🌷 🪻 A big hello and welcome to our PADSG Spring Update 🌷 🪻

As we look forward to sunnier days ahead (and our annual get-together at Wicksteed Park, yippee!) we thought we'd send you a little update (some of which may be a repeat of past Updates as we have many lovely new members 😍)…

💛💙From our PADSG Babble Group (birth to end of primary)...

💙 **Babble Softplay Sessions** - these monthly free-to-attend sessions take place at Manor Leisure Centre, Whittlesey, PE7 1UA (in the small building on the right as you enter the main car park) between 12.30 - 2pm. Feel free to bring siblings/grandparents and also your own food and drink. Future sessions are planned for: 23rd May, 20th Jun and 18th Jul. We hope to see you there! 🟢🔵🔴

💙 **Babble Speech and Language Sessions** - Our Speech and Language Therapist, Claire Chorlton, continues to join us at our Softplay sessions to provide free adhoc advice to anyone that might have any questions. Our Softplay sessions provide Claire the opportunity to watch your little one in a relaxed environment while also giving you the opportunity for specialist coaching such as how to use signing, iPads (and recommended Apps), communication boards and other recommended tools...our 1-2-1 sessions continue to be popular too (bookable via our Babble WhatsApp Group).

💙 **Chloe's Dance Sessions -** Chloe's Dance sessions are a fantastic way for Babble members (siblings included) to let off steam in a session filled with sensory fun. Sessions take place fortnightly with our next session taking place 4.40-5.40pm on Tue 5th May at John Mansfield Campus, Peterborough, PE1 4HX. 🎵

💛💙 From our older members (Secondary and beyond)...

💙 **Speech and Language Sessions with Hayley** – Sessions continue to take place monthly at Honeyhill Family Hub, Peterborough, PE4 7DR. Future sessions are planned for: 12th May, 9th Jun, 14th Jul, 8th Sep, 13th Oct, 10th Nov and 15th Dec (Teens 4.30-5.10pm, Adults 5.20-6pm).

💙 **Chloe's Dance Sessions -** Dance sessions for our older members take place weekly, also at John Mansfield Campus, Peterborough, PE1 4HX. Please pop along every Thu 5 - 6pm for fun-filled sessions. 🎵

💙 **'Down Right Friday' Youth Club (7yrs old and beyond) –** Since its first session back in Sep, our monthly youth club continues to be a success with members from 7yrs to young adult enjoying the varied activities. Sessions have included Baking, Slime Making, Easter egg hunts, Chloe's Dance and much more. Looking ahead, the usual table-football, pool, outdoor play-area/basketball court, table-tennis and guinea pig shenanigans will all feature, we will also be welcoming a magician to our session on 15th May and, a healthy game of netball on 19th Jun – we hope to see you there (siblings 7 yrs and above welcome)! Venue: Crofts Corner, Essendyke, Bretton, Peterborough, PE3 8JD ♣️🎩⚽

💙 **BBQ and Pool Tournament -** On Tue 26th May 5-7pm the lovely team at Croft's Corner (the team behind our wonderful Youth Club, PE3 8JD) will be hosting a free BBQ and Pool Tournament (plus other activities) for our older members. For further info please contact Cherry Lester at cherry@familiesfirstpeterboroughcic.org.

💙 **Youth Club Residential –** exciting news! The team at Crofts Corner have secured funding to support a group of our teens/young adults (school year 7 and above) and siblings on a multi-activity residential weekend Fri 24th to Sun 26th Jul at Grafham Water. Activities will include raft building, sailing and other fun opportunities. If you've any questions or wish to secure your young person's place(s), please contact Cherry Lester on cherry@familiesfirstpeterboroughcic.org.

💙 **Birch Tree Café, Easton-on-the-Hill, a Parent's Perspective –** For those that don't know, Birch Tree Cafe is a spacious cafe in the picturesque village of Easton-on-the-Hill, partly staffed by young adults with Down's Syndrome. Here's Laura (our wonderful Chair) telling us about Ruby's experience:
"Ruby Tilley (18) is one of the youngest members of the Birch Tree team. She has been working there for nearly 2 years. Ruby enjoys the variety that Birch Tree provides. Every Tuesday Ruby starts work at 9.30 with a team chat and a quick cup of tea; it's a chance to share news and listen to important updates. Jobs are allocated and the day begins. There is lots to do. Ruby enjoys making the team sandwiches or helping front of house. She also likes taking the trays out to the customers. Some other jobs include loading and unloading the dishwasher, putting on the washing machine and hanging it out when it's finished (all excellent life-skills). Ruby is quite happy to have a go at the ironing. It's not all hard work there is always time for an arts and crafts session. At the moment, Ruby is finishing her weaving. Ruby is really enjoying her time at Birch Tree and has made lots of new friends."

💛💙 In Other News…

💙 **Mascot for the Day -** On 19th Apr, PADSG members Harry Tibbett (10) and Nacim Aouam (17) had the most amazing day representing Peterborough Football Club as mascots for their game against Burton Albion. A huge thank you to Peterborough Football Club for hosting them so wonderfully (for those that are wondering, the game ended 1-1).

💙 **Twinkl –** Licenses are still available for our Twinkl educational resource. £20 will give you total access to everything twinkl offers (so siblings can enjoy it too) up to March next year. This is a special price provided to PADSG members. A leaflet is attached but if you'd like further info, please reach out to Laura Tilley: lauratilley37@hotmail.com.

💙 **Members Forms –** As a charity it's really important that we ensure appropriate safeguarding of our members. One way we work towards this is to ensure we have permission from parents/carers to take and display photos. Please may we ask that, if you haven't already, you complete and return the attached Members Form. Thank you 💕

💛💙 A Fundraising Update...

💙 **The Mayor's Charity Events –** we have enjoyed some wonderful Mayor's Charity events over the last few months; the Drag Bingo in March was a highlight, raising £2500 for the Mayor's Charities (ourselves and Sue Ryder Hospice). Other events have included a Quiz Night (well done our Mum's Team 🙌), Silent Disco, Chocolate Bingo and, a special mention to Jangher 'Jangi' Mohammed and his colleagues at Peterborough City Council for raising an incredible £1025 for the Mayor's Charities 🍫🎧We continue to be extremely grateful to Mayor Judy Fox for her amazing support. Don't forget, the final event will be the Mayor's Charity Ball on 16 May.

💙 **World Down's Syndrome Day 2026 –** On 21st Mar our wonderful community celebrated World Down's Syndrome Day. This was an opportunity to spread awareness and to raise much needed funds for our wonderful charity. A huge thank you to everyone who took the time and effort to run raffles, cake stalls, drawing competitions and much more! Special mention to Lucy for raising £110 with her number raffle, to Lucy's 14 yr old cousin Phoebe for running a solo 5km and raising £235, to Natalie (Mum to Ivy, 1) and Alan Boswell Group for raising over £1000, Tesco for donating £200 and, Shelley at Weasley's Sweet Emporium for raising £336 through her sweet raffle (Monty was extremely pleased with his winnings 🥰).

💙 **Sky Dive for PADSG –** Would you (or someone you know) like to throw yourself out of a plane for a fantastic cause? Following last year's hugely successful event, Kat (mum to Harry, 10) is organising a Sky Dive to take place at Sibson Airfield Sun 13th Sep. Contact Kat on 07516 717227 for more details.

💙 **Win a signed Peterborough United shirt –** Natalie (mum to Ivy, 1) has kindly been donated a signed Peterborough United shirt that she is raffling off in aid of PADSG. If you'd like to be in with a chance of winning, please contact Natalie on: 07805844772. The draw will take place 1 June so get in quick!

💙 If you've raised money for PADSG, we'd love to hear from you and tell everyone in our next Update (just reply to this email) 😊

💛💙Dates for your diaries...

💙 **7th May - Monthly Coffee Catch-Up** – Come and join us 10.30am at Birch Tree Café, Easton on the Hill, PE9 3NN for a friendly and informal coffee catch-up. Meet fellow members in a vibrant and informal setting 💞

💙 **16th May - The Mayor's Final Ball** - 6.45pm The Holiday Inn, Peterborough (see attached poster)

💙 **17th May - Babble Group** Play Town **Meet Up** - 2-4pm (free to members).

💙 **9th Jun - PADSG AGM** - Tue 9 June 6-7pm, Honeyhill Family Hub, Peterborough, PE4 7DR. Come along to hear an update from your Trustees, provide feedback, enjoy some pizza and, meet other members. Children welcome.

💙 **13th Jun - Cheers to 15 Years Disco** – 2-5pm St Bartoloh's CofE School, Peterborough, PE2 7EA. Come and say thank you and farewell to Laura our amazing Chair of 15 years. BYO drinks and snacks and dance away the afternoon.

💙 **14th Jun - Wicksteed Park Annual Family Meet-Up** - save the date 😊

That's quite an update, yet again! Thank you all for your support and participation in our activities. If you know of anyone who hasn't yet completed a membership form, please do send them the form (one is attached to this email). If you've something you'd like adding to the Summer Update please let us know. We look forward to seeing you soon.

Team PADSG xx

PETERBOROUGH AREA
Down's Syndrome Group

TICKETS
£60 per person
£550 per table
Three course meal
Featuring music by the
MOTOR CITY VIPERS
THE MAYOR'S FINALE BALL 2026
16 MAY
From 6:45pm
The Holiday Inn Peterborough
Dress to impress and step into a night of enchantment and elegance at The Mayor's Finale Ball 2026.
Enjoy a three-course meal, delight in great entertainment and take part in an exciting charity auction - all set in a world of timeless romance and grandeur. A magical evening awaits. Secure your tickets now!
To book email mayor@peterborough.gov.uk
In aid of the Mayor's Charities

CHEERS TO
15 YEARS
Please join us as we celebrate Laura completing 15 amazing years as chair person for PADSG
Saturday 13th june
2pm - 5pm
Disco by Mark
so bring your dancing shoes
Please bring your own drinks (alcohol is allowed !) and your own snacks to!
ST Botolph's C of E Primary School
Oundle road, Peterborough PE2 7EA

WARRIORS ON A MISSION
FITNESS & FUN
MPSK. UNIT 8
ALPHA PARK,
MALLARD ROAD
BRETTON.
PE3 8AF
£5 per session.
Pay as you go or block booking available.
MONDAYS 4.45PM-5.30PM AGES 4-12
FRIDAYS 5.30PM-6.15PM AGES 13+
Our sessions are a mix of kickboxing, sensory circuits, pad & bag work.
Working hard on building strength, balance, power and general development.
Our sessions are designed to suit all individual and group needs but most importantly our sessions are fun and enjoyable!
MPSK
PETERBOROUGH AREA
Down's Syndrome Group