



# SHARING INFORMATION, FRIENDSHIP AND SUPPORT

## Newsletter November 2011

The following are dates for your diary:

- **Bolingey Barbarians Cheque Presentation - Sunday 20<sup>th</sup> November 2011**

We have been selected once again to receive a donation from the Bolingey Barbarians, a group of rugby players who get together to fund raise for charity. The presentation will take place prior to the match on Sunday at approximately 12.15pm at the PERRANPORTH rugby club ground. There will be another date set for a photographer to take a portrait of our children with the team and this will be exhibited with the Trisomy 21 exhibition next year. Please come along and support this fantastic group who are funding the costs for the launch of the exhibition and a further contribution to the group for speech and language therapy.

- **Sleep Solutions Workshops - Wednesday 23<sup>rd</sup> November 2011**

There are still places available on the next sleep solutions workshops in Camborne. This workshop looks at some of the reasons why disabled children have trouble getting to or staying asleep and offers an overview of some of the techniques to overcome these problems. If you would like to attend please call Jane Armstrong on 0771 1059946 or email [jane.Armstrong@scope.org.uk](mailto:jane.Armstrong@scope.org.uk) Further information on sleep solutions can be found on [www.scope.org.uk/sleep](http://www.scope.org.uk/sleep)

- **Christmas Get togethers. - SUNDAY 11<sup>th</sup> December 2011**

EAST - this will be held at Coads Green village hall with party food, music and games from 2.30pm to 5pm. Father Christmas will come and visit. If you would like to go please call Jane on 01566 782112 or email [jane.tyanparc@btinternet.com](mailto:jane.tyanparc@btinternet.com) as we will need numbers for presents and food.

WEST - this will be held at the white lion public house in Penzance from 10.30 - about 12 noon. Father Christmas will be visiting and there will be a light buffet. At this event the landlady will be presenting us with a cheque towards our funds. If you would like to go please call John on 01637 859354 or email [cdownsssg@aol.com](mailto:cdownsssg@aol.com) as we will need numbers for presents and food

- **BOWLING for Members aged 11+ - Monday 19<sup>th</sup> December 2011**

This will be at Country Skittles Near Hayle in the afternoon. There will be a basket meal and a bowl. It is free for the young person with Downs Syndrome and an adult carer. Young people are welcome to come with siblings and friends aged 11+ at a cost of £5 per person.

Please complete the form attached.



## SHARING INFORMATION, FRIENDSHIP AND SUPPORT

- **BOWLING for Members aged 18+ - Saturday 14th January 2012**

This will be at TRURO Bowl. Meet at 6pm for a bowl and eat at 7pm. Cost is free for young person with Downs Syndrome and 1 adult carer. Friends, siblings and additional adults are £5

Please complete the form attached.

- **Skating at the Eden Project - Sunday 5th February 2012**

We have once again been offered a private skating session at the Eden Project at 12 noon. Entrance to Eden is free and the cost to skate is £5. Child with Downs Syndrome and one carer can skate for free. We have to commit to 100 skaters so please let me know as soon as you can using the attached form. There will be wheelchairs available and buggies can also be taken on the ice. This is a great opportunity for the whole family to take part.

Please complete the form attached.

- **Launch of our TRISOMY 21 exhibition and AGM - Saturday 3rd March 2012**

This will take place in the Core building of the Eden project. We will have our AGM starting at 2pm and at 4.30pm there will be a light buffet and the official opening of the Cornwall Downs Syndrome Support Group Trisomy 21 exhibition. This will stay at the Eden project for a whole month giving the general public the opportunity to see the wonderful portraits of some of our children and break down some of the Myths about Downs Syndrome. The exhibition will then be moved to various locations around the county including New County Hall. Please complete the form if you would like to attend as we will need numbers for catering. Entrance to Eden will be free for those attending the AGM and Launch

At the AGM there will be elections to the committee for the positions of Chair Person, Vice Chair Person, Treasurer, Secretary & members of the committee

If you would like to be put forward for any of these posts please can we have your nomination by returning the form attached.

- **Looking Up Groups - Monthly Meetings**

We now have two looking up groups meeting monthly for coffee and biscuits and a chat. Although primarily aimed at families with babies and toddlers they are open to all members of our group.

They are held between 10am and 12 noon at TREVU childrens centre in Camborne on every 2nd Friday of the month and at BODMIN BEACON childrens centre on the last Thursday of every month. Details of the next meeting can be found on the groups website along with all the dates mentioned on this newsletter.



# SHARING INFORMATION, FRIENDSHIP AND SUPPORT

- **Cornwall Down's Syndrome Support Group – Building HQ Questionnaire**

The committee of the CDSSG is considering applying for a Big Lottery grant to enable us to buy and develop our very own head quarters. From this HQ we can operate, educate, socialise and truly share information, friendship and offer support across all age groups. We will be looking for a property mid county with easy access from the A30.

This is our chance to cement our group in our county. We want to know what you, the member thinks and we ask that you give some thought to our proposal and we ask for your views on the points listed below. Please send us back your feedback and return this form using the enclosed stamped addressed envelope no later than November 25th 2011. Thank you.

## **Cornwall Down's Syndrome Support Group – Building HQ Questionnaire**

**Q1** – Do you agree that we should go for our own HQ?

**Q2** – Local provision for us across Cornwall is not great, how would you describe our need?

**Q3** - As members of our charity, how will you benefit from us owning and operating our HQ?

**Q4** – If successful, would you be willing to get involved and what would you like to do?

**Q5** – What positives would come out if we had our own building?

**Q6** – What activities could we run to make the positives possible?



# SHARING INFORMATION, FRIENDSHIP AND SUPPORT

## Nomination for the Committee of the Cornwall Downs Syndrome Support Group (CDSSG)

Name:

Address:

Contact Details

Position: CHAIR/VICE-CHAIR/TREASURER/SECRETARY/COMMITTEE MEMBER  
*Please delete as Appropriate*

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Please post form to:

**John Lawrence**

Secretary Cornwall Down's Syndrome Support Group  
2 Trethiggey Crescent  
Quintrell Downs  
Newquay  
Cornwall  
TR8 4LF



# SHARING INFORMATION, FRIENDSHIP AND SUPPORT

## **BOWLING Country Skittles - Monday 19th December**

Young Person with Downs Syndrome

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Adult  
Carer

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No of Additional Adults @£5

No of Additional Young People @ £5

*PLEASE ENCLOSE CHQ MADE PAYABLE to CDSSG*

Any Specific dietary requirements

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Please note that young people cannot be left at this activity without appropriate adult support.

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Please post form to:

**John Lawrence**

Secretary Cornwall Down's Syndrome Support Group

2 Trethiggey Crescent

Quintrell Downs

Newquay

Cornwall

TR8 4LF



# SHARING INFORMATION, FRIENDSHIP AND SUPPORT

## **BOWLING Truro Bowl - Saturday 14th January**

Young Person with Downs Syndrome

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Adult  
Carer \_\_\_\_\_

No of Additional  
Additional Young  
Adults @£5

No of  
People @£5

*PLEASE ENCLOSE CHQ MADE PAYABLE to CDSSG*

Any Specific dietary requirements

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Please note that young people cannot be left at this activity without appropriate adult support

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# SHARING INFORMATION, FRIENDSHIP AND SUPPORT

## ICE SKATING - Sunday 5th February 2011

Family Name:

Name of Child/Young Person with Downs Syndrome

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Name of Adult  
Carer

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No of Additional Adults @ £5.00  
@£5.00

No of Additional Children

Will you require to use an Eden Wheelchair Yes/No

Will you be taking your own wheelchair on the ice Yes/No

Will you be taking a major buggy on the ice Yes/No

Will you be taking a childs buggy on the ice Yes/No

Please note that children can only go on the ice in a wheelchair or buggy if they are strapped in using appropriate restraining devices.

*Please enclose chq made payable to CDSSG*

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Cornwall  
TR8 4LF



# SHARING INFORMATION, FRIENDSHIP AND SUPPORT

## Launch of our TRISOMY 21 exhibition and AGM - Saturday 3rd March 2012

Family Name \_\_\_\_\_

No of Adults

No of Children

Specific Dietary Requirements

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