal with over 60 attendees from our 10+ and 16+ groups. The costumes get better and better.... If you're 10+ and have never been I'd love to see you showing off your spooky moves next year!



YOUR STORIES



Chloe has been attending latin and ballroom dance classes for a number of years now and earlier this year she took her silver medal exams with the Allied Dancing Association. She had to do six different dances; waltz, quickstep, tango, jive, samba, and cha cha cha. She was thrilled to find out that she passed both the latin and ballroom exams with honours. She was presented with her medals and certificates by her dance teachers at their summer party. Amazing achievement, Chloe!



A huge thank you!

The choir were delighted to hear that they had successfully been chosen by the Truck Trust (Trust Festival) to be awarded the sum of £500. The Truck Trust gives out grants every year, mainly to Oxfordshire based charities. We are very grateful for this generous donation.



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 high chairs
- Wooden toys
- Sensory equipment
- Bikes, trikes and scooters
- Educational resources such as Numicon

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



LOTTERY RESULTS

Message from Andy Fearnside, DSO Lottery organiser.

March saw the end of the financial year for the lottery, and I am happy to say that we raised **£2205** for DSO all thanks to you!

We would still love some new members so if you know anyone who would like to join, please ask them to email lottery@dsoxford.org.uk for more 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!

Congratulations!

JUNE 2023

1st Prize - Emily Robinson
2nd Prize - Diana McMahon
3rd Prize - Shaun Goddard

JULY 2023

1st Prize - Imogen Wilson
2nd Prize - Shaun Goddard
3rd Prize - Jenny Dilnot

AUGUST 2023

1st Prize - Ella Terblanche
2nd Prize - Sally Vinter
3rd Prize - Sarah Stevenson

SEPTEMBER 2023

1st Prize - Emily Robinson
2nd Prize - Jane Westby
3rd Prize - Andy Fearnside

OCTOBER 2023

1st Prize - Jane Bennet
2nd Prize - Steph Mills
3rd Prize - Lucy Sanderson



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:



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andria@dsoxford.org.uk



Sam Martin-Morrissey
sam@dsoxford.org.uk



Natalie Row
natalie@dsoxford.org.uk



Anne Churchill-Stone
anne@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.



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

OR

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

commencing on

Name of bank

Bank address

Postcode

Account No. Sort Code

Signature Date

Bank Ref:

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, 33 Saffron Crescent,
Carterton, OX18 LD

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**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 necessarily
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 3 May 2024.



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



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