



# Bristol Area Down's Syndrome Support

## January 2009 Newsletter

Hope you had a fantastic Christmas and Happy New Year 2009 to everyone.

### Special Olympics

You may not have heard of the Special Olympics but the GB National Summer Games will be held in Leicester between the 25th and 31st July 2009. Over 2,700 athletes representing 18 Special Olympics regions across the UK will visit the city of Leicester over the seven day period along with 1200 coaches and 1500 volunteers.

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

<http://www.leicester.gov.uk/specialolympics>

If enough families expressed an interest we could arrange a trip. If you are interested in please e-mail Andrew. [info@badss.org.uk](mailto:info@badss.org.uk)

### Take A Break & Woman's Own Magazine

We have been contacted by freelance journalist Nicola Skinner who is interested in raising awareness of Down's Syndrome. She regularly writes for the above magazines and has in the past written many moving accounts and inspirational features about Downs Syndrome. If you have an experience you think other families could benefit from, or would like to pay a tribute to your children, she would love to hear from you. All interviews will be conducted with sensitivity and full copy approval. Call her on 0117 9604 431 or email at [Nicola@phoenixfeatures.co.uk](mailto:Nicola@phoenixfeatures.co.uk). Her website has more details [www.phoenixfeatures.co.uk](http://www.phoenixfeatures.co.uk). She would pay a small fee for a story.

### Dates for your Diary:

We have begun planning events this year. If you have any ideas contact Zoe.

**Valentine's Disco – Saturday 14<sup>th</sup> February – Frenchay Village Hall. 4pm – 6pm**

Please bring along a plate of food. Drinks will be provided as well as some entertainment: 4-6pm High School Musical themed disco - Optional fancy dress (cheerleader/ basketball jock) with prizes. If anyone wanted to organise something for younger children the hall could be available from 2pm but this would need additional organising, call Paul if you can help.

### Bristol Zoo Trip - Wednesday 8th April.

Our traditional annual visit to Bristol Zoo is on Wednesday 8th April, we will be meeting at 10.45 at main (front) entrance, as usual we will be giving Easter Eggs to the children, (please reply to Jane Yeoman on the slip provided) times will be allocated for the Education Centre on the day. Please let Jane know if you child cannot eat chocolate and we will find an alternative.

### May Half-term

Barton Hill soft play area. TBC

### Annual Holiday

Last year's holiday proved a resounding success and we are planning a further trip to Croyde Bay Holiday Park, Devon again for the weekend of Friday 19th – Sunday 21st June 2009. We have only a few caravans left and no guarantee of getting any more so please contact Andrew with a deposit of £50 to reserve one, especially those of you have expressed some interest but not yet paid. It is first come first served.

### Theatre Tickets

Betty has many dates for the coming year: please see attached slips for dates and deadlines for cheques. Please make all cheques payable to Lloyds TSB.

### Down to Earth Group

Sandie's DtoE helper is going to University in September, so she will need a new volunteer. If anyone is interested or knows of a local reliable person that may be interested please contact Sandie.

### New Junior Down to Earth Group

As we have many children now reaching secondary school age, we would like to find out how much interest there would be in starting a new group, if you have a child in the 11-16 age group or approaching, please complete the slip and forward to Paul Simson. We plan to meet every 3rd Sunday in the month initially.

### New Events or Ideas for Trips

Please feel free to contact the committee if you have an idea for an event or trip during the school holidays for older children, and also any ideas for pre-school children as we want to do more for younger children but need ideas and help.

### E-mail, Text & Mail

This year we will be sending more information, such as on the Disco or theatre, through an automated email system or txt. Occasionally we will also send hardcopy if really important. So if you do not receive all types, some of your data is incorrect or missing, so tell us.

### Committee Member Contacts

Chair [Zoe Warman](mailto:Zoe.Warman@badss.org.uk) 0117 9701839

Treasurer [Paul Simson](mailto:Paul.Simson@badss.org.uk) 01454 311964

Secretary [Andrew King](mailto:Andrew.King@badss.org.uk) 01454 315469

Minutes Secretary [Jane Yeoman](mailto:Jane.Yeoman@badss.org.uk) 0117 904 2807

Sibling Support **Vacant** – Volunteers Anyone

Down to Earth [Sandie Davis](mailto:Sandie.Davis@badss.org.uk) 01179708324

Newsletter [Deborah Griffiths](mailto:Deborah.Griffiths@badss.org.uk) 01454 327672

Special Activities [Maggie Saunders](mailto:Maggie.Saunders@badss.org.uk) 0117 9096163

Theatre Tickets [Betty Humphries](mailto:Betty.Humphries@badss.org.uk) 0117 9561915