



LDSSG Newsletter November 2014

Thank You!

We would like to say thank you to all those involved in organising our summer event at Rand Farm in particular Eileen Potter and of course Rand Farm Park themselves! The day was a great success giving people an opportunity to get together and meet up with old friends as well as making new ones!

Events

The LDSSG committee have been busy arranging a number of events that will be coming up in 2015.

New Year's Party

This year our New Year's Party will be held on Sunday 18th January from 11am – 3pm at The Venue in Navenby. For more information contact keeley.ldssg@hotmail.com

Dads 'Coffee' evening

Paul Hewitt is looking to arrange a Dads get together. If you are interested in attending this then Paul can be contacted via our Facebook page.

Activity Days

In conjunction with our friends at The Showroom, Lincoln, LDSSG will be offering our members a chance to try out lots of fun activities for free. Starting in February and running for 10 weeks on a Sunday afternoon, The Showroom will facilitate activity sessions for our teenagers and young adults including Climbing, Kurling, Boccia, Mini-bowling, Dodgeball, Graffiti Workshop, Uni-hoc & Arts and Crafts. So if you're aged between 11 and 25 (this is flexible!) and fancy trying something new, having fun and spending time with new friends, our Activity Session are just for you!

We will be sending out a flyer to all our members with more details but feel free to get signed up for this ASAP as places are limited.

Email Eileen.ldssg@hotmail.com to express an interest or find out more.

World Downs Syndrome Awareness Day 2015

We know 21st March is still a way off but we have already been thinking how we can all get involved in celebrating World Downs Syndrome Awareness Day 2015.

In order to get as many people involved across the county as we can our suggestion is a series of coffee mornings to raise funds for the group and more importantly to raise awareness of Downs Syndrome in our local communities. Your coffee morning can be as small or as large as you want. You can invite just family and friends or open it up to others in your area.

If you want to hold a coffee morning and use the opportunity to meet other members in your area then let us know and we can contact people who live nearby to tell them about your event ... you can also post details on our Facebook page.

As we also want to be able to raise awareness about Downs syndrome we are hoping to compile some small information packs to be available on the day. This is still very much a work in progress so any suggestions and ideas will be welcomed!

If you are interested in getting involved and holding a coffee morning then contact keeley.ldssg@hotmail.com

DSA Education Days

A number of our members attended training days organised by the Downs Syndrome Association in Nottingham earlier in the year. As we received such good feedback from the sessions and our members found them beneficial we are looking to organise a training day by the Downs Syndrome Association in 2015. More information to follow!

Members' achievements!

Caroline Stanley tells us about Freya's experience with the National Citizen Service Programme (NCS)

Freya brought home from school a leaflet about the NCS so I requested more but I decided that Freya wouldn't manage such a programme.

A couple of weeks later I got a phone call from NCS and, to cut a long story short, Marc from NCS arranged to come over to our home to see us and talk about what it would involve and how Freya could be supported to allow her to attend. Marc was very persuasive and having answered all our questions and worries we decided to let Freya go!

First day of the school holidays Freya set off for the first week of the four week programme - to Caythorpe PGL. She stayed at PGL from Monday to Friday and took part in loads of activities, supported by a 1:1. She went on the climbing wall, kayaking, archery and loads more. She enjoyed all of these, especially archery. She enjoyed sitting around the campfire in the evenings chatting to her new friends. When I collected Freya on Friday afternoon she was so happy and seemed to have matured and changed in just a week!

All weekend Freya was talking about the second residential week at Nottingham University. Sunday night I found her asleep at 7pm as she just couldn't wait for morning to come so that she could go off with her friends again. She didn't seem to give me a backwards glance from the mini bus window as she was driven off to Nottingham.

During this second week, Freya enjoyed inventing a drink that was to be promoted as part of a business venture. She did lots of team building activities. She loved a talent show and her group performed Mamma Mia as they were amazed at Freya knowing all the words! She was really busy every day and came back home tired but so happy on Friday.

Week three and four I had to drop Freya off at a local youth centre everyday. She took part in fundraising activities, community work and loads more. Her new friends were so supportive of Freya and she just loved being part of the group and 'one of the gang'.

A few weeks after NCS had finished we took Freya to the NCS graduation at the Odeon, Lincoln. We felt so proud when we saw Freya walk to the front to receive her award and were moved to tears when we saw her up on the big screen telling everyone how she loved NCS.

All in all this was a really successful programme for Freya. She was very lucky to be supported by such a wonderful 1:1. I know that Freya would recommend NCS to anyone else in the age group (16/17 years old). Contact 01522 574100. Look at NCS EM1 website or follow them on Facebook.

If you have any stories, achievements or anything you are proud of then please send them to keeley.ldssg@hotmail.com

New Banners

To support our fundraising and to raise awareness of our group we have two new pop up banners to use at our events.



How can we support you?

As well as organising social events for us all to get together and have fun LDSSG can support our members in a variety of ways from funding training and education days to swimming lessons and specialist equipment and resources. We are happy to consider any requests for support. Please contact one of the committee using the email addresses below.

Other Events

We have been made aware of a number of other events going on across the county that you may be interested in

Shooting & Archery

Disabled Shooting & Archery – 21st February 2015 at Yarborough Leisure Centre, Lincoln. For more information please contact Dave Carter on 01673 844404 or by email dc_a@btconnect.com

Lincoln Health Community Event

Join NHS Lincolnshire West CCG for their Lincoln Health Community event. Working together for a healthier Lincolnshire NHS

At The Showroom, Tritton Road, Lincoln LN6 7QY on Thursday, 27 November 2014 from 1pm to 4pm
Discover the wide range of healthcare services and engagement opportunities Lincoln's health communities provide and meet the faces who are making huge differences to healthcare in Lincoln.

Plus

- Have your say on what a healthier Lincoln means to you and your family
- Learn about healthy lifestyle habits
- Make a pledge to improve your personal health and wellbeing.

Meet the friendly faces from St Barnabas Hospice, Lincolnshire Neurological Alliance, Lincoln Alzheimer's, Lincolnshire Shine Mental Health Support Network, Carer's Connect, Lincolnshire Carers and Young Carers Partnership, YMCA, Upbeat, CounselMe and many more.

Please register your interest at public.
engagement@gemcsu.nhs.uk or call 01522 515 364.

Feedback & Suggestions

As you can see we have been busy organising a number of events that we hope will be of benefit to our members. If you have any more suggestions of how we can provide support to your family then please contact one of the committee members:

Eileen McMorrow, Chair
eileen.ldssg@hotmail.com

Simon Linforth, Treasurer
Simon.ldssg@hotmail.co.uk

Keeley Maxwell, Secretary
Keeley.ldssg@hotmail.com

Finally we would like to take this opportunity to wish you and your families a very merry Christmas and a happy New Year; we look forward to seeing as many of you as possible at the New Year's Party on 18th January 2015!