



Downright Special Update – March 2024

This half-term's update comes to you during Down Syndrome Awareness Week and we hope that you are all enjoying this special time for our community. In this issue you will find info about:

- Down Syndrome Awareness Week 2024
- Health – Down Syndrome Care Pathway
- New!!! Downright Dance
- Downright Special Social Events
- Coffee & Chat Sessions
- Training
- Downright Special Friday Groups
- Preparing for Adulthood Event
- Our Annual report
- Fundraising

Down Syndrome Awareness Week 18th - 24th March

Thank you to all the families who are involved with raising awareness and doing some fundraising for the work that we do to support everyone who is part of the Downright Special family!

As soon as we have a final total, we will let you know how much has been raised!

Don't forget you can come along to **cheer on our football players** in the Downright Special First Touch FC charity match on Sunday 24th March 2pm-4pm at Haworth Park, Hull. This event is led by Football Coach and Dad to Mia, Karl Southwick.

All parents/carers/grandparents/family and friends welcome! Children and young adults welcome to spectate and cheer on, and also join in for a kick-about after the match too!

Here's the link to the JustGiving page if you'd like to help us reach our £1000 target. <https://www.justgiving.com/page/downright-special-1706116002873>

Health

Down Syndrome Care Pathway - New Updated Version Now Available!!

We are so proud to have completed this year's review and update of the Down Syndrome Care Pathway. The new pathway was launched on World Down Syndrome Day and can be downloaded from here: <https://humberandnorthyorkshire.org.uk/our-work/downsyndromepathway/>.

It has taken a huge effort by Sam to ensure that the pathway remains a priority for the local NHS during a huge period of change for them.

This year, additions and updates to the Pathway are focused on the 0-19 Service, Local Authority Early Years Provision and IPaSS/SaPTS.

For 2025 the updates and additions hope to focus on vision/ophthalmology and accessing social care support.

Now this current update is completed, Sam will be back to having more time available to support families on a 1:1 basis with any health and wellbeing issues.

NEW!!!!!! Downright Dance

Following our surveys for parents and for young people themselves we are delighted to be starting a weekly term-time dance/performing arts group for young people with Down syndrome aged 11-25, led by the lovely Joanna Harker.

The sessions start on Monday 22nd April, with the first two weeks being a free trial. After that each session will cost £5, payable half-termly in advance. You can bring a friend if you want - you just need to book them on too.

Mondays (term-time only) 730pm-830pm, The Sports Hub, Wolfreton School and Sixth Form College, Willerby, Hull HU10 6HB

Find out more and book the free trial here: <https://www.ticketsource.co.uk/downrightspecial/t-mokjrg>

Downright Special Social Events

Events Round-Up

Saturday 30th March – East Yorkshire Riders Easter Egg Run

- 11.45-12.45, East Park, Hull
- Bookings now **closed**

Saturday 20th April – Youth Club Pottery Workshop (age 11-25)

- 10.30-12.30, Dinkie Pinkies, 3 Market Place, Hedon, HU12 8JA
- Book here: <https://www.ticketsource.co.uk/downrightspecial/t-xmxmaan>

Saturday 11th May – Monkey Bizness Soft Play & Pizza Party (age 0-11)

- 10am-12pm, Monkey Bizness, Unit 1, Malmo Park, Bergen Way, Hull HU7 0YQ
- Bookings open soon.

Saturday 22nd June – Coffee Morning for Families and Friends

- 10am-12pm Priory Baptist Church, Hotham Road South, Hull, HU5 5RN
- Entertainment, Raffle, Activities for children
- No need to book – just come along!

Friday 28th June – Youth Club Mocktails

- 6pm-8pm Humber Street Gallery
- More details to follow

Saturday July 13th – Densholme Farm Visit

- Details coming soon

We've continued to send out social stories before events and we've been using the events checklist created from the work of our parents' complex needs group but please do give us a call if you'd like to chat about other adjustments that might be helpful for your child or young person.

Coffee & Chat

We have decided to stop doing our Thursday coffee and chat sessions as these have been very poorly attended. We do need help around Christmas time to wrap all the selection boxes for the party so we may organise something around that time but that would be all.

We are however always available should you want to chat to us about anything and you can also pop in on a Friday if you want to talk to us even if your child/young person doesn't attend Friday groups.

Hull Parent Carer Forum <https://www.hullparentcarerforum.co.uk/> and East Yorkshire Parent Carer Forum <https://eypcf.co.uk/> both do regular coffee and chat sessions so you may want to sign up for those in the future. They are usually well attended and can be a good way to meet other parents whose children have a range of disabilities.

Downright Special Training

Our spring/summer term training programme is now available to book. Although many of the Education courses are aimed at school staff, parents are very welcome to attend these too.

All courses and information sessions can be booked here: www.ticketsource.co.uk/downrightspecial

Downright Special Education Training	
Thur 18/04/24 9.30am-2.30pm	Supporting Positive Behaviour - Online
Thur 16/05/24 3.45pm-5.45pm	Promoting Social, Emotional and Mental Health and Wellbeing in Pupils with Down Syndrome - Online

Wed 05/06/24 3.45pm-4.45pm	Preparing for Successful Transitions - Online
Wed 27/06/24 3.45pm-5.45pm	Introduction to Down Syndrome FS-KS1 - Online
Wed 03/07/24 3.45pm-5.45pm	Introduction to Down Syndrome KS2-KS4 - Online
Training for Parents/Carers	
Mon 22/04/24 10.00am-12.00pm	Introduction to Signing – Bodmin Rd Church
Mon 20/05/24 9.30am-12.30pm	Preparing for Toilet Training – Bodmin Rd Church Recommended for parents of children from 9 months up to whatever age you need some support!

Don't forget we also offer INSET training to nurseries and schools. Check out our website for more information. <https://www.downrightspecial.co.uk/inset>

Downright Special Fridays

Dates for next term (morning groups):

April 12th, 19th, 26th

May 3rd, 10th, 17th, 24th

May 31st – No groups (half term)

June 7th, 14th, 21st, 28th

July 5th, 12th

Our team put a lot of time and effort into preparing resources, so please email us on office@downrightspecial.co.uk as soon as you can, or give one of us a call/text if you are unable to attend a session. We do ask that you do try your best to attend every session please. Many of the activities within lessons are repeated and built on from one session to the next, so the children will make more progress and probably enjoy the sessions more if they regularly attend.

Preparing for Adulthood

Preparing for Adulthood Event

Thursday 11th April 2024 11am-6.30pm, Ground Floor Princes Quay Hull.

For SEND young people from year 9 and above. A chance to meet colleges, training providers, voluntary groups, agencies supporting transition etc. <https://hull.mylocaloffer.org/becoming-an-adult/information-and-advice-services/post-16-options-events/>

Annual Report

Our annual report and accounts for our financial year November 2022 to October 2023 have recently been published. As well as being a legal requirement for a registered charity, it is a lovely record of everything we achieved last year and the difference we have made. You can read and download the report from our website. <https://www.downrightspecial.co.uk/our-annual-report>

Lending Library

We have a huge range of books and resources that you can borrow from us.

Our entire catalogue can be viewed online. You can browse for books and resources and then request/reserve the ones you'd like to borrow. Books can be borrowed for up to four weeks.

Email louise@downrightspecial.co.uk to request library login details or to request a pdf version of the catalogue.

Easy ways to support Downright Special

Movement for Good - Nominate Downright Special for a £1000 award.

If you haven't done so already please nominate Downright Special by completing the short nomination form below. You can only vote once per year but your vote will be included in all remaining draws for the year.

<https://movementforgood.com/#nominateACharity>

Our Charity Number is: 1175863

Charity Type: Disability

Sign up to Easy Fundraising

Easy Fundraising is an online shopping directory which features major online stores, including eBay and Amazon. Visit www.easyfundraising.org.uk whenever you shop online and we'll receive a free donation of up to 15% from every purchase you make and it won't cost you a thing! We've had a few new people sign up to this recently and we are so grateful for the support!

Amazon Wish list

You could purchase items from our **Amazon Wishlist**. This list is regularly updated with items we need such as stationary, specialist books, resources for Fridays or items for events. https://www.amazon.co.uk/hz/wishlist/ls/1PGPTF1B55IEW?ref_=wl_share

Suggestions and Ideas

If you wish to chat about anything in this update, have suggestions or ideas for events, training or support you would like, or you'd like to pass on any tips, please do get in touch.

We hope you have a lovely Easter break!