

Downright Special Update – October 2024

In this issue you will find info about:

- Volunteer Vacancies
- Social Events (Christmas Parties!!!)
- Downright Dance
- Training
- Friday Groups
- Fundraising News and Thank Yous!
- Research Studies

Vacancies

We have volunteer vacancies in the following areas:

- Fundraising
- Down Syndrome Awareness Week Planning
- Social Media Content
- Social events
- Board of Trustees

Hours will depend on the role and your own availability. If you are interested in getting involved email louise@downrightspecial.co.uk and we can arrange to have an informal chat.

Downright Special Social Events

We are already well underway with planning events for 2025 and have listened to the feedback from the survey but if you have any questions or suggestions for social events then please email social@downrightspecial.co.uk.

This term we've had events covering all ages: Monkey Bizness Soft Play, Youth Club Pizza Making and a Sensory Makaton Story Time.

🎃 HALLOWEEN DANCE PARTIES 🎃

Sunday 27th October – Bookings now closed

🎄 CHRISTMAS CRAFTS AND FESTIVE SWEET TREATS 🎄

Saturday 9th November, 10am, Darby & Joan Hall Cottingham

One Place left

Book here: <https://www.ticketsource.co.uk/downrightspecial/t-noqndqm>

🎄 🎅 CHRISTMAS PARTIES 🎄 🎅

This year, because we have more & more families involved with the charity and because the Christmas party always sells out quickly, we have decided to have two different events to suit different ages and needs, so get your places booked soon as you don't want to miss out!

SUNDAY 8th December 12pm-3pm, Family Party at Lazaat's

- Entertainer, Santa, buffet, raffle and all the usual fun for families!
- Book here: <https://www.ticketsource.co.uk/downrightspecial/t-avexadx>
- Bookings close midday 24th November

SATURDAY 14TH December 6pm-8pm, Humber Street Gallery, (age 11-25)

- Mocktails, Food, Music, Dancing and Karaoke
- Book here: <https://www.ticketsource.co.uk/downrightspecial/t-yayjzkn>
- Bookings close midday 2nd December

We haven't put an age range on Lazaat's as we recognise that some of our teenagers and families may still prefer our usual party to a Youth Club one. We will leave it to you to choose which one is best (but please only pick one or the other when the bookings open).

*****Social Events Reminder*****

Please can we remind you that if you have booked onto an event and can no longer attend for any reason then let us know as soon as you can. We know that our children get ill or perhaps have a day when getting out of the house is very difficult and that is totally understandable, but unfortunately, we sometimes get people who don't turn up and don't let us know. This means we can be hanging around waiting for them to arrive and we worry that something is wrong. Most events have to be paid for a week in advance so we can sometimes offer the places to those on our waiting list if you can no longer attend. Thank you for your understanding.

DOWNRIGHT DANCE CLUB for 11-25yrs

Our Downright Dance / Performing Arts sessions for young people with Down syndrome aged 11-25 is a huge success with 9 dancers joining us on Mondays **6.30pm -7.30pm** at The Sports Hub, Wolfreton Secondary School.

We only have space for 3 more to join us. The first two sessions are free for anyone who'd like to give it a go. After that it is £5 per session, invoiced half-termly.

If you are interested in coming along then please complete a registration form using the link below.

<https://forms.office.com/e/A0S9VXzx4K>

Any questions? Email office@downrightspecial.co.uk or give us a call on 01482 420160.

Downright Special Training

Supporting Positive Behaviour - Teams online course

- Thursday 14th November 9.30am-1.00pm
- Tools and strategies to understand, prevent and replace behaviour of concern.
- For parents, carers and school staff. **Parents / Carers Free.**
- <https://www.ticketsource.co.uk/downrightspecial/t-rpyopkg>

Functional Skills for children and young people with Down syndrome - Online webinar

- Thursday 30th January 7.00pm-9.00pm
- For Parents/ Carers.
- Led by Lizzie Huxford, Occupational Therapist, OT4me.
- Lizzie will discuss functional and independent living skills for children and young people of all ages. She will discuss the skills needed to help manage both the home and school environment, plus tips for including occupational therapy provisions in your child's EHC Plan.
- £10 per family
- <https://www.ticketsource.co.uk/downrightspecial/t-zzaxaxd>

TRAINING FOR SCHOOLS AND NURSERIES

Don't forget we also offer INSET training to nurseries and schools. Contact training@downrightspecial.co.uk for more information.

Downright Special Fridays

Dates for next term (morning groups):


8th, 15th, 22nd, 29th November
6th, 13th December

Afternoon Groups (1pm-2pm)

8th November, 13th December

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.

Lending Library

 **NEW BOOK ALERT!** In our lending library we now have the new edition of “**When Down Syndrome and Autism Intersect**” by Margaret Froehle and Rob Sattel.

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.

Fundraising News and Thank You!

World Down Syndrome Day Clash with Comic Relief

We’ve just discovered that Comic Relief’s main fundraising day clashes with World Down Syndrome Day (WSDS) on Friday 21st March 2025. WSDS is the biggest opportunity for schools and workplaces to raise awareness and funds for us and usually we raise around £5000 a year. We are very worried that Comic Relief (who **we are not eligible** for any funding from) will have a major negative impact on us.

Please, please can we ask that you chat to your schools at the earliest opportunity about getting WSDS in the calendar before they realise about Comic relief! Thank you.

Choose Downright Special when you shop at any Co-op store

Downright Special is delighted to be chosen to benefit from the Co-op Local Community Fund for the next 12 months. To support us when you shop please select Downright Special by clicking on the link here: <https://membership.coop.co.uk/causes/89180>

You can also select us through the Co-op app. Go onto the home page, click on Community, and then scroll down to find Downright Special.

Amazon Wishlist

Buying something from our Amazon Wish List is a really simple way to directly support Downright Special and anything you buy will come directly to us. We have just updated our wish list with lots of much needed items for the next few months. Check it out here: <https://amzn.to/3Bswqi2>

Donations and Grants

We have received the following donations since our July newsletter and we’d like to give a huge thank you to:

- Everyone who donated on Ticket Source when booking a free event or training - £52.75
- Everyone who shops via Easy Fundraising - £46.09 was received this quarter
- Regular Giving/Payroll Giving - total of £25 per month from two donors
- Kristian Parker & Andy Blakeston- £800 by walking from Hull to Edinburgh

- Emma Carter £436.25 from Great North Run
- ML Tuffnell £25
- Joseph Bentley £75 York 10k
- Gem Gem £26 FB birthday fundraiser
- Arthouse collection tin £72.90
- Premier Beverley collection tin £27.83
- Jean Nejrup £79 donation
- Sandhills Garden Centre Bookcase £82.18

We are also delighted to have received the following grants since July, after successful applications for funding:

- The National Lottery Community Fund £17,746
- Brian Murtagh Charitable Trust - £5,000
- Hull Aid in Sickness Trust - £3,000
- CMS Foundation - £750
- Barratt Charitable Foundation - £1,500

Get involved in research studies

There are often researchers looking for families to get involved in their work. We have recently been asked to share the following studies looking for participants:

Menstrual Health in Teenagers with Down syndrome (age 10-19)

Dr Katie Greenland, London School of Hygiene & Tropical Medicine

Periods can be a confusing and challenging time for any teenager, and girls with learning disabilities may have additional needs and experiences. We're conducting an anonymous (private) online survey to learn more about how teenagers with Down syndrome and their families prepare for and manage their periods. If you are the caregiver of a girl or young woman aged 10-19 with Down syndrome you can participate, even if they haven't started their periods yet. Click the link to participate [[survey link here](#)]. We recommend you open the survey in Google Chrome and avoid using the "back" button. For more information email Katie.Greenland@lshtm.ac.uk

Rest-Ed Sleep Study

Currently looking for participants who have children with Down syndrome aged 6 months to 5 years. This research is being conducted by NHS Lothian and the University of Edinburgh, with support from Down's Syndrome Scotland BUT they are now pleased to announce they are recruiting across the UK. Find out more here: <https://www.dsrf-uk.org/rest-ed-study/>

East Riding of Yorkshire SEND Strategy

- The Big Listen: share your views and experiences of SEND provision

East Riding are undergoing a consultation to develop the SEND and inclusion strategy for the next 5 years and want as many parents, carers, young people with SEND and professionals to get involved as possible. You can complete the survey here: consultation.eastriding.gov.uk/s/TheBigListen/

You can also sign up to attend one of the co-production events for professionals, parents and young people with SEND:

- Thursday, 14 November, 10.30am – 2.30pm
- Monday, 18 November, 10.30am – 2.45pm
- Monday, 25 November, 10.30am – 2.30pm
- Monday, 2 December, 10.30am – 2.30pm.

These sessions will be held at County Hall, Beverley. To book onto a session, please email: localoffer@eastriding.gov.uk

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.

Have a lovely October half-term everyone!