



South Manchester Down's Syndrome Support Group (SMDSSG) September 2010



Website: www.dsmanchester.org.uk

Telephone: 07593 542 107



Upcoming Events

Family Picnic Saturday September 4 2.30pm onwards, Bruntwood Park, Bruntwood Lane, Cheadle, Stockport, SK8 1HX. See flyer

Family Fun Day Sunday September 5 2-5pm, south west Manchester cricket club, Ellesmere Rd., Chorlton M21 0SG, to raise funds for our support group, See flyer. If you are able to bake some cakes for our cake stall or to volunteer to help out, please contact Bernadette, telephone: 07593 542 107, Email: contact@dsmanchester.org.uk.

Fire Station visit. Quite a few families couldn't make our summer visit, so there's another on **Sunday October 10, 2-3 pm**. Please book a place ASAP, telephone: 07593 542 107, Email: contact@dsmanchester.org.uk.

Run of the Mill Thursday October 28 4-6 pm. Following two popular and enjoyable trips we have booked the indoor play centre for exclusive hire again. Pear Mill Ind Est Stockport Rd West, Bredbury, Stockport SK6 2BP. Cost £5 per family, including food for children. This cost is heavily subsidised—extra donations always welcome! Please let us know ASAP if you would like to book a place: 07593 542 107, contact@dsmanchester.org.uk.
If you haven't booked but would like to come, just turn up on the evening.

Group news

All parents/carers of children with Down's syndrome who receive our monthly newsletter are members of our support group and thus invited to our **AGM on October 23, 12-2 pm (after Chatterbox)**. The group is ticking along quite well and we remain fairly active. We continue to grow in numbers and now consist of 120 families—we distribute nearly 200 newsletters a month. We rely on the hard (voluntary) work of a small number of people. There is a lot more we could do as a support group if we had the commitment of more people's time and energy. If you would like to get involved by joining the committee, fundraising, organising an event or helping out at events like the Christmas party, please come to the AGM. We are going through the process of becoming a charity in our own right and this will give us more funding opportunities. If you can't make it to the AGM but want to contribute your time or ideas, please contact Bernadette, telephone: 07593 542 107, Email: contact@dsmanchester.org.uk.

Chatterbox Club Heaton Moor Evangelical church, Green Lane, Heaton Moor SK4 3LH.

Our Chatterbox Club is a chance for children to get together with others of a similar age for group speech therapy. The 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. Parents and carers attend the sessions too, picking up useful ideas and information from the therapists about how best to support their children's communication. During the morning parents also have the opportunity to have a coffee and socialise, sharing information, ideas and tips while their children play or take part in activities organised by an experienced arts and crafts teacher. More than thirty families have enrolled their children for speech therapy at the club, and several more families drop in each month for coffee and a chat. Brothers and sisters are also welcome and in addition to the speech therapy and crafts, popular "sing and sign" classes are led by an experienced signer, offering the whole family a chance to learn some signs - a valuable support for children who have Down's syndrome. **Teachers and TAs are very welcome** - the activities modelled in these sessions are suitable to be used in educational settings. **Even if your child is not enrolled for SALT sessions, your family is very welcome to come along for coffee, chat and sing and sign—just pop a donation in the box at the kitchen counter.**

Provisional Dates for next term:

September 25, October 23, November 27, December 18

Please contact Bernadette to enroll your child from September.

Telephone: 07593 542 107, Email: contact@dsmanchester.org.uk

New preschool group?

We are thinking about setting up a **new weekday preschool group for our children**. It would consist of some speech and language therapy, sing and sign and play. It would be for children from 0 to 4 years ... Interested ..?

Contact Bernadette Telephone: 07593 542 107, Email: contact@dsmanchester.org.uk

Training Opportunities

Organised by SMDSSG In Manchester:

September 24: Using visual resources to develop language and communication skills

November 4: Using Numicon to teach numeracy

Both days will be at the Northern Tennis club Didsbury . See the enclosed booking forms for full details. **Please book ASAP as we need to ensure we have sufficient numbers of delegates before we can be sure of going ahead.** Places will be allocated in order of receipt of booking forms. Confirmation slips will be sent out at least a week before the event.

Organised by the DSA locally—see attached details

In Bradford: see attached leaflet

The Pamela Sunter Centre, Down Syndrome Training & Support Service, 101 Town Lane, Thackley, Bradford, BD10 8LP Tel/Fax 01274 616966, Mobile 07816 465 845 OR 07512346717 Email:office@downsyndromebradford.co.uk

Web: www.downsupportbradford.ik.com

Manchester Children's Services are running Skill Building Courses.

For details, contact Sue Harris at susanamharris@aol.com or Peter Allen 0161 245 7300

Session 1: Confidence and communication: Getting to know the group, ground rules, learning to listen, the aims of the course, hopes and fears,

Session 2: Having your say! How to contribute constructively, how to acknowledge other people's points of view, how to ask the right questions.

Session 3: Preparing for and speaking at meetings: Looking at different types of meetings, planning, preparation and feedback, developing a format for good meetings.

Session 4: Parents forum: What is it, how to use it, possibilities for the future!

Session 5: Personal development plans: This session could include assistance in accessing basic computer skills courses, individual skills audits and plans for the future.

Session 6: Presentation of certificates and vouchers: High St vouchers of your choice for full attendance, evaluations, future of the group.

Events/Activities/Groups

Sensory Stars* is a new baby and toddler group set up by one of our parents—see at attached flyer

Bamboo* parent support group. Every Friday, 12.30—2.30, Burnage Children's centre, Broadhill Rd. For parents of children with additional needs. For details, please call Nicki Mansfield (07815 675581), Sam Stout (07791 114179) or Sam Emblow (07948 961049).

September 18 Saturday club at the donkeys*—an open visiting time when children with additional needs are able to ride the donkeys with their brothers and sisters. Rides are booked in as you arrive between 10am and 1pm. It is also a chance to visit adoption donkeys, relax over a cup of tea/coffee, bring a picnic or have a snack and meet other parents, carers and supporters. Closes at 3.00 pm. At EST Donkey sanctuary Manchester, Green Fold Abbey Hey Manchester M18 8RJ, www.elisabethsvendsentrust.org.uk/view/manchester
Tel 0161 301 4051 for details

At Seashell Trust Stanley Road, Cheadle Hulme, Cheshire SK8 6RQ:

CADS Saturday Club* Inclusive group offering dance & drama in the Common Room at the Seashell Trust, Cheadle, **every Saturday during term time.** Current sessions are as follows: 9:30-10:45am 4-7 year olds; 10:45-12:00pm 8-12 year olds; 12:00-1:00pm 13+ years old. Contact Gemma Castle at 0161 610-0124 or email cads@seashelltrust.org.uk to book.

Seashell Swimming*. Structured lessons and fun activities for all. Please contact Rachel Chapman 0161 610 0185 rachel.chapman@seashelltrust.org.uk or Wendy McNeil 0161 610 0159 wendy.mcneil@seashelltrust.org.uk.

CADS Fitness Club* Every Thursday during term time, £1.50 per session, £10 per term. 13-17 years 6-6.45pm, 18-25 years, 7-7.45pm. Contact Heather Potter on: 0161 610 0121 or email: heather.potter@seashelltrust.org.uk

Manchester Pre-school special needs groups* Stay and play sessions for young children with disabilities are held throughout the city by the Pre-School Special Needs Service (PSSN). Parents and carers get the chance to meet up with others, share ideas, discuss issues and play with their children during the monthly get togethers. Members of the PSSN team are on hand to help the children learn and develop through play and to model play ideas for parents. The sessions are open to any children with special educational needs, developmental delay, learning difficulties or other disabilities, and their siblings.

Venues, dates and times:

Benchill Sure Start Children's Centre 22 Lyndene Road Thursday 1.00-2.30pm, 15th July, 29th July. And every 2 weeks thereafter.

Didsbury Park Sure Start Children Centre, Wilmslow Road. Every first Monday of the Month 1.00-2.30pm 6th September, 4th October.

Longsight Sure Start Children's Centre, 1a Farrer Road, Longsight. Every last Friday of the month, 1pm-3pm.

Rusholme Sure Start Children's Centre, Great Western Street, Rusholme. Every first Friday of the month 1.30pm-2.30pm

Moston Children's centre Adrian Street Nr Lightbowne Road Moston M40 5EA, every 4th Monday at 1.30 - 2.30pm

Cheetham New group for parents who have children with DS under 5 yrs old, every 4th Monday at 10.30- 11.30. Its a meet up/ play & learn group, at **Woodville children's Centre**, Shirley Rd, Cheetham M8 7NE.

For more information about any of these groups contact the Pre-school Special Needs Service on 0161 274 6377.

***Please note: not run by the South Manchester Down 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.**

Information

Look out for Brian Chicoine & Dennis McGuire's New Book (due Sep 2010) - '**The Guide to Good Health for Teens & Adults with Down Syndrome**'

From: Woodbine House Website

http://www.woodbinehouse.com/main.asp_Q_product_id_E_978-1-890627-89-8_A_.asp

Down Syndrome Ireland Internet & E-mail course 'The Internet can be a wonderful resource for kids. They can use it to research projects, communicate with teachers and other kids, and play interactive games. Any child who is old enough to punch in a few letters on the keyboard can literally access the world. The Internet is home to millions of places you can and should visit. Like an infinite library, the Web can take you to the ends of the earth with the information it contains. Commissioned by Down syndrome Ireland and developed by Multimedia Instructional Design, the series of interactive lessons is designed specifically for teenagers with Down Syndrome to help them learn about and use the Internet easily and safely. Users that already feel comfortable with a computer can skip ahead to the internet & E-mail courses. For those who are less experienced, the first four courses focus on giving students basic computer skills such as learning how to use a mouse and keyboard. Each course is broken down into lessons - or modules - providing short and exciting learning content. Using cutting-edge technology and teaching methodologies each interactive module contains a mix of explanatory audio-visual animations as well as practical exercises. While each module is designed to be used as a 'stand-alone' lesson, it is recommended to follow the sequential order as each module provides a stepping stone to the next.'

<http://www.downsyndrome.ie/index.php/internet-a-email-course>

Factsheets from In-Control Useful factsheets from In-Control around self-directed support, individual budgets and managing your support

<http://www.in-control.org.uk/site/INCO/Templates/General.aspx?pageid=30&cc=GB>

Research Study into factors which may cause stress in children with Down's syndrome during adolescence Swansea Metropolitan University on behalf of the charity Cerebra is carrying out research into factors which may cause stress in children with Down's syndrome during adolescence. Taking part in the research will involve completing a simple questionnaire and/or taking part in an interview. If you think you can help and/or if you would like more info, please email Carole Butler: cjbutler.097456@students.smu.ac.uk

Contact A Family - SEN Podcast 'All parents want their children to do well at school. Some children may need more support than others to achieve their potential and this may be because they have a disability, medical condition or other additional needs. This podcast is an interview with two of Contact a Family's helpline advisers that provides information about the different levels of support for children with special educational needs (SEN) and what you can do if you are not happy with the support your child gets.'

<http://itunes.apple.com/gb/podcast/contact-a-family-podcasts/id357813642>

The DSA has an extensive list of electronic resources about **dual diagnosis ASD/DS** If you would like me to email any of these resources to you, please email:

stuart.mills@downs-syndrome.org.uk

Dates for your diary

Family Picnic	September 4
Family Fun Day	September 5
CADS Saturday club	Saturdays
Seashell Swimming	Saturdays
Bamboo	Fridays
Saturday club at the donkeys	September 18
Visual Resources Training	September 24
Chatterbox Club	September 25
Fire Station visit	October 10
Run of the Mill	October 28
AGM	October 23
Numicon Training	November 4
Christmas party	December 18

The views and items on this newsletter are not necessarily those of the South Manchester Down's Syndrome Support Group. Mention does not necessarily mean recommendation or support.

***South Manchester Down's
Syndrome Support Group September 2010***

Inclusion message 7

We are all learners on the journey of inclusion.

- We must all be able and willing learners, if we are going to be effective in teaching a child with a learning disability.
- We must learn to learn from the child; to learn to respond to and adapt to his/her cues, rather than expecting the child to always respond to ours.
- We must realise that we can neither fix nor ignore a child's disability and learn how the child learns best; developing resources and strategies to maximize their development.
- We must learn what we can teach the child that will be most useful and meaningful to them and be willing to change the curriculum to meet their needs.
- We must learn how to modify and apply basic learning and behavioural principles given the child's differences.

We can all grow and learn with the child and learn how to meet their needs.

We are most afraid of what we know the least about but we can overcome this.

We need to celebrate a child's differences, meet the challenge of educating him or her with confidence and remove the fear. When the child is successful, the adult is successful. We are all learners and there is great joy in learning!!!!



Sensory Stars

Sensory and Music Time

www.sensorystars.co.uk

Available for babies and toddlers
Sessions are inclusive of
children with special needs

The fun activities include...
fibre optic lights,
bubbles, textured balls, parachutes,
sensory baskets to explore, puppets,
ribbons, feathers, scarves, mirrors,
sand and water play, musical instruments,
song box, and the list goes on!

'Glow in the dark', 'Rainbow'
and 'black and white' sessions
are also planned once a term

Themes covered every half term
and all activities are linked to the EYFS
(Early Years Foundation Stage framework)

Classes are £4.50 a session
or pay half termly and get
each session for £4.00!
(pay online)

Classes are in the Stockport area
Check the website for more information!
www.sensorystars.co.uk

Or contact Laura for more information -

07506789603

or email -

sensorystars@hotmail.co.uk

Classes begin September 2010

All places need to be pre-booked



Sensory Stars



South Manchester Down's Syndrome Support Group

Family Picnic

Saturday September 4
2.30pm onwards

Bruntwood Park, Bruntwood Lane, Cheadle, Stockport, SK8 1HX on the grassy slopes behind the cafe.

If you have problems finding us in the park, call
07593 542 107

Bring your picnic, a rug, some bubbles, a ball, etc
sun tents and umbrellas optional!



Family Fun Day

Sunday September 5

2-5pm

At South West Manchester Cricket
Club, Ellesmere Rd. Chorlton M21 0SG

Bouncy castle, games, food, stalls, tombola

All welcome

In support of the South Manchester Down's Syndrome
Support Group

Local 2010 Conferences run by the Down's Syndrome Association

Contact the DSA for details and a full list of 2010 learning opportunities: website www.downs-syndrome.org.uk. To make booking enquiries please telephone 0845 230 0372 or email Lesley@downs-syndrome.org.uk

5-11: A 2-day Primary Education Event 5th and 6th October Manchester

This 2-day workshop-based conference offers delegates the opportunity to attend just one or both days. This event is complemented by a school-age speech and language development conference (at the same venue) on the third day. Day one features the learning profile, fine motor skills and writing, reading, maths and differentiation. Day two features numeracy, transition, ICT, behaviour and communication. Delegates will have the opportunity to choose from a range of workshops. Suitable for all education staff working in mainstream primary school. Parents are also welcome. Delegate Rates: For one day - Professionals £115, parents/family carers £40; two days - Professionals £210, parents/family carers £80; both days plus the School-age Speech and Language Development Conference on 7th October - Professionals £300, parents/family carers £120. This fee includes attendance, refreshments, lunch and conference documentation.

School-age Speech & Language Development conferences

7th October in Manchester, 12th November in Birmingham

This conference aims to improve the understanding of the communication needs of children with Down's syndrome and features presentations on the communication profile of children with Down's syndrome; raising communication expectations; speech and language intervention; overcoming communication difficulties in everyday settings; and desired speech and language therapy input for school-age children. Target Audience: Health, education and social care professionals working with children with Down's syndrome and parents/carers of children with Down's syndrome of a school age. Conference Speakers: Symbol UK Ltd. Delegate rate: Professionals £115, Parents/Family Carers £40.

Early Years Speech & Language Development conferences 8th October in Manchester, 11th November in Birmingham

This conference aims to improve the understanding of the communication needs of children with Down's syndrome and features presentations on the communication profile of children with Down's syndrome; raising communication expectations; speech and language intervention; the development of a communication environment for home and early years settings and desired speech therapy input for early years. Target Audience: Health, education and social care professionals working with children with Down's syndrome and parents/carers of children with Down's syndrome in a pre-school setting. Conference Speakers: Symbol UK Delegate Rate: Professionals £115, Parents/Family Carers £40

3-day Course: Supporting Pupils with Down's Syndrome

Friday 17th September, Friday 15th October and Friday 19th November 2010 Leeds

This course promotes best practice in supporting pupils with Down's syndrome. It will provide knowledge related to the condition and its impact on learning as well as strategies to ensure progress. Students will engage in suitable activities to enable them to understand the condition and their role in supporting teaching and learning. **Students will have the opportunity to complete homework which will be assessed against NVQ and Support Work in School (SWiS) standards.** **Target Audience:** Teaching assistants, cover supervisors, classroom-based support staff in early years, primary and secondary settings.

Access & Success: supporting positive behaviour and effective differentiation for pupils with Down's syndrome

14th October in Leeds, 25th November in Birmingham

This practical event features presentation-based workshops and aims to enhance the day to day practice of supporting pupils with Down's syndrome. The day will focus on behaviour management as well as the creation of differentiated materials. **Target Audience:** Teaching and learning support professionals working in mainstream schools with children with Down's syndrome. **Delegate Rate:** Professionals £115. This fee includes attendance, refreshments, lunch and conference documentation. Places are limited.

Primary conference

9th November in Birmingham

Suitable for all education staff working in mainstream primary school. Parents are also welcome. Including the specific learning profile, differentiation, behaviour, reading and writing, transition, communication, maths and number.

Including Students with Down's Syndrome in Mainstream Secondary School Leeds Thursday, 18th November 2010

This conference will feature presentations on educating and preparing your student for life beyond school, and the learning profile and accessing the curriculum. Delegates will have the opportunity to choose workshops from topics such as developing key skills, 14+ transition, and sexuality and relationships education. **Target Audience:** Teaching and learning support professionals working in mainstream schools with children with Down's syndrome. While specifically geared towards professionals, parents are also welcome at this conference. Professionals £115, Parents/Family Carers £40