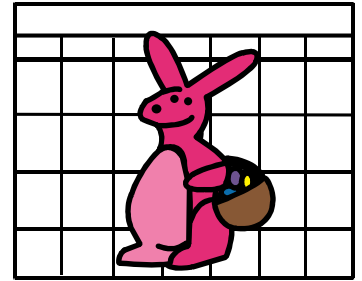




**South Manchester**  
**Down's Syndrome Support Group**  
*Fulfilling Potential*

**Newsletter**  
**April**  
**2019**



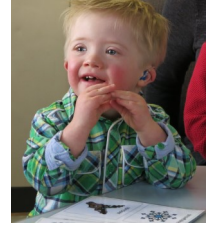
Registered Charity No: 1164570



### Chatterbox Club

**Emmanuel Community Church , Green Lane, Heaton Moor**

A family social occasion providing the opportunity for children to meet with others of a similar age for group speech therapy. Sessions are delivered by qualified speech and language therapists who have specialist training in the specific communication needs of people who have Down's syndrome. If you do not enrol for the SLT sessions, you are welcome to join us for all the other activities, coffee and a chat. Feel free to pop a donation in the box at the refreshments counter towards the cost of running the club, which includes arts and craft activities provided by Venture Arts (<http://www.venturearts.org>) and yoga. Teachers and TAs welcome – the activities modelled in these sessions are suitable to be use in educational settings.



Coffee is served between 9.30am - 12pm, Craft activities between 10am - 12pm, Sing and Sign sessions: 10.15 - 10.35 for age 3 and under, 10.40 - 11.00 for ages 3-6, 11.05 - 11.25 for the over 6s

Yoga: 11.45-12.20

**Dates : April 27, May 18, June 22, Sept 21, Oct 19, Nov 16, Dec 7**

**Themes: April - spring/Easter, May - furniture / prepositional lang around the home, June - swimming/water**

Arts and Crafts, delivered by Venture Arts, are funded from April 2017 - April 2019 by the Thomas Cook Children's Charity.



### Fundraising

Huge thanks to the following:

Didsbury CofE who raised £170 at a cake sale on WDSD.

Lauren Livesey, who raised over £1000 <https://mydonate.bt.com/fundraisers/laurenlivesey>

Barlow Hall Primary, who raised £160 on WDSD.

HND Social Students of OLC Europe Manchester campus raised £200 on WDSD.



When you're doing your shopping you could also be [helping us raise some money!](#)

Join easyfundraising <https://www.easyfundraising.org.uk/causes/smdssg/> and you can collect free donations for us every time you buy something online.

**It won't cost you a penny extra so please help us to raise funds.**

We have been chosen for the Co-op Local Community Fund. 1% of everything members spend on Co-op branded products and services goes to a local cause they choose – and can choose SMDSSG's WorkFit project. If you aren't already members, you can to join Co-op to support us. <https://membership.coop.co.uk/causes/29987>



Please think about SMDSSG when you are in your local supermarket, bank etc if they have charity schemes (eg Tesco, Waitrose and John Lewis have Community Matters, Sainsbury's have a charity of the year, Asda have Community Life). Please nominate us, if that is all that is required. If there is an application form and/or more information needed, please contact Bernadette.

# SMDSSG EVENTS AND NEWS



## SMDSSG PRESCHOOL GROUP

COME AND JOIN US

10am – 12noon

April 30, May 14, **June 4**, June 18, July 2, **July 16**.

On the dates in bold, one of the Chatterbox speech and language therapists will be at the group from 10.30-11.30.

On the other dates, Danielle from Fun Sign Fun Time be singing and signing.

- All children welcome aged from birth to 4 (Including siblings)
- Drop in or stay the whole time. Have a drink, biscuit and chat with other parents/carers, grandparents.
- Come and tell us what you'd like to be on offer at these groups.

East Didsbury Methodist Church, Parris Wood Road, East Didsbury, M20 5QQ

[eastdidsburymeth.com](http://eastdidsburymeth.com)

Contact Bernadette: phone: 07593 542 107, email: [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk)

*Dates for your diary*

### Bowling

Dog Bowl Arch 57, Whitworth  
St West, Manchester, M1 5WW,  
Sunday mornings 10.30am

Dates: Feb 24, June 16, Nov 10



### Pizza Evenings



Pizza Express West Didsbury 95 Lapwing  
Ln, Manchester M20 6UR

Friday evenings 6-8pm

Dates: April 5, Sept 27, Dec 13

**FREE to WorkFit candidates and**

**SMDSSG members aged 13+**

*Donations to SMDSSG always welcome!*

**To book a place, contact Bernadette at:**

**[contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk), 'phone: 07593 542 107**

These events are funded by

Greggs Foundation Local Community Fund



# SMDSSG EVENTS AND NEWS

**In Memory of Evie Porter—FREE Fun Day at The Children's Adventure Farm Trust**

**Saturday September 14, 10am—2pm**

**Booth Bank Farm, Reddy Lane, Millington, Cheshire, WA14 3RE**

The farm has the following facilities:

BBQ area, sensory garden, adventure playground, aviary, alpacas, goats and donkeys, sports hall, bouncy castle, ball pool, games room, music room, multi-sensory suite and art room.

Lunches included.

There is a maximum capacity, so places will be allocated on a first come, first served basis.

To book your place(s), contact Bernadette: email: [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk), phone: 07593 542 107

**Don't forget to plant the aster seeds we gave out at Chatterbox last September - time to sow is now**

Evie was a clever and sociable little girl, who brightened up any room she entered.

She loved ballet, the beach and swimming.

Her favourite movies were Moana, Brave, Inside Out, Secret Life of Pets and Pocahontas.

Evie was due to start preschool last September which we know she would have just loved.

Evie became ill and very suddenly passed away on Wednesday July 4th 2018.

She is so greatly missed by her parents Chris and Emma, her family and all her friends.



Evelyn "Evie" Wendy Porter born 18th September 2014



We miss Evie (and her parents) so much at Chatterbox and other SMDSSG events.

Evie's favourite colour was yellow and her birth flower is the aster, so we thought planting yellow asters would be a lovely way to remember Evie.

# SMDSSG EVENTS AND NEWS

## SMDSSG Membership

No membership fee. Membership benefits:

Vote at our AGM (1 vote per family)

Join our committee

Attend events such as indoor play sessions, music events and Christmas parties at a reduced rate or for free

Attend Speech and Language session at Chatterbox Club

Attend training courses at a discount

As a non-member you will still be able to receive the newsletter & email updates, attend training and attend open events (such as Chatterbox).

If you would like to become a member, please complete a membership form attached and at:

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

## See Fran and Chris from WorkFit on Northwest tonight and on BBC News Channel:

BBC News Channel 21 March 2019: Chris and Fran talking about WorkFit

<https://youtu.be/HXtoE2jC-gY>

BC North West Tonight 21 March 2019: Shauna and Chris

<https://youtu.be/OjSYuSISvNO>



Visit our Facebook page to find lots of information and details of regional and national events [www.facebook.com/SMDSSG](http://www.facebook.com/SMDSSG)

# Other Events/information

## Anyone for tennis

Hale Tennis Club, Park Avenue, Hale WA15 9DL as per usual with Mark and his team providing the coaching and again intending to provide refreshments at the end of each session.

Saturday 13th April – 4:30pm

Sunday 19th May – 3pm

Saturday 29th June – 4:30pm

Saturday 13th July – 4:30pm

Saturday 10th August – 4:30pm

Saturday 21st Sept – 4:30pm

Saturday 12th Oct – 4:30pm

email: phil.adams@altium.co.uk

call/text Phil on 07770536666

Please let Phil know whether you/your child can make the event on 13th April as this helps planning the coaching team and the refreshments.

Spread the news!!



## National Trust Discounted and free entry—Essential Companion card

The Essential Companion card makes it simple to bring one or two carers or companions with you, free of charge. Just show the card when you arrive, and your carer(s) or companion(s) won't need to pay an entry fee. It's in your name so you can bring whomever you like, but even if you don't have an Essential Companion card, you can still bring carers or companions free – the card just makes it quicker and simpler for you.

How to get your Essential Companion or Links Pass card

To order your pass or card, just get in touch with us by phone, email, or post.

Call: 0344 800 1895

Email: enquiries@nationaltrust.org.uk

Write: National Trust, PO Box 574, Manvers, Rotherham, S63 3FH

<https://www.nationaltrust.org.uk/features/access-for-everyone>

**“One of my biggest fears when Saajan was born was how he would fit in with the Sikh community”**

**Posted on: March 21, 2019 By Harps Kaur**

**I wish I knew then, what I know now...**

**Posted on: March 21, 2019**

# Other Events/information



**ONE CITY  
DISABILITY SPORT**



The City in the community disability football programme is designed to increase participation levels and raise awareness of issues affecting people with disabilities.

The Junior Disability Football sessions currently on offer are:

### PAN Disability Football

Day: Weekly Monday's  
Time: 8:00am – 9:00pm  
Venue: City Football Academy

### Girls Disability Football

Day: Weekly Monday's  
Time: 8:00am – 9:00pm  
Venue: City Football Academy

### Cerebral Palsy Football

Day: Weekly Monday's  
Time: 8:00am – 9:00pm  
Venue: City Football Academy

### Disability Youth Club

Day: Weekly Tuesday's  
Time: 6:00pm – 8:00pm  
Venue: The Lifestyle Centre



### Power Chair Football

Day: Weekly Thursday's  
Time: 5:00pm – 7:00pm  
Venue: Newbridge Academy

### Down Syndrome Football

Day: Weekly Saturday's  
Time: 11:00am – 12:30pm  
Venue: City Football Academy

For further details please contact Paul Kelly on 07881 343844 or email [Paul.Kelly2@cityfootball.com](mailto:Paul.Kelly2@cityfootball.com)



CITY IN THE  
COMMUNITY



Follow us @ctfcTweets

**FREE**  
For 6 - 16  
year olds

## The Social

GREATER  
MANCHESTER  
**coalition**  
of disabled people  
GMCDP

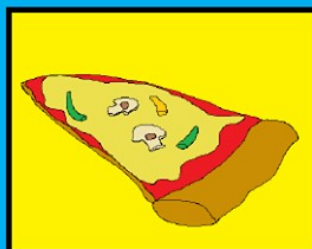
A night for young disabled people aged 15-25, living in Manchester.

Food, space, music, fun - free.

### Come join us?

Tuesday 30th April, 5.30-7.30pm

Z-Arts, 335 Stretford Rd,  
Manchester M15 5ZA



For more information and to discuss support for any access needs, contact Hannah:

Phone: 01616367537

Text: 07922534827

Email: [hannah@gmcdp.com](mailto:hannah@gmcdp.com)

# Other Events/information

---

## ARE YOU A PARENT/ GUARDIAN OF SOMEONE WITH DOWN SYNDROME?

We need your help in a study about feeding styles  
and eating behaviours of your children.

**IF INTERESTED PLEASE CLICK HERE**

Please contact either Somer Wigger or Jessica  
Hall who are both students at University of  
Hertfordshire or Silvana Mengoni the project  
supervisor.

[somerwigger@hotmail.com](mailto:somerwigger@hotmail.com)

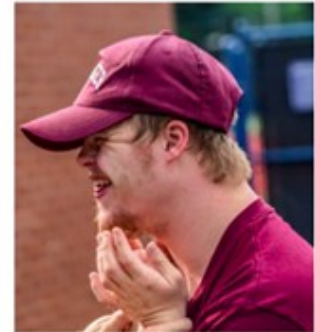
[s.mengoni@herts.ac.uk](mailto:s.mengoni@herts.ac.uk)

[jessica.hall98@icloud.com](mailto:jessica.hall98@icloud.com)

Protocol number: aLMS/UG/UH/03555(1)

# Other Events/information

---



---

**Would you like to help us improve our knowledge of Down syndrome?**

**Psychologists at UCL are looking for adults with Down syndrome, and their parents or caregivers to take part in an exciting new study in the North West!**

We are running a study looking at how the poor motor abilities that are often found in Down Syndrome and Williams Syndrome affect the ability to carry out tasks of daily living in these populations (e.g. getting dressed, cooking meals, personal hygiene, etc.) We know that individuals with Down Syndrome and individuals with Williams Syndrome can struggle with these daily living activities, but we do not yet know what factors may be linked to this low ability. If we can improve our knowledge into this interesting area, then this may help with the design of intervention.

## How can I take part?

**If you are interested in taking part in any of our research -in your home (or another convenient location for you), or in our laboratories - you can contact Leighanne Mayall (email: [leighanne.mayall.14@ucl.ac.uk](mailto:leighanne.mayall.14@ucl.ac.uk) or telephone: 07983603188)**

# Other Events/information

## JUNIOR PAN-DISABILITY FOOTBALL

Every Friday  
from 5pm-6pm

Take part in a safe environment on our 3G pitch (no metal studs please).

Whether you want an introduction to the game, a kick about or a coached session by academy coaches... Then these sessions are for you.

For registration or more details email [tom.conroy@fc-utd.net](mailto:tom.conroy@fc-utd.net) or alternatively call FCUM Office on 0161 769 2005.



**FIRST  
SESSION**  
**FREE**

£2 per player  
thereafter



**GR  
W  
GAME**

ORGANISED BY  
**Football  
Foundation**



Club Events

FC United, Football & Fans United

# Other Events/information

## Learning disability and autism training for health and care staff

The government wants to know how we can make sure that health and social care staff have the right training to understand the needs of people with a learning disability and autistic people, and make reasonable adjustments to support them.

[https://www.gov.uk/government/consultations/learning-disability-and-autism-training-for-health-and-care-staff?fbclid=IwAR11MsgaKGVbABnUiQntgRDM\\_EwrMb5o9BbKuPDTfGphdb6tg6\\_TqXxQg8](https://www.gov.uk/government/consultations/learning-disability-and-autism-training-for-health-and-care-staff?fbclid=IwAR11MsgaKGVbABnUiQntgRDM_EwrMb5o9BbKuPDTfGphdb6tg6_TqXxQg8)

## Seeking chairs and members for the new disability

### Regional Stakeholder Network

The Office for Disability Issues is seeking people to join the new Regional Stakeholder Network in 9 regional groups across England.

[https://www.gov.uk/government/news/seeking-chairs-and-members-for-the-new-disability-regional-stakeholder-network?fbclid=IwAR0r\\_nZpAa2u8nhxi5OenegXfQty48ouw5dJlhucNs5T8k6igCHAk29wLhw](https://www.gov.uk/government/news/seeking-chairs-and-members-for-the-new-disability-regional-stakeholder-network?fbclid=IwAR0r_nZpAa2u8nhxi5OenegXfQty48ouw5dJlhucNs5T8k6igCHAk29wLhw)

**Children driving you mad?  
Worried about the impending school holidays?  
Fancy putting your feet up for a few days?  
Maybe we can help?**

Swan Films, an award winning production company, are making a brand new, exciting TV series exploring the challenges of everyday parenting.

Looking to hear from families with 2 or more kids aged 7+.

Please drop us a line today at:

[casting@swanfilms.tv](mailto:casting@swanfilms.tv) or 0203 0959491

Applicants must be aged 18 or over. Child safety and welfare will be prioritised throughout the production, and we will be working with a leading child psychologist to ensure safeguarding.



# Other Events/information



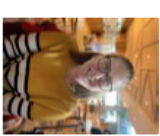
Do you live in the Greater Manchester Area?

Do you want to meet new people?

Do you want support to find you a date or friendship match?

- ♥ Exclusive matching service for members
- ♥ Supported first dates for every first date
- ♥ Support for second and third dates
- ♥ Ongoing follow up support
- ♥ Advice & information on safe dating
- ♥ Access to relationship training
- ♥ Access to social activities
- ♥ Meet new friends and potential partners
- ♥ Members only events
- ♥ Only £40 for 12 months / £25 for 6 months

**For More Details Contact:**  
**Lizzie Winkfield, Membership Coordinator**  
**T: 07762 964728**  
**E: [lizzie@meet-n-match.co.uk](mailto:lizzie@meet-n-match.co.uk)**  
**[facebook.com/MeetNMatchNW](https://www.facebook.com/MeetNMatchNW)**  
**[www.meet-n-match.co.uk/join](http://www.meet-n-match.co.uk/join)**



Meet N Match is a friendship and dating agency for adults with learning disabilities and/or autism.

We can help you to find new friends for friendship matches or dates.

Meet N Match is now working with people in Greater Manchester.

We can help you to arrange your first three dates and also provide support after your dates.

We provide a chaperone on your first date. A chaperone can help with any worries you have, and practical things like reading menus, or paying the right money.

It costs £40 for 12 months or £25 for 6 months.

You can join online at [www.meet-n-match.co.uk/join](http://www.meet-n-match.co.uk/join)

You can get a paper application form and find out more information from our Membership Coordinator, Lizzie Winkfield.

You can contact Lizzie on 07762 964728 or email [lizzie@meet-n-match.co.uk](mailto:lizzie@meet-n-match.co.uk)

# Other Events/information

A vibrant, industrial-themed poster for a 'Disability Evening Session' at Play Factor. The background is a red metal wall with rivets. At the top left is the Play Factor logo, which includes a stylized factory silhouette and the text 'Play Factor Making fun happen! www.playfactor.com'. To the right, the words 'DISABILITY EVENING SESSION!' are written in large, bold, white capital letters. Below this, a blue banner contains the text 'EVERY FIRST THURSDAY OF THE MONTH! 6:30PM - 8:30PM' in yellow, followed by 'TWO HOUR PLAY SESSION - ALL FACILITIES OPEN!' in white. A yellow sign on the left says 'FOR AGES 16 YEARS AND UNDER!'. A red banner across the middle reads 'LARGEST INDOOR PLAY FRAME & SLIDE IN THE UK'. Below this are several horizontal banners: a blue one for 'ELECTRIC GO KARTS', a yellow one for 'STATE OF THE ART LASER TAG ARENA', a green one for 'ITALIAN COFFEE SHOP & PIZZERIA', a red one for '2 HOUR PLAY SESSION', and a blue one for 'SIBLINGS WELCOME!'. The bottom section features a black background with white text: 'WE OFFER FREE ENTRANCE FOR EVERY CARER ACCOMPANYING ONE CHILD UPON PRESENTATION OF DISABILITY ID (DLA FORM FOR EXAMPLE). ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT. ALL FACILITIES ARE OPEN AND SIBLINGS ARE WELCOME. NORMAL PLAY FACTOR TERMS & CONDITIONS APPLY.' The poster is decorated with colorful cartoon characters: a yellow one-eyed creature, an orange spiky one, a purple one, and a green one, all appearing to be having fun. A white arrow points downwards towards the bottom text.

## Ongoing activities

**Special Virtuosi** - music provision for people with additional needs. Thursday nights during term time at the Royal Northern College of Music, Manchester from 5.15 until 7pm. Everybody is able to play in the orchestra with those that do not play an orchestral instrument playing a variety of percussion parts (no prior experience necessary). For details: [www.specialvirtuosi.co.uk](http://www.specialvirtuosi.co.uk) contact: [specialvirtuosi@gmail.com](mailto:specialvirtuosi@gmail.com)

**DSActive football sessions with Moorside Rangers** Alternate Sundays Victoria Lane (Beechfarm Playing Fields) Swinton Manchester M27 9LF. Times: seniors 11+ 10am-11am. Juniors 11am-12. Contact Jack Glennon, mobile: 07855025038, email: [jackglennon@sky.com](mailto:jackglennon@sky.com)

**The Donkey sanctuary Manchester, Green Fold Abbey Hey Manchester** M18 8RJ  
[www.elisabethsvendstrust.org.uk/view/manchester](http://www.elisabethsvendstrust.org.uk/view/manchester). For children with additional needs and their families. Rides are booked in as you arrive from 10am—1pm. **Saturday clubs usually third Saturday of the month** Tel 0161 301 4051. Relax over a cup of tea/coffee, bring a picnic or have a snack and meet other parents, carers and supporters.

**Simply Cycling** <http://www.simply-cycling.org/> Cycling for all abilities and opportunity to learn cycle skills with qualified teachers. £2 per rider. **Please call the numbers given in advance for details and to check dates –also website for any closures. Trafford Wheelers at Longford Park Athletic Stadium Ryebank Road, Stretford (Sat Nav M21 9LJ) Monday: 9.30 – 12 noon, Friday: 9.30 – 12 noon, Sunday: 1.00 – 3.00 pm.** For more information call Helen on: **07871 621778 email: [helenhines68@hotmail.co.uk](mailto:helenhines68@hotmail.co.uk)**  
**Wythenshawe Wheelers at Wythenshawe Park Athletics Track Wythenshawe Road, (Sat Nav. M23 OPH) Tuesday: 9.30 – 3.00 pm, Weds: 9.30 – 12 noon, Friday: 9.30 – 3.00 pm, Sat: 1.00 – 3.00 pm.** For more information please call Sue on: 07753 428937 **e.mail:sueblaylock2708@aol.com**

**CADS (Children's able and disabled sports) Clubs** [www.seashelltrust.org.uk/sports/what-we-offer](http://www.seashelltrust.org.uk/sports/what-we-offer)

**Seashell Showbiz** – Saturdays in term time 10.30-11.30am @ The Seashell Trust. £5 per session. Spring term dates – 4th, 11th, 18th, Feb and 6th, 11th, 18th, 25th March

**CADS Climbing** – Every other Tuesday in Term time - 6-7pm @ Seashell Trust. £5 per session. Spring term dates 14th, 28th Feb and 14th and 28th March

**CADS Football** – Every Friday in term time - 6-7pm - age 5-11yrs, 7-8pm – age 11+yrs @ St James High school, Cheadle Hulme £4.00 per session Spring term dates Friday 13th Jan – 17th Feb and 3rd – 31st March

If you would like to book onto any of CADS Clubs -

<http://www.seashelltrust.org.uk/con.../cads-clubs-booking-form>

**L'Arche prayer evenings** A chance for people with learning disabilities, their friends, carers and family to pray and reflect together. Stay for a cup of tea and biscuits afterwards! Contact: Kevin on 07714 397333 or at [kevin.coogan@larche.org.uk](mailto:kevin.coogan@larche.org.uk).



**Jump Space** Trampolining, Rebound Therapy and Active Sensory Play [www.jumpspace.org.uk](http://www.jumpspace.org.uk)

**Please note: these events are not run by the South Manchester Down's Syndrome Support Group. For information only—we are not responsible for changes to date, time or venue. Please use the contact information supplied to confirm details and to ask any questions.**



# DATES FOR YOUR DIARY

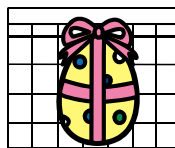
Chatterbox	April 27
Preschool Group	April 30
Circus Starr	May 8
Preschool Group	May 14
Chatterbox	May 18
Preschool group	June 4
Bowling	June 16
Preschool group	June 18
Chatterbox	June 22
Preschool group	July 2
Preschool group	July 16
Fun Day at CaFT	September 14
Chatterbox	September 21
Pizza Evening	September 27
Chatterbox	October 19
Bowling	November 10
Chatterbox	November 16
Chatterbox	December 6
Pizza Evening	December 13
Christmas Party	December 14 or 21



Supported by Co-op Members

The views and items in this newsletter are not necessarily those of the South Manchester Down's Syndrome Support Group.

Mention does not necessarily mean recommendation or support.



**Down's Syndrome  
Association**  
A Registered Charity No. 1061474

**SMDSSG**

Unit 17, 41 Old Birley  
Street, Manchester

Registered Charity  
No: 1164570

**April 2019**