



Up
On Downs

Up on Downs Summer Programme 2020

Here all summer with a programme of free activities for families!

This is going to be an unusual summer and so we will be running our popular online programmes all the way through to next term! Whether you are going to be mainly homebound this summer or taking the laptop on staycation you are welcome to join us and keep in touch throughout. It's all funded by the charity and free for members.

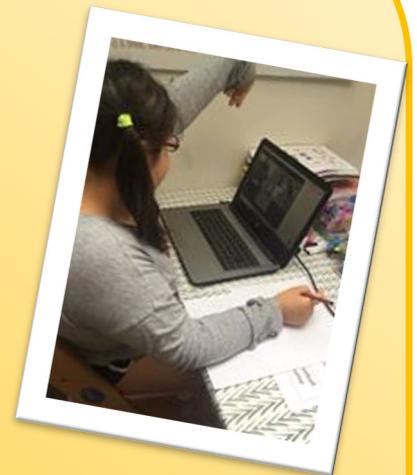


Teen Zoom Wednesdays and Thursdays

We currently have two full groups for our secondary age and above programme but we will have at least one free place for a new joiner as the holidays start and possibly more.

This weekly group is hosted by Emily, a vibrant young trainer who has a brother with DS, a great communicator, her enthusiasm for learning is contagious. The teen group meets on Thursday afternoons to play games based on topic work and social skills.

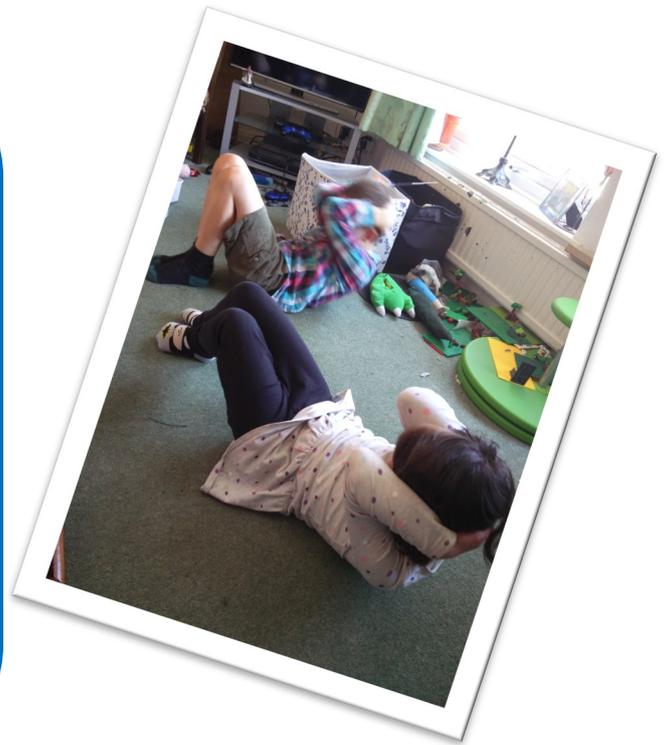
Over this last term have already seen our teens develop their confidence and ability to interact with a small friendship group as they discover new countries, discuss interests and sometimes give supported presentations to the group in the "hot seat"



Zoom Fitness Sessions

Emily Enoch brings our Teens and Tweens group together on Wednesdays at 11.00 to do some informal fitness training together online.

Most of the Teens group do both the skills and fitness sessions but if you are interested in one or the other that is also possible.



SPOT Drama Tuesdays Tuesdays at 2.00pm from 4th August

Hosted by Lydia, a professional drama tutor and founder of SPOT Drama working with children and adults with additional needs. Each week Lydia dramatizes a well-known storybook and encourages the children to bring props to join in with the telling.

We have places in our weekly group meeting on Tuesday afternoons for interactive storytelling.

SPOT Drama Tuesdays

This is aimed at younger children and siblings and parents who enjoy a good story (roughly ages 3-10 depending on ability and interest).

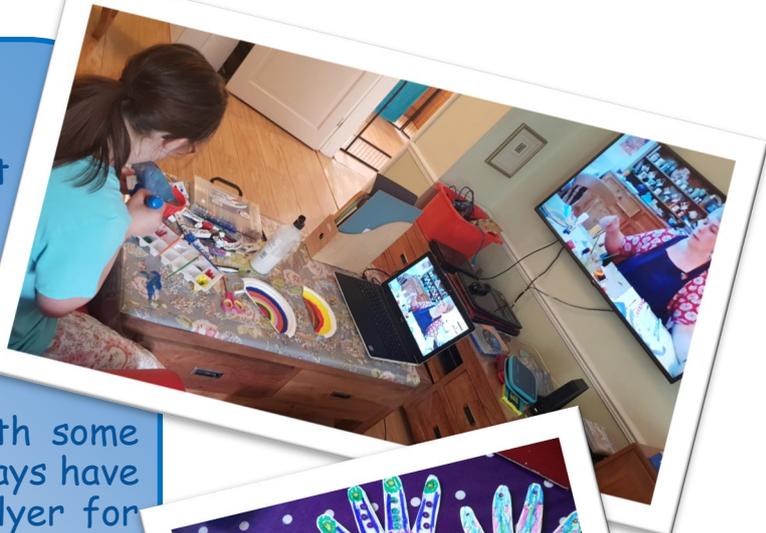
The current programme ends at the end of term and then Lydia will be back for a block of four related sessions leading you on an adventure trail through enchanted woods to the sites of well known folk tales.



Art Club Wednesday

Hosted by Sande, our very own artist in residence, these are craft sessions aimed at young people who enjoy making things.

We use the kind of basic kit that most families will have (scissors, glue, paper and colouring things) with some recycled food packaging junk and always have flexible options. See our Art Club flyer for more details. You bring your crafty bits and we show you how to get creative with them. Groups are small to encourage lots of interaction and assist individuals. We have found that parents enjoy making too!



Security

Online safety procedures are in place for all our groups. Passwords are used and meeting IDs only circulated via closed groups. Entrants must be admitted by our hosts so it is essential that you are expected. Parents must be present at all times to supervise and assist in the activity, and able to intervene should anything make them feel uncomfortable. Internet connections aren't always perfect so occasionally you may also need to be on hand to reset and re-enter a group. Your host will be happy to re-admit you if this happens.

Other Services

Our offices remain open through the summer too so if you need advice, support or signposting please get in touch.

If you have questions about speech therapy groups please either contact us about availability of places or if you are already in the scheme and need some advice your usual therapy assistant is available by phone to help. We are in the process of calling to discuss September arrangements with everyone currently on roll.

Have a good summer however you spend it!