



Bristol Area Down's Syndrome Support

Summer 2009 Newsletter

Hi Everyone,

The summer holidays are nearly upon us, hopefully we will have some of this lovely summer weather for the children to enjoy.

Special Friends Club

A number of us are members of the Special Friends Club - a local group that arranges activities and outings for families with disabled children. They are currently oversubscribed and running a waiting list. To put your name down, contact Sarah Townsend
Email: special_friends@btinternet.com
Telephone: 07982719839.

They have arranged some great activities this summer, and to make it easier for people who are currently members, we have arranged some of our outings to coincide. These are marked below with *.

Horseworld - Thursday 6th August *

See www.horseworld.org.uk/visitorcentre for info
Meet 11am at the entrance.
Book in advance - Cost £5 per person (adult & child), person with DS free, under 3's free
Or pay on the day at the gate price

Longleat (by coach) - Monday 10th August

See www.longleat.co.uk for info
Coach trip - departing 9.30am from Honda Bristol 834 Bath Road, Brislington, Bristol, BS4 5LQ. Free Parking (we will direct you where to park when you arrive)
Cost £15 per adult, £10 per child, person with DS free. This is a subsidised cost that also includes the coach journey
Note height restrictions for some rides. You will not need to bring any extra evidence of disability as we will be arranging for the person with DS and their family (max 3) to have hand stamps so that they can use the exit lines.

Jump - 7-9pm Thursday 20th August *

This session has been booked exclusively by the special friends group and they have kindly invited us to join them. FREE - No booking required. Just turn up and mention that you are with BADSS. BADSS will be making a contribution towards their costs.

Costwold Farm Park - Tuesday 25th August *

See www.cotswoldfarmpark.co.uk for info
Meet 11am at the entrance
Book in advance - Cost £5 per person (adult & child), person with DS free, under 3's free
Or pay on the day at the gate price

There are café facilities onsite.
Do NOT use your Sat Nav system to get you to this attraction as you will end up in a deep river!!
Note: this is not the Cotswold Wildlife park
Getting there:
Address: Nr Guiting Power, Cheltenham, Glos, GL54 5UG Telephone: 01451 850307
Directions: From M5 junction 9 - Take the B4077 Stow on the Wold road, through Ford and turn right at the Farm Park sign on the crossroads with the Broadway to Bourton on the Water road. The Cotswold Farm Park will be on your right in 1¼ miles.
Remember NOT to use Sat Nav!

Legoland (by coach) - Tuesday 1st September

See www.legoland.co.uk for info
Coach trip - departing 8.30am from Honda Bristol 834 Bath Road, Brislington, Bristol, BS4 5LQ. Free Parking (we will direct you where to park when you arrive) then calling at Filton at 9am (park in the B&Q car park, furthest from the store where we will walk through to the layby on the ring road where the coach will stop)
Cost £20 per person adult/child. Under 3 free. Person with DS free. This is a subsidised cost that also includes the coach journey

Fundraising

These activities are subsidised by the fund-raising activities of the group and by corporate donations and grants from groups such as GWR/Heart kids.

The subsidies for this summer's activities will be cost the group nearly £1000

You can help by thinking of ways in which we can raise funds and apply for grants

Dates For Your Dairy

AUTUMN BALL – 7th November 7pm-1am
(see below for more details)
AGM – Sunday 15th November at Hop Skip
XMAS PARTY – Sunday 13th December 3-6pm

Calvert Trust

Some of our committee members stayed at a activity centre called Calvert Trust, activities included abseiling, horse riding and canoeing, it is suitable for all levels of ability. The cost is between £300.00 - £400.00 per person for four nights, we may be able to get a group reduction. We came up with an idea of that the group paid one third, the parents pay one third and we would encourage the child concerned to raise the remainder by sponsored activities. We are looking into the possibility for Easter next year. For further details please contact Paul Simson (paul.simson@btconnect.com) or see their website www.calvert-trust.org.uk/exmoor

Little Gems Group (0-8yrs)

Helen England has booked a session at action indoor sports in Whitchurch (www.actionsportuk.com) again for 12th September, 1-3pm, bouncy castle and softplay again but also have a lady coming along to do interactive singing and dancing and lots of tactile toys and stuff for the little gems group only. No charge but a small donation appreciated. Siblings welcome. Contact Helen for more details - HEng279683@aol.com

Down2Earth Jr (8-16yrs)

We have a number of activities arranged this summer including acting workshops and a week long day camp at a city farm. We are also planning cinema, sports and swimming activities. Details for these will be sent to anyone that has registered their interest. If you haven't already done so, please contact Paul Simson - paul.simson@btconnect.com or 01454 311964

Down2Earth (16+)

Sandie is planning some events for the future including arranging a D2E table at the Autumn Ball. D2E is currently fully subscribed and members will be contacted directly about forthcoming events. Anyone wanting to get involved or who would like more information about the D2E group's activities please contact Sandie - sandie_davis@yahoo.co.uk

Theatre Tickets

Cabaret – Thursday 26th November 7.30 pm
Wayne Sleep is starring in this show, tickets are £14.00 each, please reply to Betty by 26th September.

Chuckle Brothers – Sunday 29th November 2pm
Tickets £15 each, please reply to Betty by 29th September.

Chitty Chitty Bang Bang – Friday 22nd Jan 7.30 pm
Tickets are £19.00 each, please reply to Betty by 20th November.

Xmas Panto (Snow White) – Sunday 20th Dec. 1pm
Tickets are £15 each, please reply to Betty by 20th October

Swindon Downs Syndrome Group Training Day

"Children with Downs Syndrome at School"
Weds 21st October 9am-3.30pm
Crowdys Hill School, Swindon

For more info contact Helen England HEng279683@aol.com (who will be going along) or see our website to download a pdf copy of the information about the seminars and speakers, and application form

Autumn Ball

The annual autumn ball will be on Saturday 7th November 7pm-1am. It will be held again at the Bristol Hotel (previously Jury's) and the ticket price of £37 per person will include 3 course meal, a drink and disco as well as a charity auction.

If you have contacts in your company, or any organisation that can provide complimentary or subsidised items as prizes for the auction, please let either Paul Simson or Helen England know.

As well as being great fun, a chance to dress up, and a celebration of our children – it is also one of our most important fund-raising events of the year. Your support would be gratefully received.

Mornings for new parents

Jo Garrad is starting up a supportive group for new parents, meeting on the 1st Wednesday each month at Hop, Skip & Jump in Kingswood, from 10:30. This is primarily aimed at parents of young babies. If you haven't met up with any other parents yet, or have a baby with Down's Syndrome, you will be made very welcome by the other parents there. For details please contact Jo on 07970149292.

This Year's Summer Holiday (and next year!)

The 33 families that went to Croyde again this year had another fantastic weekend with brilliant sunshine. It also coincided with the Gold Coast Oceanfest Surf and Music festival. Ordinarily this would not feel like a good combination but did work and added another dimension to our entertainment.

Our main event was an American Supper around the caravans which was well attended. We also had several impromptu gatherings on the beach and at the swimming pool as well as games session at the play area. The adults also made good use of the evening entertainment and televised rugby on the Saturday.

So what do we do next year? The facilities are so perfect I cannot believe anyone will allow us to go elsewhere, I learned that one quickly. We felt that the Oceanfest weekend only added to the holiday and we have decided to book for the Oceanfest weekend - June 18th-21st again next year. Anyone with particular requests regarding caravan locations should make a note on the booking slip and we will try our best. The final cost will be the same as this year.

Also we ended up disappointing several families as we were unable to book enough caravans at the last minute, so this year we are asking that you commit early with a £20 deposit, this will allow us to reserve our caravans to catch the best deal and try to get them in the best locations and together.



Committee Member Contacts

Chair [Zoe Warman](#) 0117 9701839
 Treasurer [Paul Simson](#) 01454 311964
 Secretary [Andrew King](#) 01454 315469
 Minutes Secretary [Jane Yeoman](#) 0117 904 2807
 Newsletter [Deborah Griffiths](#) 01454 327672

Support & Activities:

New Parent/Coffee Morning [Jo Garrad](#) 07970149292
 Little Gems 0-8 [Helen England](#)
 D2E Junior 8-16 [Paul Simson](#) 01454 311964
 Down to Earth 16+ [Sandie Davis](#) 01179708324
 Sibling Support **Vacant** - Volunteers Anyone
 Theatre Tickets [Betty Humphries](#) 0117 9561915

Reply Slips

Summer Trips & Ruda 2010

Send all the summer trip and RUDA 2010 slips to:

Paul Simson, 7 Jobbins Close, Chipping Sodbury, S
 Glos, BS37 6ER

You may send a single, or separate cheques for these

Theatre Tickets

Please pay for each show with a SEPARATE cheque, made payable to "Lloyds TSB".

Please send to Betty in advance of the Pay by Date (cheques will not be cashed until the pay-by date)

Please add £1 to the cost of the tickets to cover postage.

Please send to: Betty Humphries, 'Woodstock', 1 Quarry Road, Frenchay, Bristol, BS16 1LY

REPLY SLIP for RUDA 2010 – June 18-21

Please reserve me a caravan(s) for Ruda 2010

Name:

	Qty		Rate	Total
Deposit	x		£20	= £

Cheque enclosed for £

REPLY SLIPS for TRIPS

Horseworld – Thursday 6th August

Name:

	Qty	Rate	Total
Person with DS	x	£0	= £0
Adult	x	£5	=£
Child	x	£5	=£
Under 3	x	£0	=£0

Cheque enclosed for £

Longleat – Monday 10th August

Name:

	Qty	Rate	Total
Person with DS	x	£0	= £0
Adult	x	£15	=£
Child	x	£10	=£
Under 3	x	£0	=£0

Cheque enclosed for £

Costwold Farm Park – Tuesday 25th August

Name:

	Qty	Rate	Total
Person with DS	x	£0	= £0
Adult	x	£5	=£
Child	x	£5	=£
Under 3	x	£0	=£0

Cheque enclosed for £

Legoland – Tuesday 1st September

Name:

	Qty	Rate	Total
Person with DS	x	£0	= £0
Adult	x	£20	=£
Child	x	£20	=£
Under 3	x	£0	=£0

Cheque enclosed for £

REPLY SLIPS for THEATRE TICKETS:

Cabaret – Thursday 26th November 7.30pm

Name:

	Qty	Rate	Total
Ticket	x	£14	= £

Cheque enclosed for £

Note: Pay by/cheque cashed date: 26th September

Chuckle Brothers – Sunday 29th November 2pm

Name:

	Qty	Rate	Total
Ticket	x	£15	= £

Cheque enclosed for £

Note: Pay by/cheque cashed date: 29th September

Chitty Chitty Bang Bang – Friday 22nd Jan 7.30 pm

Name:

	Qty	Rate	Total
Ticket	x	£19	= £

Cheque enclosed for £

Note: Pay by/cheque cashed date: 20th November

Xmas Panto (Snow White) – Sun. 20th Dec. 1pm

Name:

	Qty	Rate	Total
Ticket	x	£15	= £

Cheque enclosed for £
