



# Down's Syndrome Research Foundation *e-news*

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## Welcome

The **new research study** on diet and nutrition is ready to be launched. Visit our website to download a leaflet ([www.dsrf.co.uk/2007researchleaflet.pdf](http://www.dsrf.co.uk/2007researchleaflet.pdf)) or contact us for a copy.

The **new Centre of Excellence** based at the Science Centre, London Metropolitan University, can accommodate up to 250 families on a first come first served basis. If you are interested in being a part of this study, please read the leaflet and contact us with your details.

**An introductory meeting** is being held in London on July 21, 2007 with interested parents and support groups. More information is on page 2 along with RSVP information.

The DSRF is delighted to be taking part in the **2007 Great British Duck Race!** Adopt a duck for as little as £5 and join us for a fun day on the Thames. The winning duck gets £10,000 and the next 30 ducks also win prizes. Page three has all the details.

On the fundraising front, several members of the DSRF are **organising local events** to raise funds and awareness. Along with your cheques, remember to send us pictures and a write-up for our newsletter!

Comments and suggestions for our newsletter, ideas for fundraising events and your personal stories are welcome!

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# **Down's Syndrome Research Foundation, The Mother and Child Foundation and the Institute of Brain Chemistry and Human Nutrition**

## **Meeting on the new research project on diet and nutrition**

**Date** : Saturday, July 21, 2007

**Time** : 2 pm – 5 pm

**Venue** : The Resource Centre, 356 Holloway Road, London N7 6PA

**Crèche and Baby Changing Facilities** are available. A cafeteria is also open during the day. A tea and coffee break will be arranged.

### **RSVP**

To allow us to confirm numbers of attendees and to arrange catering, please confirm your attendance to us by the **16<sup>th</sup> of July, 2007**. You can email us at [dsrf@dsrf.co.uk](mailto:dsrf@dsrf.co.uk) or call on 01494 521826. Please indicate how many adults and children will be attending.

### **How to get there**

#### **By London Underground train:-**

Take the Piccadilly line to Holloway Road station. On leaving the station turn left and walk under the railway bridge for 5 minutes. The Resource Centre is on the opposite side of the road and can be reached by using the pedestrian crossing.

#### **By bus:-**

Buses 4, 17, 29, 43, 153, 253, 259, 271, 279 and X43 stop within a short walk of the Resource Centre. Also there are mobility buses available in the area, these are numbers 920, 921, 923 and 927.

#### **By car:-**

As with most city centre venues parking can be a problem. There are some unrestricted parking areas behind the Resource Centre and these are marked on the map available at

[http://www.theresourcecentre.org.uk/map\\_directions.html](http://www.theresourcecentre.org.uk/map_directions.html)

# THE GREAT BRITISH DUCK RACE



## When

2 September 2007

## Where

River Thames, near Hampton Court, Surrey.

## Aim

To send 165,000 rubber ducks down a 1km stretch of the River Thames near Hampton Court Palace, and in doing so set a new world record and raise over £500,000 for charity.

## How

Adopt a rubber duck today for just £5. Three pounds of this goes to your charity. Each duck is individually numbered and will take part in the 1km race on the Thames. The duck that crosses the finish line first wins £10,000. The next thirty ducks will also win prizes.

## Adopt a Duck for the Down's Syndrome Research Foundation (DSRF)

Help us raise funds to improve the health of children and adults with Down's syndrome. Adopt a duck and join us in this exciting and fun race!

To adopt a duck: visit <http://www.thegreatbritishduckrace.co.uk/adopt.php> and select the DSRF as the charity of your choice

**Tell all your friends about the race and get them to adopt Quackers today!**

# Membership Information and Gift Aid

## 1 Gift Aid declaration

If you have made a financial contribution towards our work in the recent past, you may have received a 'Gift Aid declaration in the post. If you have not yet returned the form to us, please do so soon!

Your declaration form will help us claim back Gift Aid worth 28% of your donation – that's 28 pence for every pound that you donate, at no extra cost to you.

Please help us get this extra funding at no cost to you.

If you need further information, please contact us. Gift Aid declaration forms are available from our office or download one from our website [www.dsrf.co.uk/Fundraising/giftaid.html](http://www.dsrf.co.uk/Fundraising/giftaid.html)

## Moved home / changed address / changed banks?

2 If you have recently changed your address or moved banks, please send us your new details. We have several instances of active donors but no contact addresses as they have moved home and failed to notify us. If you are a donor, please help us stay in touch.

If you haven't received a postal mailing from us in the last 12 months, email us your latest address : [dsrf@dsrf.co.uk](mailto:dsrf@dsrf.co.uk)

## 3 Wanted : pictures!

We're in the process of updating our website, brochures and flyers and would love more pictures of your family. Examples of pictures could be fundraising events, children, support groups or other parent meetings.

Email us the pictures : [dsrf@dsrf.co.uk](mailto:dsrf@dsrf.co.uk) or post them to us!

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