

UPS & DOWNS SOUTHWEST

Edition February 2017

CHARITY OF THE YEAR

We are delighted to announce that Higos Insurance Ltd have chosen us as their charity of the year 2017.

Higos Insurance Services are a local high street broker with over 25 years' experience of providing personal and commercial insurance from offices located throughout the South West. Flick Franks of the Higos Community Fund commented "We are delighted to be able to support such a fantastic local charity and look forward to lots of fundraising for them during 2017!"

We have already received a great response from employees willing to fundraise and volunteer for us and look forward to working with Higos.



World Down Syndrome Awareness Day Tuesday 21st March 2017 – What are you doing?

Dispel the myth!! We are looking for volunteers to hold up a sign with a fact on it (ideally the child or young person with DS but the whole family can take part), take a photo and then send it to us so that we can build up a lovely montage to make into a clip for release on this day. The photo does not have to be stage managed, in fact if we could have some quirky ones the better, even some to dispel some myths ie they are always loving - a photo strangling their sibling might say otherwise!!, would be great. Please be aware that this montage will be intended for use on our website and social media platforms and therefore by sending in your photo you are agreeing to sharing the image.

Join us in taking part in the Down Syndrome International Lots of Socks campaign. "We want to get people talking about WDS on the 21st March and we can do this if we all wear socks, lots of them, brightly coloured socks, long socks, printed socks, 1 sock, 3 socks for 3 chromosomes. The choice is yours, but we ask you to join us wearing something which people will ask you about so that you can tell them all about WDS. It is easy to do, so whether you are at home, nursery, school, college, university, work or play, join in! On 21st March, wear LOTS OF SOCKS and invite all your friends, family and colleagues to do the same " Get everybody who participates to donate a few pennies and you will raise awareness AND help us to continue supporting families. Let us know if you are taking part.

UNDERSTANDING OUR CHILDREN on Saturday 28th January 2017 we welcomed over 50 delegates to Learning How to Learn. This training session examined the learning profile of a pupil with Down Syndrome, including reading, and managing behaviour. David Cudworth Inclusion Coordinator at The Park School in Yeovil, a small non-selective and very inclusive

mainstream independent school for children aged 3-18 gave a very inspiring and thought provoking training session. For notes on this session please see our website.

Events & Fundraising News

EVENTS

ABSEIL!!! Abseiling is thrilling, terrifying, adrenaline fuelled and an unforgettable experience ! CONQUER YOUR FEARS and do this challenging charity event for Ups and Downs Southwest ! Places available for 13th May 2017 Uphill Quarry Weston-super-Mare. £20 registration fee and a commitment to raising £150 for us. Do something amazing this year!!!

BRIDGWATER BOLT 10k 30th April 2017 - Our very own Operations & Business Development Manager, Jo Dean, along with our Fundraising & PR Officer, Michelle Sugg and 3 other volunteers will be attempting this run/walk/crawl! If you are in the area they would love it if you could come and cheer them on!

PITCH PERFECT- An evening of A Cappella, McMillan Theatre, Bridgwater 8th July 2017 Concert in aid of Ups and Downs Southwest – Details on how to get your tickets will be released soon.

FOR EVENTS, BOOK YOUR TICKETS BY - e-mail admin@upsanddowns.net or telephone 01278 691100.

Once again, the generosity of people has overwhelmed us, in both donations and time, and would like to thank the following: Mr Trunks, Bakkavor, the customers of SR News, The Lilley's & Evans Turners, Mr Ham, Prudence & Industry Masonic Lodge, Porton Garden Aquatic & Pets, Vapourmatic and the fundraisers of Burtle. To each every one of you that have donated, it really does make a difference to how we can help our families. THANK YOU.

IN THE NEXT ISSUE - SUMMER

Update on Ups & Downs events for World Down Syndrome Awareness Week March 2017 including World Down Syndrome Awareness Day 21st March 2017.

Fundraising activities and events around the south west. Future training events.

Parents and Professionals - Share your WOW moments from our amazing children.....!

E-mail to admin@upsanddowns.net

Becky Hughes, Ups & Downs South West Ambassador.
