



Canterbury Down Syndrome Association

www.cdsa.org.nz

SUMMER 2008



Christmas party

On Saturday 1st December 2007, we had a beautiful day for our Christmas party. After, a barbeque lunch of gluten free sausages, onions and mushrooms plus finger food brought by people, Adrian Kirk arrived. He is a great entertainer and had the children in fits with his usual slapstick and hilarity. Then Santa arrived and he thoroughly enjoyed the occasion giving out presents to the children eagerly sitting in front of him. Thank you to **Pub Charity** for the grant to make this possible.

World Down Syndrome Day

World Down Syndrome Day is celebrated on the 21st of March around the world by organizations to raise public awareness of Down syndrome. The date was selected by Down Syndrome International (DSI) as in Down syndrome there is a triplication of the 21st chromosome, instead of a pair, hence trisomy 21. Singapore was selected to launch the inaugural WSD event in 2006. This year the theme is "Aim High Enough", to continue creating awareness about Down syndrome.

However the 21st of March 2008 is Good Friday so we have put back the celebration to the 28th of March. This year we will celebrate it at the Barn at the Cracroft Guide Centre on Friday the 28th from 5.30pm. See **Coming Events** for the details and we look forward to seeing you all there as it is the only event we have organized this term.

Welcome

Brendon Dowling, Coen Lammers, Martin Nichols and John Pearson have joined the committee and it is wonderful to have new people on board bringing fresh ideas and skills!

Survey

At the end of 2007 we sent out a survey to members as to the direction the CDSA should take. Out of about 100 surveys we had 23 replies. Taking all responses into account the top three preferred objects were Educational seminars, Information evenings and celebration of World Down Syndrome Day respectively. This group was followed by equal support for Kids Club socials and the Christmas party and trailed by the other objectives. More revealing, 12 (52%) of respondents placed Educational seminars as their top objective well ahead of celebration of World Down Syndrome Day, Kids Club socials and the Christmas party with 3 top priority ratings each. Overall, the percentage of respondents who ranked Educational seminars in their top 3 objectives was 74%, followed by 52% for information evenings, 35% for celebration of World Down Syndrome Day and 26% for each of Kids Club, Christmas party and parents socials. While this survey was conducted informally and has a maximum margin of error of about 18% the level of support for educational seminars at 74% ± 9% clearly shows this is a preferred objective. Grouping the objectives, it is clear that education and information objectives are high priority for most members followed by social events.

Finally, 75% of respondents chose Option 3 and thought that the CDSA should become incorporated rather than Options 1 or 2, which is to continue what we have been doing.

Nobody rated improvements to the newsletter in their top priorities, so we hope you are enjoying this edition.

Petition

The IHC has sent out a petition asking families of children with intellectual disabilities to support them. For almost 20 years New Zealand law has protected the rights of children with intellectual disabilities to attend state schools, however the legislation that protects this basic right is not enforced and many families find that their children are not fully accepted at schools and are discriminated against. You can help by reading the Advocacy Appeal Letter and then sign the Advocacy Reply form and/or make a donation and return it to the IHC in Wellington. Also, have a look at the following two websites www.ourstories.co.nz and the inclusive education action group www.ieag.org.nz.

Parent to Parent

Parent to Parent is an excellent information and support network for parents of children with special needs ranging from the very common to the rarest conditions. It is worth joining Parent to Parent if you live outside of the main centres and find that there are few, if any, other families who have a child with Down syndrome in your neighbourhood. Their families have similar concerns and maybe of help. You can contact them on: Telephone toll free: **0508 236 236**. Email national@parent2parent.org.nz
www.parent2parent.org.nz

Volunteer Support Parents and Advocacy Training

Parent to Parent have planned another three Support Parent training courses for this year and are looking for registrations of interest. This consists of 18 hours tuition on listening skills, grief, stress issues, disability awareness and the role of Support Parents. Participants will then be able to support parents who have children with similar conditions or face similar challenges. The first course will be held in mid or South Canterbury at the end of March, followed by a course in Christchurch in June and another in Christchurch in September.

Advocacy Training

For current Support Parents, Parent to Parent offers a course on Advocacy. This 12 hour course will build on the skills Support Parents already have and develop new ones. To undertake this training and become a Parent to Parent advocate, you must be a Support Parent. It will be held in Christchurch in May.

Contact **Bev** in the Regional Office on 03 688 1518 or toll free **0508 727 228**

Email: gtrcanterbury@parent2parent.org.nz

Southern Centre – multi sensory experience

The Southern Centre at QEII Park, 171 Travis Road, New Brighton has new weekend opening hours.

Monday – Sunday

9am – 5pm

They also have an "All Feet Can Dance" children's class starting 15th May 4pm, Age: 8-13

For bookings and information: Phone: **(03) 941 8888** or www.southerncentre.com

KiwiAble Leisure Card

The KiwiAble card allows card holders and a support person to participate in many activities around Christchurch at a discounted price or allowed free entry. A new

Discount Information Booklet is in the process of being produced. To apply for a card or get a replacement, contact:

KiwiAble Leisure Card Co-ordinator

CCC Recreation and Sports Unit

PO Box 237 Christchurch

Phone: (03) 941 8297 Fax: (03) 941 8267

Email: kiwiable@ccc.govt.nz

Halberg Trust

The Halberg Trust Sport Opportunity Programme is committed to ensuring that people with a disability can participate in inclusive sport and active leisure in their community. The main goal is to support activities that are regular and ongoing and build confidence and skills. They have an Activity Fund, which is available to support the additional costs associated with having a disability. If you want help with paying for swimming lessons, horse riding lessons, a tricycle, or specialized equipment contact your local Sport Opportunity Advisor: **Justin Muschamp**, PO Box 2606, Christchurch. Phone: **(03) 373 5050** or Mobile: 027 224 8123 or Email: justin@sportcanterbury.org.nz.

Jolt Mixed Ability Dance

Jolt Dance is a unique company that offers education programmes and performance opportunities for people of all abilities, particularly for people with learning disabilities and autism. See their website www.joltdance.co.nz for times of their classes and they are now located at Linwood Intermediate School. Contact Lyn Cotton at Phone: (03) 381 4995 or info@joltdance.co.nz

Glasses subsidy

As of October 2007 the age limit on the subsidy for glasses was raised from 8 years to 15 years old. This subsidy of \$281.00 is available for all people who have a high users card or a community services card such as people with Down syndrome. Next time you are at your optometrist ask them about this subsidy.

Coming Events

Friday, 29 February

11.30 am – Charity Golf Match at Harewood Golf Course

Canterbury UPP Club and First National Real Estate will hold a charity golf match and auction to raise funds for the Canterbury UPP Club. If you are able to play, make a donation or attend the dinner and auction please contact Jim Lysaght, Phone 355 6164 or fill out the registration form at the back.

Friday, 28 March

World Down Syndrome Day celebration

5.30 pm – Pizza and Ceroc Dancing at the Barn, Cracroft Guide Centre

World Down Syndrome Day is on Friday the 21st of March but as this is Good Friday we have put the celebration back a week. We want to bring everyone together to have some fun, pizza and Ceroc dancing! **Ceroc dancing is a fun, partner dance done to Chart, Nightclub and Swing music.** The whole family is welcome including siblings. Please bring a plate of dessert to share and we will supply pizza, tea, coffee and drinks. There is a lawn outside and plenty of space for young children to run around as the Barn is located well back from the road. Younger members may leave after the supper, if they desire, otherwise the evening will continue to about 9.30pm.

The format for the evening is as follows:

5.30 pm	Doors open
6.00 pm	Pizza (including gluten free pizza)
6.30 pm onwards	Ceroc Dancing
8.00 pm	Break for supper

Location: The Barn, Cracroft Guide Centre

Address: 151 Cashmere Road on the corner of Cashmere Rd and Shalamar Drive.
Follow the driveway past Cracroft house and the Wardens house to the parking area at the back.

Cost: \$5.00 per person or \$20.00 for a family.

RSVP to Kaye Young, Phone: 329 6187 or rbkmyoung@xtra.co.nz by 24 March.

Your Committee is as follows:

Karen Butler - Chairperson	Ph: 347 3101
Brendon Dowling	Ph: 355 0938
Coen Lammers	Ph: 337 4229
Rachel Lonsdale	Ph: 329 8358
Trina McLintock	Ph: 342 7171
Sarah Moreton	Ph: 338 9615
Martin Nichols	Ph: 382 4362
John Pearson	Ph: 382 4192
Jane Thomas	Ph: 347 9707
Shelley Waters	Ph: 342 4554
Kaye Young – Co-ordinator / Treasurer	Ph: 329 6187



Canterbury UPP Club

28 Wairarapa Tce, Christchurch

Phone: 355 6164

Cell 0276435230

E-mail: jamespl@xtra.co.nz

22 November 2007

Dear Sir/Madam

The Canterbury UPP Club in conjunction with First National Real Estate are holding a charity golf match and auction on Friday 29th February 2008 at Harewood Golf Club to raise funds for the Canterbury UPP Club.

What is the UPP Club?

A group of parents raised concerns that as their children with Down syndrome were reaching their teenage years they were becoming increasingly isolated and lonely as their peers moved on with their own lives. The UPP club has now been running very successfully for 2 years, and our members now have friends, they go out together to such places as movies, restaurants, mini golf and have a meeting place they can go and meet with each other every second Friday night. These outings encourage participation in the community, give vital education of life skills and show others in the community that our members are 'just like them'. The group is run by a paid Youth Worker and four paid Youth Support Workers. The cost of running the group is met by parents, donations and grants but to ensure the continuation we require your support.

How you can assist:

- Purchase a hole for \$500 for the charity golf match. This entitles you to have four players, refreshments around the course and a meal after the game at the auction event. Your name will be published in all notices regarding the golf match and in all our newsletters for one year.
- A donation of goods or services for the auction
- A cash donation
- Sponsorship for the UPP Club

Who to contact:

If you are able to assist in any way could you please contact one of the following:

Jim Lysaght	355 6164
Anne O'Connor	981 5940
Linda te Kaat	360-2919

Kind regards

J. Lysaght

Jim Lysaght
Committee Member
Canterbury Upp Club



Canterbury UPP Club

28 Wairarapa Tce,
Christchurch
Phone: 366 6164
Cell 0276435230

E-mail: jamespl@xtra.co.nz

Friday 29th February 2008
Registration from 11.30am. Shotgun start at 12.30pm
Individual Stableford & Teams Events. Prize giving & Auction 5.30pm

REGISTRATION FORM

Name _____

Company Name _____ (for acknowledgement)

Address _____

Telephone _____ Mobile _____ Email _____

Entry:

- Hole Sponsorship \$500.00 (This includes 4 players, meal & company advertising for one year in our newsletter)
- Individual Entry \$50 per person (this includes meal)
- Non-golfers \$25 per person (meal only)
- Prize – I am able to supply _____
- Donation – I am able to donate \$ _____

Payment is enclosed herewith \$ _____

Golfer Player's Name	Membership No:	Handicap
#1 _____	_____	_____
#2 _____	_____	_____
#3 _____	_____	_____
#4 _____	_____	_____

Please return with payment to address above by 15 February 2008 – thank you for your support