



Down
Syndrome
CORK

Newsletter

November 2011

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Down
Syndrome
Cork

GLAMOUR AND GLITZ AT

Annual Gala Ball



Left: David Horgan, Ovens and Meghan O'Halloran, Commons Rd.



Left: Peter Kelly (Franc) and Gráinne O'Brien, Carrigaline.



Above: Deirdre Fitzgibbon, Ballyphehane and John Sweetnam, Glounthaune.

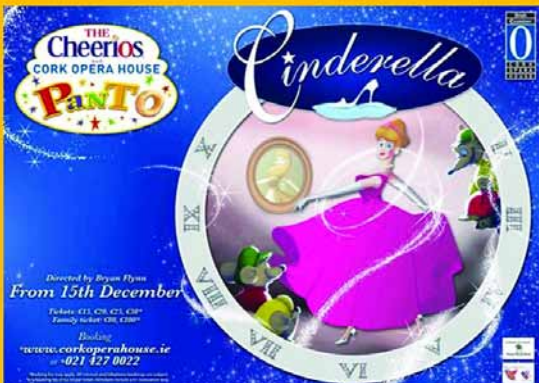


Right: Deputy Lord Mayor Tony Fitzgerald and his wife Georgina.



Right: Deirdre and David Fleming, Bandon.

ANNUAL FUND-RAISER A RESOUNDING SUCCESS



Cinderella is this year's panto at the Opera House.

We have tickets available for their charity night on Wed 14th Dec @ 7.30pm

Tickets cost €15 each and are available in the DS Cork office.



Tour de Munster
2011

Tour de Munster Cheque
Presentation Dinner
Saturday 8pm 3rd
December

Silversprings Moran Hotel, Cork.
€35 per adult and about half this for children.

Overnight accommodation at a special rate ring 021 4507533
Special guests Seán Kelly and DSI President Clare Leonard
Spot prizes and Disco

If interested in going contact Julie at 021 4649 500

A word from our Chairman



Hello All,

Well, we had a very successful Gala Ball on Saturday, 29th October. It was great to meet many of our sponsors, friends and families there on the night. A special thanks must be given to Peter Kelly (aka Franc) for his contribution and support on the night. To all those who received awards and the night (and for some in the post!) thank you for all you've done for the work at Down Syndrome Cork. Thank you also to Karen O'Sullivan for another successful Bizarre Bazaar on Sunday, 20th November!

We have a busy few months ahead of us with some big events to announce in the coming weeks.

We are pleased to announce our partnership with The Stepping Ahead Clinic to provide Occupational Therapy at a significantly reduced rate for DS Cork members.

Support will be needed for our December bag packing event. We will have slots available in both Douglas and Patrick Street M&S on the 21st, 22nd and 23rd of December. Contact Brenda on 087 9932896 to book your place now and receive a 50% voucher off speech and language therapy. Our kids Christmas party and teen/adult disco will be held in Silver Springs Moran Hotel on the 18th of December. Return the attached slip to book your party place and contact Julie on 021 464 9500 to book your disco place. Continue to keep in touch with us regarding any support you or your family require.

Ray O'Callaghan



Christmas will be here before long. Parents often ask for ideas for gifts that will encourage Speech & Language Skill development. The following ideas may be useful:

Birth to three

Books with plastic or cardboard pages and simple pictures. These books are especially useful if they are small in size so your child can manipulate the book.

Music is always good for speech and language development.

Stacking toys like blocks and cups. Different sizes develop different skills.

Three to six

Books with a simple story. Character books like Bob the Builder or Peppa Pig are recommended if your child has a particular interest in them. Cardboard books are useful at this age to help your child turn the pages and manipulate the book alone. Books with moving parts like flaps encourage exploration of the book.

Pretend play sets like a zoo with animals, a ship with figures or a doll's house are excellent for developing play and for encouraging nam-



ing of the figures and the movements during play.

Paper, crayons, markers, paint for drawing alone or with someone older. So much can be done with drawing and colouring such as taking turns or drawing a person, a face or simple animals.

Seven to twelve

Books again! Your local bookshop is a good source for recommendations.

Board games develop a variety of skills and encourage social skills development. Common board games and simple card games also give children common experiences.

Arts and crafts can be more complex with children this age. The internet is a good source for crafts to make using simple materials.

Teen years

Music and film are common interests at this age.

The gift of a shared experience like going out for a walk together or for a meal or a drink at a cafe can be excellent. Take photos of the experience and print them out and make a memory book to help with speech and language development.

Adulthood

A bound journal, a diary for writing in or a photo album makes an excellent gift. This book can be filled with written information or paste in mementos from outings. Photos can be included. Write in a few sentences to talk about who is in the photo, where the photo was taken, what happened as well as what was special about the event.

We are delighted to announce that the Stepping Ahead Clinic in collaboration with Down Syndrome Cork is offering Occupational Therapy interventions at a significantly reduced price to all Down Syndrome Cork members.

Individual hourly sessions are offered at €40

Half hourly sessions are offered at €25

Screening Assessments, Comprehensive Assessments & reports, Group Sessions and School Visits are also offered at reduced rates.

Our Occupational Therapists have postgraduate train-



6A KILNAP BUSINESS PARK,
OLD MALLOW ROAD, CORK.

Dennehy, Occupational Therapy Manager on 021 4304822 or Julie Doherty at Down Syndrome Cork.

Further information on Occupational Therapy is available on www.steppingaheadclinic.com or www.dsicork.org

ing in Sensory Integration with the UK/Ireland Sensory Integration Network and are full members of the Association of Occupational Therapy Ireland. Our services are registered with VHI, Hibernian Aviva and Quinn Healthcare. Parents are also entitled to claim 20% back from their tax on the Med1 form.

For queries, please contact Jennifer

IMPORTANT NOTICE - SLT PAYMENT

Speech & Language therapy sessions must now be paid for on the day or in advance. Each 45-minute session costs €40.

Down Syndrome Cork Christmas Party & Disco

Sunday 18th Dec, Silver Springs Moran Hotel - Party 3-6pm / Disco 6-8pm

DS Cork provides a gift for each child with Down syndrome attending. Gifts for siblings would need to be provided by families.

Name of child: _____

Age: _____

No. of siblings attending: _____

Contact No: _____ / _____

Please return slip no later than Thursday, 8th December to: DS Cork, Goldcrop Building, Centre Park Road, Cork.

Down Syndrome Cork Support Awards 2011

Congratulations to the following who received Down Syndrome Cork Support Awards 2011 at the gala ball:

Michael Barry, Eoin Daly, Ken O'Reilly, Peter Walsh, Claire Higginbotham, Paul Sheridan, Michael O'Gorman, Ray Connolly, Jason Bane, Jude O'Keefe, Conor Roche, Noel Coleman, Ger Buckley, Ellen Ni Laoire, Kevin O'Callaghan, Aidan Delaney, Rena Ahern, Karen O'Sullivan, Jackie Connolly, Christine McMahon, Alison Nolan, Brenda O'Callaghan, Ann Marie Kelly, Angela O'Brien and Meghan O'Halloran.



Services provided by Down Syndrome Cork

...AT A SUBSIDISED RATE:

- Speech & Language Therapy at Down Syndrome Cork, Gold Crop Building, centre Park Road (021 4649500)
- Occupational Therapy with Stepping Ahead Clinic (021 4304822)
- Physiotherapy with Julie Gilmore (086 8934841)
- Psychomotricity with Marion Fees (087 3134256)
- CADA Performing Arts (021 4866389) (021 4550329)
- Workshops / Talks throughout the year (021 4649500)



...FOR FREE:

- Monthly Parent & Toddler Group sessions with Jo Jingles. Contact 021 464 9500
- New Parent Support - Contact 021 464 9500
- Weekly Swimming at Lota Pool, Tivoli. Every Sunday at 10am.
- Yearly Family Fun Days
- Christmas Party - Sunday, 18th December from 3-6pm at Silver Springs Moran Hotel.



Physiotherapy Service



Julie Gilmore is a chartered physiotherapist with 20 years experience and a special interest in sensory integration. She is a member of a physiotherapy special interest group in Paediatrics and also an intellectual disability group.

She is a member of the Sensory Integration Network. She is a mother to 4 children, the eldest of whom has DS.

The physiotherapy is delivered as both a domiciliary (home visit) and a clinic based service. Please contact Julie Gilmore directly on 086 8934841 or email: ju.gilmore@gmail.com for any enquiries about the service.

SLT Cancellation Policy

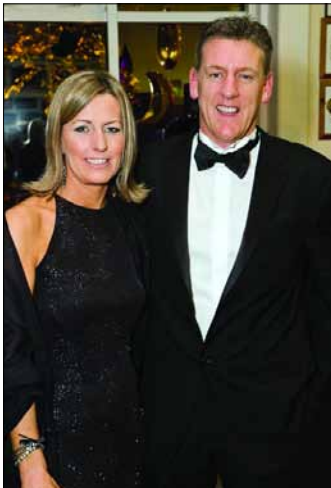
Speech & Language Therapy cancellations must be made **48 hours** prior to your appointment time. This gives us an opportunity to schedule another client awaiting service.

Cancellations made with **less than 48 hours** notice must be charged in full as inadequate notice is given to schedule another client.



Gala Ball MC was Paul Bryne of TV3 fame.

HAVING A BALL!



Rebecca and Liam Kelly, Middleton, at the 2011 gala ball.

DSI 2011 Calendar and Christmas Card

DSI 2011 Calendar and Christmas Cards now available to buy at Down Syndrome Cork.



Telephone 021 464 9500 or email info@dscork.org to place an order.

THE IMPORTANCE OF BAG PACKING

All monies raised at this event go directly to fund the services at Down Syndrome Cork.

Including some of the following:

1. Speech & Language therapy
2. Subsidised therapies
 - Psycho-motor therapy
 - Occupational therapy
3. Social Events
 - Christmas party
 - Family Fun Day
4. Subsidised activities
 - CADA Performing Arts
 - Swimming
5. New Parent Support
6. Training days/workshops/talk

The bonus of our Bag Packing Event is that for every 2 hours given, a 50% voucher for Speech & Language therapy is returned.

OCTOBER SUCCESS

Bag Packing in October raised a total of €3,000. A sincere "thank you" to everyone.

UPCOMING DATES

December 21st, 22nd & 23rd in M&S Patrick Street and Douglas.

Contact Brenda on 087 993 2896

THANK YOU SO MUCH!

- To Kilbrittain Festival Committee for raising €860 for DS Cork this summer.
- To Phil Baumann €200 at a recent bake sale.
- To the participants of the Ladies Mini-Marathon 2011. So far

€4,000 has been raised!
 • To all who participated in this year's Honey Days collections.
 • To our Gala Ball committee, guests and sponsors for making this year's event such an outstanding success.

A BIT ABOUT ANN:

"My name is Anne Maher originally from Portlaoise and now living in Tipperary with husband John and two children, Shane 6 and Nancy 3. Shane has Down syndrome and is in senior infants in our local village primary school.

I originally trained and worked as a Home Economics teacher both in Ireland and Africa. From this I moved into more specific nutrition work in Africa and obtained a Masters degree in London in Public Health Nutrition in 2001.

NUTRITION TALK with Ann Maher Saturday, 3rd December at I am in Down Syndrome Cork

To book your place contact 021 464 9500

Since then I have been working to promote positive nutrition for families through diet and nutrition programmes in Tipperary and surrounding areas.

Frequently I give talks to various groups

around diet and making real choices for health. Since having Shane my interest in diet has understandably led me to explore the role of diet with DS and I have found tremendous success with changing eating habits to promote gut health. I am keen to promote the message that as a parent you can be empowered to make nourishing choices for your family.

Educating parents to understand more about food and our connection with it is key to enabling us to help our children reach their true potential."