



Down's Syndrome Research Foundation *e-news*

April 2007 ©

Vol. 3/ Issue 2

Welcome

Spring is finally making its presence felt and we hope you are making the most of the sunshine. At the DSRF, work is in full swing for completing the paperwork for our **exciting new study**.

Thank you to all parents who have volunteered your children for the study. **We still need more participants** for the project to be successful, so please pass the word around to your friends, parent support groups and local health services.

To remind you: we need about 60 children with Trisomy 21 in their growth years and a sibling to participate in this study. Volunteers will be required to visit the Science Centre at the London Metropolitan University once every three months. Email us at dsrf@dsrf.co.uk to volunteer or for more information.

Parents who have volunteered will receive an update on the project and what's planned next.

An update on our resources : If you haven't done so already, please tell your child's school about '**Everyone Counts**', our programme on Inclusion for schools. This pack costs £25 and is ideal for mainstream schools, with or without students with disabilities.

Conference DVD's are a must-have for parent support groups, medical professionals with an interest in Down's Syndrome and for parents who want to learn about the latest developments in the field. DVD's cost £75 – a discount is available to our members.

More information on these and other resources is available on our website www.dsrf.co.uk or call us to order.

Run for us!

Few places remaining...

We need runners in **The British 10k London Run (1 July)** and in **The Edinburgh Marathon 2007 (27 May)**

If you're not up to running a marathon yet, why not consider taking part in a relay team in the Edinburgh Marathon instead?

Runners are invited to form teams of four and run a quarter of the race instead of the whole gruelling marathon.

To register for one of our assured places or for more information, email us at dsrf@dsrf.co.uk or call us on 01494 521826.

More information on the races and entry forms are available on our website www.dsrf.co.uk

Bring on the Sunshine

5 easy ways to have fun, raise awareness and collect funds, all at the same time!



The onset of warmer weather is the perfect opportunity to rally some friends together and organise a fundraiser for the DSRF. Here are five easy ways that you can help raise much needed funds for our work :

1. **Coffee Mornings / Tea Parties** : Invite friends, neighbours and acquaintances to share a nice cup of tea or coffee with you. The event can be as large or small as you can handle. The venue could be your home, church hall or the lawns of a local heritage home – your choice. Ask a local restaurant to provide the crockery, or if you're lucky, even cater for the event!
2. **Car Boot Sale / Garage Sale** : Spring is the perfect time to clear up winter's clutter. Get the children to sort out unwanted books, toys and clothes (in good condition, of course). Mum and Dad should do the same too!
3. **Dress Up Day** : If you wear a uniform to work, get your boss to agree to a 'Dress Up' Day for the DSRF. Choose a theme for the staff to follow–



this could be a colour , type of clothing (informal / formal) or even prints to celebrate Spring! Each participant gives a little donation to take part in this fun office event.

4. **Open Gardens** : If you've been pruning and weeding, this is the time to show off your efforts. Open your garden to the public and allow people to enjoy your hard work. Show off those flowers and fragrant borders. Charge them a small donation for the pleasure. If you're up to it, serve a cool drink as well.
5. **Buddy Walk** : Can be as big or small an event as you can organise. Get together friends, family, neighbours and work colleagues and do a one mile walk around your local park or town centre. Go all the way and print T-shirts, posters and get your local businesses involved in sponsoring your Walk. Or keep it simple and small. Walks can be small - for 10 people - to big ones with hundreds of people turning up.

Whatever you choose to do, get in touch with us first. We'll help you out with posters, donation forms and other materials to get your fundraiser underway.

A BIG Thank You to :

Bahamas DS Association , Birmingham City Council, Bozena Hunt, Carol Withey, Catherine Blount, CSSC , Dance 21, Danielle Evans, Dr Claire Wood, Dr Z Merali, Folkestone Lions Club, Friends & Family of Late Mrs Joyce Metcalfe for their donations, Friends & Family of Late Prof. Tony Nuttall of New College Oxford, Jodie Poffley, Leslie Rowand, Mrs T McDermott, North Wilts & Devizes Portage, RBS Insurance, Birmingham , Sarajit Mitra & HSBC, Suzanne McCloud for her support (and congratulations on Baby Number 5, Matthew), The Royal Standard, Tracy Manson.

To you and to all our regular donors, a heartfelt thank you.

Thank you also to :

The Royal Air Force High Wycombe Branch, The Norman Family Charitable Trust, The Dacorum Trust and The Greenham Common Trust for their support.

DSRF MEMBERSHIP NEWS

As a member of the Charity you are entitled to some benefits and privileges: priority access to news and information, newsletters and discounts on our resources.

If you are not yet a regular supporter of the charity, please consider signing up. For as little as £5 a month (0.16p a day!) you can avail of discounts on books, DVD's and other resources such as 'Everyone Counts'

CAN'T AFFORD A REGULAR DONATION?

Organise a Fundraising event for us and you can receive the benefits entitled to 'Platinum' members!

More information on membership categories and available discounts :

<http://www.dsrf.co.uk/Membership/Membership%20Categories.html>

To stop receiving this E-news, send us an [email](#) with 'Unsubscribe' in the Subject line.