

Registered Charity No: 1164570

Events are cancelled and postponed during the coronavirus pandemic.

We have virtual Chatterbox Club and online social clubs and training.

We are available by email, telephone or social media to offer support. We have a [Facebook group](#) and [chat group](#).

We also have a WhatsApp group, so if you would like to join, email your phone number to Bernadette at [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk)

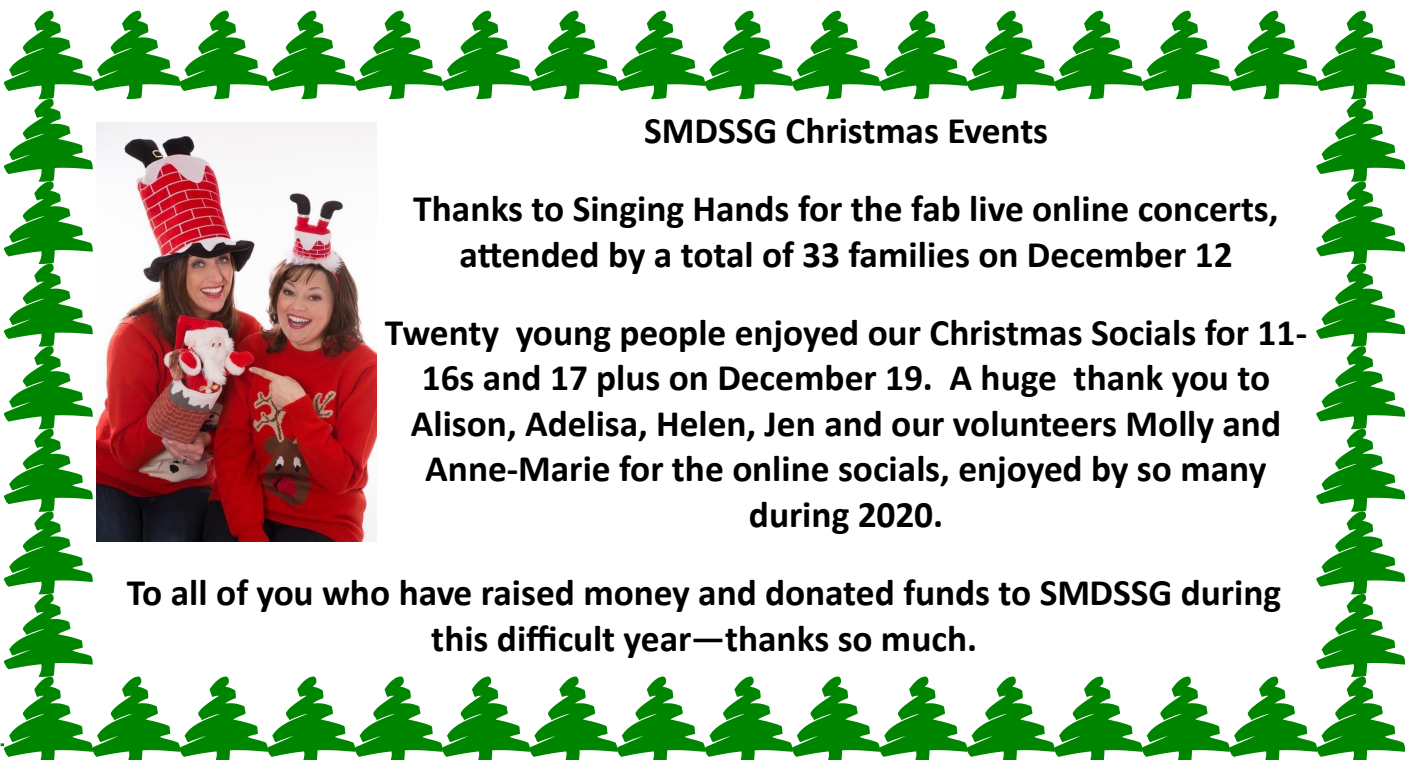
There is information about the virus on the [DSA website](#) and the [PHE website](#)

[DSA update on key issues relating to COVID-19 for people who have Down's syndrome, their parents, carers and supporters via Zoom.](#)

[Covid-19 Vaccination Position Statement from DSMIG-USA](#)

[Adults \(18+\) who have Down's syndrome have been added to the list of people who are classed as clinically extremely vulnerable.](#)

Adults (18 and over) who have Down's syndrome have been added to 'clinically extremely vulnerable' group. People who are in the clinically extremely vulnerable group are advised to be extra careful in protecting themselves. In England, GPs have been asked to contact their patients who are affected by this decision to discuss what it means for them and their specific health needs.



### SMDSSG Christmas Events



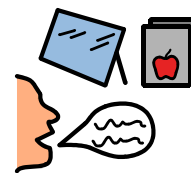
Thanks to Singing Hands for the fab live online concerts, attended by a total of 33 families on December 12

Twenty young people enjoyed our Christmas Socials for 11-16s and 17 plus on December 19. A huge thank you to Alison, Adelisa, Helen, Jen and our volunteers Molly and Anne-Marie for the online socials, enjoyed by so many during 2020.

To all of you who have raised money and donated funds to SMDSSG during this difficult year—thanks so much.

# SMDSSG EVENTS AND NEWS

## Chatterbox Club—online



**Dates for 2021: Jan 16, Feb 27, March 27, April 24, May 22, June 26**

### 1. Sing and sign with Jen

If you would like to see the sing and sign videos but don't do Facebook, let me know and we'll see what we can do.

### 3. Arts and Crafts

There will be a range of creative options with the Chatterbox email.

3. **SLT** If you are signed up for SLT, you will get resources and a link to a zoom group via email from your SLT.

**If you haven't done so already, please help us by taking a few minutes to complete our survey of online Chatterbox**

**<https://www.surveymonkey.co.uk/r/XRQ5BK5>**

**To enrol for Chatterbox SLT sessions for January—June 2021, please contact Adelisa at: [enrol@dsmanchester.org.uk](mailto:enrol@dsmanchester.org.uk) by January 8 at the latest.**

## **Don't forget—you can raise money for us when you shop :**

1 At [smile.amazon.co.uk](https://smile.amazon.co.uk)—Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) to the eligible charitable organisation of your choice—you can choose SMDSSG.

2. With easyfundraising

<https://www.easyfundraising.org.uk/causes/smdssg/?t=Easyfundraising-lo&v=a&=>

**We also have a donations page on Local Giving:**

**<https://localgiving.org/charity/dsmanchester/>**

**Or to donate by BACS, contact Bernadette at [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk) for details.**

# SMDSSG EVENTS AND NEWS

## Zoom Socials

**If you haven't done so already, please help us by taking a few minutes to complete our survey of online socials**

<https://www.surveymonkey.co.uk/r/GGKXCWX>

**Preschool age (under 5s) – Live sessions Mondays 11am, Jan 4, Feb 8, March 8**

**Sing and Sign videos on Saturdays at 9am, Jan 23, Feb 20, March 20**

With Bernadette and Jen. Say 'hi,' bring your favourite toy and sing and sign with Jen.  
Remember – request your favourite songs when you sign up.

**Saturdays 5-11 years - 10am, 11-16s - 11am, Over 17s-2.15/3.30pm**

January 9 and 23, February 6 and 20, March 6 and 20

**For parents – fancy dropping in to chat over a coffee ...? Various dates and times throughout—see SMDSSG emails.** Say 'hi' and chat about how things are going – swap ideas and information. If you'd like to meet up but can't make the advertised times, or would appreciate meeting more often, please let us know.

For zoom sessions, please make sure you are happy with what can be seen by your camera before you start your call. You do not want any personal information/items to be in view.

For under 16s, a parent/carer is required to stay in the room with the child/young person during the sessions.

For over 16s, if participants are accessing the call at home with their families or carers, ask them to make sure the door to the room they are in is kept open, so that other people can enter the room easily and can hear the conversation taking place.

On entry to the session, participants' names on screens will be changed from the login name to first names. If this is a problem for anyone, please let us know before the session.

Please remember, no photos/screen shots are to be taken during sessions.

Please make sure that the login name the Zoom host will see will be recognisable as who you are, or let us know in advance if it will be different.

If you would like to take part in any of these, please contact: [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk)

# Other Events/information

## Online training opportunities

### From the DSA

<https://www.downs-syndrome.org.uk/about/training/online-training/>

New dates for our online training events will be added here in the new year for the following sessions:  
Supporting early development from birth to 4 years, Early years and primary education,  
Secondary education, Supporting behaviour positively for children from 3 to 11 years,  
Supporting behaviour positively for young people from 11 to 18 years, Planning for a good life  
Supporting adults who have Down's syndrome, Parent carer meetings, Puberty and adolescence  
Workfit events, DSA updates, Ageing and dementia, Guest researcher webinars, Our Voice events  
DS Engage events, And more...

### IPSEA (Independent Provider of Special Education Advice) Virtual training sessions

<https://www.ipsea.org.uk/Pages/Category/online-training>

### Bradford Down Syndrome Training and Support Service:

Online training courses to help with the education and development of children with Down syndrome delivered by Dr Wendy Uttley

<http://www.downsyndromebradford.com/training/>

### Online courses from Down Syndrome Education International

[https://learning.down-syndrome.org/?\\_ga=2.45716774.381116606.1595774150-3826317.1595774150](https://learning.down-syndrome.org/?_ga=2.45716774.381116606.1595774150-3826317.1595774150)

### IT (Inclusive Teaching) Matters—online Makaton training

<https://inclusiveteachingmatters.com/training/>

**PACT online training videos** - the following recordings of the online advice sessions held in June 2020 are available again to watch online. These recordings will be available for free for the foreseeable future, and you can share them with others who may find them useful.

You can access the sessions by clicking on the links below.

**Session 1: Supporting Literacy Development**, Dr Kelly Burgoyne <https://youtu.be/cEQKslCFIbY>

**Session 2: Promoting Language Learning**, Rebecca Baxter <https://youtu.be/jzPaviGPTJU>

**Session 3: Preschool Intervention: Early Language and Communication**, Professor Vesna Stojanovic - please note that we are no longer able to provide access to this recording

**Session 4: Developing Number and Maths Skills**, Dr Jo Van Herwegen <https://youtu.be/9UObfb881TI>

Please note that these videos are Unlisted which means that you can only access the videos using the above links. We hope these recordings are a useful resource for you, and provide some practical ideas and strategies you can try. If you have questions about the recordings, please email [Kelly.Burgoyne@manchester.ac.uk](mailto:Kelly.Burgoyne@manchester.ac.uk)

# Other Events/information

## From the DSA:

Free accessible Emotional Well-being Resources. They are free to download and are there to support children and adults who have Down's syndrome with their well-being

<https://bit.ly/EmotionalWellbeingDownload>

If you want to keep busy and active over the holidays and need some fresh inspiration, then please check out the **DSEngage** page of our website <https://www.downs-syndrome.org.uk/for-people.../dsengage/> There are plenty of ideas for all ages- yoga, dance, workouts and craft films to watch and join in with and if you keep scrolling down you will find our unique DSA festive colouring sheets, a Christmas quiz and daily walk diary.

## Stockport SEND Newsletter

<https://content.govdelivery.com/accounts/UKSMBC/bulletins/2b103c7?fbclid=IwAR2sXgUnu4klgWt9dNktnwSZB-F63l6h1Y5d7itVysdfS7nZVfdE6CybeAg>

## Get Sensory Packs

<https://getsensorypacks.com/?fbclid=IwAR1ErfxQGoLNQXkTxYFXdGCQjH4AWRcfUiLLdJvIMgdoWKOOUU684jYY3MEA>

## Returning to school after the Christmas break Guidance correct as of 21/12/20

[https://www.ipsea.org.uk/news/returning-to-school-after-the-christmas-break?fbclid=IwAR3iVsg\\_kNXgRmEBpLkaPQUAisEUQQ7YF9iXTHzUNMdaK3puWBrOS5DN\\_RU](https://www.ipsea.org.uk/news/returning-to-school-after-the-christmas-break?fbclid=IwAR3iVsg_kNXgRmEBpLkaPQUAisEUQQ7YF9iXTHzUNMdaK3puWBrOS5DN_RU)

## Trafford—Support available over the festive period

[https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=v1S7VKEv4F0&fbclid=IwAR3YPyV\\_NKWVo-EhSVN5PG1OyTd6w2EhoFDG1gZOAX\\_olB101u-vQ2Q3EWhM#top](https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=v1S7VKEv4F0&fbclid=IwAR3YPyV_NKWVo-EhSVN5PG1OyTd6w2EhoFDG1gZOAX_olB101u-vQ2Q3EWhM#top)

## Families of disabled children trying to access Child Trust Funds can save or reclaim £365+ after Government overhaul

<https://www.moneysavingexpert.com/news/2020/12/child-trust-fund-fees-waived/?fbclid=IwAR3IXOTZaBx7A2cWoSCZqxiZVWTsm5X1X0cH4BQDGYSTH9rJ1DCgMFHtGYQ>

## News for SEND families from Manchester Local Offer

[https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/2af140a?fbclid=IwAR3Vi9IdYzs24bdh\\_Mcafxfq\\_2ZhBtqht6UOrWw-YiwSAL75QhtGB-Jh66lc](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/2af140a?fbclid=IwAR3Vi9IdYzs24bdh_Mcafxfq_2ZhBtqht6UOrWw-YiwSAL75QhtGB-Jh66lc)

# Other Events/information

## Hand-washing technique with soap and water



- 1 Wet hands with water
- 2 Apply enough soap to cover all hand surfaces
- 3 Rub hands palm to palm
- 4 Rub back of each hand with palm of other hand with fingers interlaced
- 5 Rub palm to palm with fingers interlaced
- 6 Rub with back of fingers to opposing palms with fingers interlocked
- 7 Rub each thumb clasped in opposite hand using a rotational movement
- 8 Rub tips of fingers in opposite palm in a circular motion
- 9 Rub each wrist with opposite hand
- 10 Rinse hands with water
- 11 Use elbow to turn off tap
- 12 Dry thoroughly with a single-use towel
- 13 Hand washing should take 15-30 seconds



## Alcohol handrub hand hygiene technique – for visibly clean hands



- 1 Apply a small amount (about 3 ml) of the product in a cupped hand
- 2 Rub hands together palm to palm, spreading the handrub over the hands
- 3 Rub back of each hand with palm of other hand with fingers interlaced
- 4 Rub palm to palm with fingers interlaced
- 5 Rub back of fingers to opposing palms with fingers interlocked
- 6 Rub each thumb clasped in opposite hand using a rotational movement
- 7 Rub tips of fingers in opposite palm in a circular motion
- 8 Rub each wrist with opposite hand
- 9 Wait until product has evaporated and hands are dry (do not use paper towels)
- 10 The process should take 15-30 seconds



# Other Events/information

**For those of you who like theatre, there are lots of online events available if you search the internet. Here are some of them:**

Rapunzel: A Hairy Tale Adventure, National Theatre of Scotland retell the famous panto in a series of madcap monologues, is in cinemas from 22 December, [available online from 23 December to 4 January.](#)

[Huddle, a tale of two penguins](#) – The Unicorn and Filskit Theatre company present a Christmas treat for children aged two to five. Huddle is the tale of an Emperor penguin and his chick learning how to thrive against the odds. Narrated by Madeline Appiah. Available to watch until 13 February. FREE

[The Legend of Moby Dick Whittington](#)

[A Christmas Carol](#)—Lawrence Batley Theatre —Thu 24 Dec 20 - Thu 31 Dec 20

[Ali the Magic Elf](#)—Staged last year at Glasgow’s Tron – Designed for children aged 3-8. Until 25 December. FREE

[A Christmas Carol from the Old Vic](#)—until Dec 24

[The Snow Queen](#)—until Dec 26

[Mother Christmas](#)—15 minute FREE Performance for Children

[Jack and the Beanstalk](#)— pantomime. Until 31 December.

[Christmas at the \(Snow\) Globe](#) is an online film that you can watch from home.

[The Emperor’s New Clothes](#) -Until 31 December

[Cinderella](#)—Until Jan 16

[‘Looking a Lot Like Christmas’](#) FREE until January 5.

A Selection of [Filmed on Stage](#) and at [The Shows Must Go On](#)

Also lots listed in [Time Out](#)

Some reviews at: [the Guardian](#)



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The views and items in this newsletter are not necessarily those of the South Manchester Down’s Syndrome Support Group. Mention does not necessarily mean recommendation or support.

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No: 1164570



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