

Supporting Children and Young People with Down Syndrome, their parents, families  
and all those professionals involved in their care, health and education  
across the whole of the Southwest

*Supporting the Present to Change the Future*

Patrons: Dr Anna Baverstock MB, ChB, MRCP (UK), MRCPCH Actress Sally Lindsay

Ups and Downs Southwest, The Old School, School Road, Westonzoyland, Somerset TA7 0LN  
Tel 01278 691100 Email: [info@upsanddowns.net](mailto:info@upsanddowns.net)

## UPS & DOWNS SOUTHWEST NEWS!!!

*Edition 1/3/2016*

This edition is about raising our profile, along with information on training that we have hosted and some tips on behaviour impact. It also includes details of our upcoming events!

### RAISING OUR PROFILE

Our own, Oliver Hellowell, held an exhibition of his wildlife and landscape photography here in Westonzoyland, in November. The exhibition was a great success with people travelling over an hour and beyond to come and view Oliver's work. Oliver also released a wildlife and landscape book at the same time and to date he has sold over 500, well done Oliver an inspiration to all.



### WORLD DOWN SYNDROME AWARENESS DAY!!

WDS is on **Monday 21<sup>st</sup> March 2016**. To celebrate we invite you to wear **LOTS OF SOCKS** for the day! It's as simple as that, wear **LOTS OF SOCKS**, brightly coloured socks, any socks, maybe even 3 socks for 3 chromosomes! Get your school/workplace involved and suggest a donation of £1 for taking part. This year we want you all to participate!! Take a photo and tweet it to us [#UpsandDownsSW](https://twitter.com/UpsandDownsSW) or send it to our Facebook page [www.facebook.com/UpsandDownsSouthwest](http://www.facebook.com/UpsandDownsSouthwest) Let's see if we can get ourselves trending this year!!

### 2016 CONFERENCE

We welcome back the annual conference on Saturday 14<sup>th</sup> May 2016 at Priory Community School, W-S-M, BS22 6BP. This has always been a popular and eagerly anticipated event which allows for networking as well as attending workshops and hearing a range of speakers. It is open to parents and professionals alike, so tell your school about it!

To book a place email Liz at [admin@upsanddowns.net](mailto:admin@upsanddowns.net)

## UNDERSTANDING OUR CHILDREN

We have developed a fabulously comprehensive programme of training available to both professionals and parents, with the focus being on preventative measures. In the autumn we had an impressive training course that was tremendously informative, all about behaviour, presented by Graham Valentine from BIBIC.

From this training we gained lots of great information to help you and your family...

Some of the tips that came out of this session....

- Challenging behaviour impacts in many ways on your life and can put others in jeopardy
- There are several challenging behaviour indicator factors:
  - 1) Can your child follow instructions?
  - 2) What are their social skills like?
  - 3) Do they have poor sequencing, i.e.. no understanding of the consequences of their actions?
  - 4) Are they difficult to calm down?
  - 5) Are they obsessional? E.g. ritualistic order for eating food or need a set order to feel safe
  - 6) Do they have difficulty concentrating/have a very limited attention span?
  - 7) Are they aggressive/destructive?

There are also influences to challenging behaviour:

- 1) How do we as parents/carers impact on that?
- 2) Parents/carers reactions will affect how a child reacts in turn.

Sensory processing can be either hyper sensitive or hypo sensitive and often a combination of both. Sensory processing affects: Touch, Smell, Vision, Hearing, Taste, Proprioceptive and Vestibular

All the above senses need to work well to be successful. But what can go wrong?

- 1) Does your child control or avoid certain situations?
- 2) Does your child understand what others want?
- 3) Is the child listening or do they have difficulties listening? If so, movement and listening often works
- 4) How easy do they find processing language? This can take time, so give them plenty of time.
- 5) How much language is used? Simplify your language and then wait for the child to process it.

Some positives to take away:

- 1) Tell your child what they CAN do, not what they can't do. They will relate to this better.
- 2) Get your child's attention.
- 3) Keep language clear and simple.
- 4) Allow processing time.
- 5) Use DIRECTIONS not questions – Eg choose a book
- 6) Give simple choices

This lists are by no means exhaustive but give you an idea of what this training session covered.

**For more information about Sensory Processing come to our training day!**

**Sensory Strategies and Techniques  
Friday March 18th 2016 9am-4pm  
At Westonzoyland, Somerset TA7 0LN  
Presented by Nerys Hughes**

**Email Liz at [admin@upsanddowns](mailto:admin@upsanddowns) for more information and to book your place.**

\*\*\*STOP PRESS\*\*\*



Did you know we have our own Little Lottery?

50% of all money raised by the Little Lottery is given back in prizes each month – so you are in with a good chance of having a nice little windfall! The remaining 50% goes towards subsidising Ups and Downs Southwest and allows us to continue supporting families.

How does it work?

£1 per number, minimum monthly subscription £2.

Why not subscribe for 3, 6 or 12 months? 12 month subscription: £24

The draw takes place on 20th of the each month. The prizes do vary according to membership but at present are; 1st £60, 2nd £40, 3rd £30, and 4th £15.

If you are looking to buy this as a gift we can send you a personalised letter.

It really couldn't be simpler and what a brilliant way to support us!!

## Events

**18<sup>th</sup> March 2016** – Sensory Strategies & Techniques. Westonzoyland, Somerset

**19<sup>th</sup> March 2016** – Flash Mob Dance Taunton – Come and join us and look out for the photos and clips on our Twitter and Facebook account.

**20<sup>th</sup>-26<sup>th</sup> March 2016** – World Down Syndrome Awareness Week. What are you doing? Help us celebrate and raised much needed funds for us. Wear LOTS OF SOCKS, Host a coffee morning, let us know what you are doing!

**2<sup>nd</sup> April 2016** – Easter Family Day. Robert Blake and Elmwood Leisure, Bridgwater, TA6 6AW. Refreshments available to purchase – can you spare some time to help?

**14<sup>th</sup> May 2016** – Annual Conference.

**June 2016** – Big Step Forward. Sponsored walk. Date and venue to be confirmed

**September 2016** – Abseil Avon Gorge.

**15<sup>th</sup> October 2016** – Ball. Bristol Marriott City Centre Hotel.

To book a place on our training courses/workshops contact Liz at [admin@upsanddowns.net](mailto:admin@upsanddowns.net) for Fundraising contact Michelle at [michelle@upsanddowns.net](mailto:michelle@upsanddowns.net) or call the office 01278 691100

In the next issue

Celebrations from World Down Syndrome Awareness Day  
Conference

Becky Hughes

Ups and Downs Southwest Ambassador