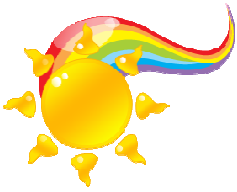




Wakefield & District Down's Syndrome Support Group **Newsletter: August 2010**

Saturday Club



The next Saturday Club will be on Saturday 4 September from 10-12 as usual.
Come along for a cuppa and a chat!

Annual General Meeting

7.00 to 9.00pm Friday 25th September
Sunbeams Children's Centre, Lupset
(Saturday club venue)

The AGM is a legal requirement of our group and is structured as follows:-

1. Welcome
2. Secretary's Report.
3. Treasurer's Report
4. Chair's Report
5. Election of Officers (Chair, Secretary and Treasurer)

Anyone interested in taking up one of these positions should notify the current Secretary by e-mail (andrea@bignews.co.uk) one week prior to the meeting.

We anticipate that this formal section of the meeting will take no more than one hour.

The second part of the meeting will be an open discussion centred around the short and medium term goals of the group i.e. any specific events, activities etc that members would like the committee to consider.

The meeting is open to all who are interested in our group and its activities. (the formal part will be as informal as we can make it - you know how we operate - so please come along).

There will, of course, be tea, coffee and biscuits for all!

If you have any news to share, contact Andrea on 07814 367594 or andrea@bignews.co.uk
See our website: www.downsyndrome-wakefield.co.uk

Resources:

Sleep information

The Early Support programme has developed a detailed information booklet about sleep, which may prove to be useful for some of us (although unfortunately doesn't guarantee a good night's sleep!)

The booklet provides information and ideas about all aspects of sleep. It can be downloaded free of charge at: <http://publications.dcsf.gov.uk/default.aspx?PageFunction=productdetails&PageMode=publications&ProductId=ES82&> or can be ordered for free on the DCSF web site.

www.sleepcouncil.com also has a "good night guide" for children.

First aid

www.childrenfirstaid.redcross.org.uk has an interactive guide to basic first aid which is well worth investigating.

Sturdy furniture

www.toughfurniture.com specialises in furniture that can withstand all sorts of abuse - might be helpful for some of us!!

Communication activities

www.talkingpoint.org.uk is a web site with information about children's communication. I really like the Communication Cookbook (click through from home page), which has lots of free interactive and downloadable printable activities for children targeting different skills and for different ages.

Challenging behaviour

www.challengingbehaviour.org.uk has a selection of free resources for people with learning difficulties and challenging behaviour.

If you don't have internet access and would like to know more about any of the above, let me know and I'll help.