



Bristol Area Down's Syndrome Support

Sept 2008 Newsletter

Hi Everyone

I hope you all enjoyed the summer, whichever day yours was on!! Most of our events were well attended, thank you. We turn our thoughts now to the end of the year, the AGM, the XMAS party and new for this year a Charity Ball. At the AGM I intend to stand down as Chair; I have had a fun three years and it is now someone else's chance. I shall still be actively involved but we need renewed energy to shape our future. A big thank you to you and all the committee for all your support.

Andrew King

Charity Ball

Helen England has organised a Charity Ball for Sat 8th November at the Jury's Hotel, Bristol. Tickets are £35 and include drinks on arrival, 3 course dinner, coffee and disco. There will also be a raffle and auction. Dress is Smart Dress; gowns and DJs are not essential. The proceeds will be split between BADSS and the DSA. Tables seat 10 guests, and Helen will need a minimum of 150 people to break even. If you would like to go, please contact Helen. (see flyer attached). Even if you cannot come you may know someone else who could or perhaps you could obtain raffle prizes from friends, businesses etc.



Hallowe'en party

For half term we are going to have a Hallowe'en Party on Friday 31st Oct, at 4-6pm at Frenchay Village Hall (large room) with an entertainer who will organise a mini disco, some games and puppets. I am sure we will all have fun dressing up. To keep this event free please could you bring along a plate of party food. Please complete and return form to Claire.

High School Musical 3

Still to be arranged, we intend to go to the cinema during half term. If you are interested text Jane on 07834 414541

Christmas Party

Sunday 7th December, 3.00-6.30pm. Cleve Rugby Club will set up and clear away- so we just turn up!! They will be putting on a buffet. There will be a charge of £5 for all adults but we will provide the children's food free. The

club has a pay bar, and we will provide squash for the children. Father Christmas will make an appearance so we ask parents to bring their child's present. The party will run as usual - Steve the Entertainer with little ones, food and Father Christmas, followed by a disco. We will also have a raffle, so any gifts will be welcome.

AGM

Sunday 16th November, 11am – 2pm, at Hop, Skip and Jump. We hope to have a 'Mobility' theme- focusing on bikes, trikes and stabilisers. We also hope to have someone giving advice on Wills, for those interested. Bring a picnic.

The business part of the event will only last half an hour. Our constitution states that we need to retire the longest serving Director each year- this would be Betty or Zoe. As well as Chair it is likely that other roles will move around so we need people to get involved and help organise our coming year.

Fundraising

Congratulation to Lynz & Shelly Spencer who ran in the Bristol Half Marathon. They have raised at least £500. Alice Marshall is taking part in the Great North Run on October 5th on our behalf. Thanks to Mark Smalley who raised money for us at a street party. He is a neighbour of Gabriel's Dodds who has recently been in Hospital. We wish Gabriel a swift recovery.

Could you help raise money for us?

Theatre

Betty has booked Joseph at 5pm on Friday 16th January. Tickets are £8.50. Please complete forms and return to Betty by 5th November.

Tricia has booked 'Aladdin' at Redgrave Theatre (Old Vic Theatre School) on Sunday 14 December 2.00pm but we need to know by 29th September, so send your form off to Tricia. We could not get a reduction so tickets will cost £15 each but BADSS will subsidise people with DS to go free.

Photos

Tricia would like to put a library of photos together of our children. We will then use them at some of our events or if we have enough we would like to put a book together, see www.photobox.com. These start at £5 for a small wallet up to £40 for an A3 book. So we need you to send her your photos together with your consent to use them.

E-mail

Help us save costs, please spend a couple of minutes and send your e-mail to:

Andrew info@badss.org.uk or
Debs dg007f9637@blueyonder.co.uk

Reminders

Saturday sports. Parents can now sit in the coffee area to watch their children, rather than standing at the back of the hall. This gives us a better opportunity for parents to talk, and the children are more inclined to join in. The sessions are held at St Paul's Sports Academy, M32 Bristol, from 12.30 pm – 1.30 pm, the cost is £2.75 per child. The sessions are for children with Down's Syndrome over the age of 8 and their siblings. Please contact Jane Yeoman 0117 904 2807 for more information.

Incredibles Sunday School at Hop, Skip & Jump. Every other Sunday 10.30 til 12.30 – It is run by 2 parents – Tim and Terina Mainstone. Please contact the centre on 01179 677282

Ability Sports: Multisports club at The Grange School, next to Warmley Park, on Wednesday 5.30 - 7.00, £2.50 per session, Swimming at Longwell Green on Fridays 6pm.

FUSION dance is beginning its new term Thursday, 9 October 5 - 6 in Studio 1, Kingswood Foundation Centre. More information contact Ben Nash 0117 9477948 bennash@kfl.org.uk

Down's Heart Group 8/9th November

The Holiday Inn, Filton, Bristol. You can phone Sarah Smith, Information Officer, Downs Heart Group on 01455 888344, or Penny on 0845 1668061 or email: sarah@dgh.org.uk The information should also now be on the website www.dhg.org.uk. Prices are:

The conference; DHG member = £15

DSA or local group member = £20

Professionals rate = £25

Crèche = £7.50

Disco and evening meal = Adult £15, child = £7.50, under 3's free

Accommodation = up to 4 people = £60, extra people £15 Single = £45

Attendees are able to dip in and out of whichever parts of the weekend they wish, as each event is priced and organised separately. DHG also intend to meet up at 11am on Sunday 9th at Explore in Bristol for a few hrs. Entry and lunch will be down to individuals, but DHG hope to get a group rate for entry.

Sarah Smith says "The conference promises to be a great day – the cardiologists are very knowledgeable and fun to listen to, Jill Davies is doing so much work at the moment with youngsters with DS around transition and building independent lives and more importantly how to achieve it all. The speaker from Derwen will be worth listening to as the college has such a good reputation and the DWP are geared up to answer all our questions. The APS legal team will be focusing on discretionary wills and trusts, which ensure our children do not lose all their benefits if they are left anything in a will."

In confidence

If you would really like to go on any events organised by the group but find the cost of them too much for your budget please contact Zoe Warman on 01179701839. There is a small budget to assist with costs.

Committee Member Contacts

Chair [Andrew King](#) 01454 315469

Treasurer [Paul Simson](#) 01454 311964

Secretary **Vacant** – Volunteers Anyone

Minutes Secretary [Jane Yeoman](#) 0117 904 2807

Sibling Support **Vacant** – Volunteers Anyone

Down to Earth [Sandie Davis](#) 01179708324

[Sheila Forsythe](#) 01454 419 909

Newsletter [Deborah Griffiths](#) 01454 327672

Special Activities [Maggie Saunders](#) 0117 9096163

Theatre Tickets [Betty Humphries](#) 0117 9561915

Next Committee meeting Monday 3rd November, 8pm at Paul and Clare's House

For your Diary

Event	Date	Meeting Arrangement	Reply Date
High School Musical 3	w/b 27 Oct	TBD Jane	
Halloween Party	Fri 31st Oct	4-6pm Frenchay Village Hall	29th Oct
Can't smile without you	Weds 24 th Sept	7.30 pm Hippodrome	
Charity Ball	Sat 8 th Nov	7.00pm Jury's Hotel	ASAP
Down's Heart Group Conf	8/9 Nov	Holiday Inn, Filton	
Blood Brothers	Mon 24 th Nov	7.30 pm Hippodrome	24 Sept
Beauty and the Beast	Thurs 4 th Dec	7.30 pm Hippodrome	24 Oct
Aladdin'	Sun 14 th Dec	2.00 pm Redgrave Theatre (Old Vic Theatre School)	29th Sept
Cinderella	Sat 20 th Dec	2:00 pm Hippodrome	30 Sep
Christmas Party	Sun 7 th Dec	3.00-6.30pm. Cleeve Rugby Club	
Joseph	Fri 16 th Jan	5pm	5th Nov
Riverdance	Tues 27 th Jan	8:00 pm Hippodrome	27 Dec

REPLY SLIP for Theatre Trips

Name:.....

Address:.....

.....

Please return to:
Betty Humphries,
 Woodstock
 1 Quarry Road
 Frenchay
 BRISTOL
 BS16 1LY

	Beauty and the Beast	Cinderella	Joseph	Riverdance
Show Date:	4th Dec	20 Dec	16th Jan	27th Jan
Show Time:	7.30	14:00	5pm	8:00
Cost	£12	£15	£8.50	£10
Number of tickets required:				
Total Price				
Commitment date	24 Oct	30 Sep	5th Nov	27 Dec

Please provide individual cheques for each show as this will help Betty account for the money easier. They will not be banked until the commitment date.

Please include a cheque (payable to **Lloyds TSB**), add £1.00 post and packing to the total cost of tickets

REPLY SLIP for Theatre Trips & Photos

Name:.....

Address:.....

.....

Please return to:
Patricia Stevens,
 21 Parsonage Rd
 Long Ashton
 BRISTOL
 BS41 9LN

I authorise BADSS to use the attached photographs for:

Use in BADSS publications

On the website

Other

Please indicate all that apply No Yes

	Aladdin	
Show Date:	Sun 14 th Dec	
Show Time:	14:00	
Cost	£15	£0
Number of tickets required:		
Total Price		
Commitment date	29 Sept	

Please include a cheque (payable to **BADSS**), add £1.00 post and packing to the total cost of tickets

REPLY SLIP for Hallowe'en Party by 24th Oct

It would help if you could let us know in advance you intend to come but if you decide at the last minute then come along anyway.

Name:.....

Address:.....

.....

Please return to:
Claire Adamson,
 7 Jobbins Close
 Chipping Sodbury
 BS37 6ER

I can help out at the party. Setting up Clearing up (please tick)
 Or e-mail Paul Simson at paul@enliten.co.uk