

News



Down's
Syndrome
Scotland

helping people realise their potential



**Interview with
Isla Anderson**

**Bone Anchored
Hearing Aids**

Guide to eSAY

Down's Syndrome Scotland Office
158/160 Balgreen Road
Edinburgh, EH11 3AU
Tel: 0131 313 4225
Fax: 0131 313 4285
E-mail: info@dsscotland.org.uk
www.dsscotland.org.uk
Charity number SC011012

Staff

Director: Pandora Summerfield
pandora@dsscotland.org.uk
Tel: 0131 313 8616

Senior Information Worker: Lou Marsden
lou@dsscotland.org.uk
Tel: 0131 313 8618

Office Manager: Pat Hernandez
pat@dsscotland.org.uk
Tel: 0131 313 8613

Finance Officer: Sarah Gunn
sarah@dsscotland.org.uk
0131 313 8615

Children's Worker: Karen Garrott
karen@dsscotland.org.uk
Tel: 0131 313 8612

Training Officer: Brenda Hepburn
brenda@dsscotland.org.uk
Tel: 0131 313 8614

Administrator: Kathryn Dorrian
Kathryn@dsscotland.org.uk
0131 313 4225

Advisors

Medical:
Dr Patricia Jackson, Dr Walter Muir,
Dr John Tolmie, Dr. Haytham Kubba

Legal:
Adrian D Ward

Research/Education:
Prof. Jennifer Wishart

Speech and Language Therapy:
Karen Imrie

Dental:
Karen Gordon

Ambassadors

Paula Sage, James Withers

Patrons

Craig Brown, Gary Coupland

DSA England, Wales & Northern Ireland

Langdon Down Centre
2A Langdon Park, Teddington
Middlesex, TW11 9PS
Tel: 0845 230 0372

Down's Heart Group

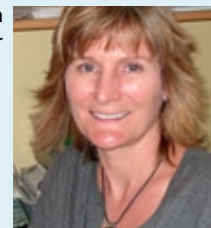
PO Box 4260, Dunstable, Beds, LU6 2ZT
E-mail: info@dhg.org.uk

Disclaimer

Articles in this newsletter reflect the opinions of the contributors. These are not necessarily the views of Down's Syndrome Scotland.

Down's Syndrome Scotland is a partner organisation in the Scottish Consortium for Learning Disabilities (SCLD).

Lou Marsden
Senior Information Worker



Editorial

We are very pleased to welcome two new members of staff to the organisation. Kathryn Dorrian is our full time Administrator. Sarah Gunn is our new Finance Officer and will work on Tuesday, Wednesday and Friday. Both Sarah and Kathryn are already proving to be great assets to the organisation and they look forward to making contact with our members over the course of the new year. Caroline Bald left us at the end of November for the challenges of a new post and we wish her well.

Currently we are beginning to work on updating the website so that it will be easier for people to navigate to ensure that visitors to the site can easily access the information they need. The website will incorporate our new branding (as seen on the annual review) and give Down's Syndrome Scotland an easily identifiable image. The new website should 'go live' in the early part of 2009 and will have something for everyone. I will keep you posted.

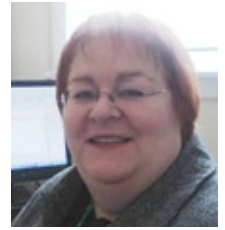
I would like to wish each and every one of you a very happy festive season,

*Regards
LOU.*

Contents

The Director's desk	page 1
Say hello. Wave goodbye	page 2
Interview with Isla Anderson	page 3
BAHA – Bone Anchored Hearing Aids	page 4
eSAY	page 6
Notice Board	page 7
Fundraising	page 7
News round up	page 8

Pandora Summerfield
Director



The Director's desk

Just in case you haven't noticed, there's been a bit of a whirlwind of media activity in the last few weeks. This time the focus has been the controversial subject of prenatal screening.

The coverage started with a piece on Channel 4 news prompted by an editorial by Down Syndrome Education International (DSEI) in their Journal, Down Syndrome Research & Practice. This piece took as its angle that for every 3 babies with Down's syndrome that were identified, 2 'ordinary' babies were being 'lost' due to the invasive nature of screening. This was used as justification for a call to cease all screening for Down's syndrome. The authors' analysis, based on data from the national register of Down's syndrome births, caused much controversy amongst academics working in the field of Down's syndrome. A number of well-known researchers said that DSEI had been very selective about which years they had chosen to demonstrate a 25% upward trend in births of babies with Down's syndrome and that if they had chosen a wider or different range of years, this statistic would have been very different. Their estimates of the number of babies without Down's Syndrome lost during the screening process was also questioned. The academics, together with Carol Boys of the Down's Syndrome Association (our colleague organisation down south) and the directors of Down Syndrome International and the Down Syndrome Research Foundation (Canada), expressed these concerns on the DSEI piece in a Comment published in The Lancet.

Then last week, the Down's Syndrome Association, together with the BBC, got massive coverage on television, in the press and on the web talking about how births of babies with Down's syndrome were going up because women were making choices to either not be screened at all or to continue with their pregnancy if they tested positive for Down's syndrome. Release of the DSA media statement was timed to coincide with a radio programme broadcast on Radio 4 called "Born with Down's". On the back of the DSA piece, we were

asked to comment by a range of papers including the Scotsman and the Herald. The Scottish Sun also ran an interview with our own Joanne McAlpine which included a great photo of her and her son Fraser.

Whilst the DSA piece and the radio programme were great good news stories, we mustn't get ahead of ourselves here. The number of terminations after positive screening remains incredibly high - at over 90% - and we continue to hear worrying stories from women about their screening experience - some bad, some awful. We also need to remember that some women choose to be screened because they want to prepare for the possibility of having a baby with Down's syndrome or because they already have a child with Down's syndrome and need to carefully consider the options open to them.

We want prospective parents to be able to make fully informed choices after having received accurate and up-to-date information on the pros as well as the cons of having a baby with Down's syndrome. What we hear anecdotally is that medics tend to focus only on the risk factors and negative aspects of having a child with Down's syndrome and that what is seriously lacking is any information about educational and other opportunities and what people with Down's syndrome can and do achieve these days.

I want to speak to the Health Secretary about women's experience of screening in Scotland, but in order to do this, I need to hear more of your stories. If you'd be prepared to take part in an electronic survey and/or an interview of your experiences of screening, please send an e-mail with Screening Survey in the subject line to editor@dsscotland.org.uk and I will get back in touch with you.

Together we can start a wider debate about screening.

If you would like to comment on this or any other piece in the newsletter, please e-mail editor@dsscotland.org.uk

Say hello



Sarah Gunn – Finance Officer

I joined the organisation on 18th November as the Finance Officer, replacing Caroline Bald who has moved back into public practice.

I live in Lasswade and have three children – all girls aged 16, 11 and 9. I have lived in Edinburgh for 10 years and am originally from Ely – not the one in Fife but in England, near Cambridge! I studied History of Art at Edinburgh University and am a chartered accountant. I enjoy hill walking, tennis, reading, cinema and generally relaxing with my family. I am excited about joining the team in Edinburgh and being involved with such a pro-active charity.



Kathryn Dorrian – Administrator

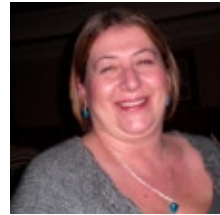
Hi Everyone!! I'm Kathryn, the new Administrator at the national office. I'm very excited to be starting my 'working life' at Down's Syndrome Scotland and look forward to meeting

as many of you as possible at various events and meetings.

I'm originally from Northern Ireland, but moved over here in 2003 to study English Literature at Edinburgh university. I loved my time there, but sadly student life had to come to an end, so I decided to have a gap year in Australia before 'sentencing' myself to a career. I had a great time in Australia and saw some wonderful places from the Great Barrier Reef to the Barossa Valley and you can't beat the weather there.

Back in Edinburgh I was lucky enough to get this job at Down's Syndrome Scotland. I'm really excited about how my role will develop and happy to be able to support my colleagues so they can do what they do best – supporting all you guys out there! So if you come up with an amazing idea for a fundraiser or need pointed in the right direction for support, please don't hesitate to get in touch. Lastly I'd like to wish everyone a safe and Happy Christmas and a fabulous New Year!

Wave goodbye



Caroline Bald – Finance Officer

Caroline Bald very recently left the organisation to take up a new post. Caroline started working with Down's Syndrome Scotland 3 years ago and was responsible for negotiating

the organisation through all the changes in charity accounting and auditing.

We are very grateful to Caroline for all her hard work and wish her well in her new job.



Rhona Matthews – Language Development Worker

The 'Teaching Reading to Teach Talking' project came to an end in September. Rhona may only have been with us for a short time but

she made a big impact with the children she worked with and of course with the families that she met at her parents workshops and the AGM and Conference. Rhona has produced a DVD and Manual to demonstrate the Teaching Reading to Teach Talking approach to parents and this along with her report will be available early in the New Year.

We send Rhona our best wishes for the future.

Interview with Isla Anderson



Isla, you've won two awards recently for your work with children with Down's syndrome, congratulations. Can you tell me what they were exactly?

The first was an individual award at the City of Edinburgh Staff Awards 2008 and the other was the Standard Life Director's Award for the LINK GROUP and all its work. I collected that award with Daniel and his teacher Lynn Brand who are involved in the programme.

How did you initially get involved working with children with Down's syndrome?

In 2006 I was asked by the City of Edinburgh to observe children with Down's syndrome in mainstream schools and to write a report on how they were being supported. From the report it was recognised that there was a huge need to provide more support for the children, their teachers and learning assistants. This led to the development of the LINK GROUP along with transitional programmes used in the period between nursery and primary school.

So how exactly does the LINK GROUP work?

The LINK GROUP recognises the wealth of information and expertise in special schools and seeks to give mainstream teachers and learning assistants experience in these environments in order to bring back skills to their own schools. The teacher, learning assistant and pupil attend 5 sessions at a special school, the pupil engages in social games while the staff observe and pick up ideas concerning the visual environment etc. They then take this back to the mainstream school and try to put some aspects into practice there.

How have you seen your work/the LINK GROUP make a difference?

I've seen the attitude of teachers and staff in mainstream schools change completely, from being apprehensive with various preconceptions, to real appreciation of the experience. If the teachers are relaxed in the classroom this is evident to the other pupils and they treat the child with Down's syndrome the same as they treat each other.

What about before a child starts primary school? How do you help in that transition phase?

From a young age children with Down's syndrome have a Home Visiting Teacher, but once they reach primary school this stops. Often the parents are left feeling a bit lost, so this transition programme allows me to meet the parents and let them know what to expect from primary one. I generally meet the family about six months before the child is due to start primary school and show videos of what it's like, I then visit each child who's started primary one that year within their first week.

Have you been met with any opposition or struggles and if so how have you dealt with them?

The main issue has generally been nervous teachers who are worried they won't be able to cope with their class of thirty plus the child with Down's syndrome. However, I spend time training them and the learning assistant and within a few months they are flourishing. They realise that the efforts they go to to assist the child with Down's syndrome actually have a beneficial effect for the whole class.



What is the best part about your job?

The children! Without a doubt. Each child I meet is so different with a unique personality and once the teachers realise this as well it's a wonderful thing.

So what's next on the agenda for you?

I would absolutely love to set up a siblings group that would help brothers and sisters to realise they're not alone and have fun at the same time. I'd also like to extend my team from just me and to take on more staff, but obviously a lot of that depends on time and funding. There's much we can do, we just need the people to do it.

BAHA – Bone Anchored Hearing Aids

by Isobel Barclay Member, Tayside branch



Like many young children, Robert suffered bouts of glue ear. The first time it happened was particularly bad and resulted in a near total loss of hearing just before his third birthday in 1992. We were completely unaware of any

symptoms other than that he suddenly stopped talking. Robert had been a bright little boy who happened to have Down’s syndrome. The sudden silence from him was dramatic, one day he was talking, the next he was not.

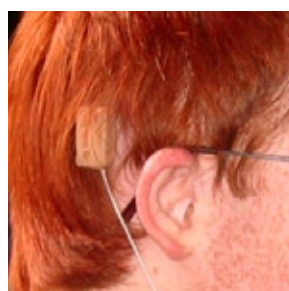
The G.P. referred him to the Audiology Clinic. His hearing was tested at regular intervals with mixed results; sometimes his hearing was fine, other times it was down and sometimes he was deaf in one or the other ear. After three weeks of silence he began to talk again. There was one major problem though - no one could understand a word he said.

We continued to attend regular clinic appointments. Although we were very concerned about his unintelligible speech, it was to be two years (1994) before we met a doctor who immediately recognised that the problem was simply that Robert was repeating words as he heard them i.e. the glue ear was distorting the sounds. Grommets were recommended.

We noticed an immediate improvement in his attentiveness and behaviour, but not in his speech. Alas, the grommets fell out after around six months and another six months passed before he could have another set put in. In the end I think he had 4 or 5 sets of grommets. Grommets often fall out with colds and runny noses making glue ear much more prevalent in the winter. This was to be the pattern for the next few years and Robert’s speech did not improve.

In 1998 Robert suffered a really bad ear infection (Cholesteatoma), the only symptom was a constant thick discharge from his right ear, but he never once complained. The infection was treated with antibiotics and appeared to go away. However, this was short lived and the infection reappeared, was treated and reappeared again. It never looked as bad as the first time but the real damage was being done inside the ear. Surgery to explore the extent of the damage and clean out the infection was the only option.

After the surgery (2001) we were told that although the little bones in the ear had been eaten away by the infection, it had been possible to reconstruct them. This meant that the ear was fully functional again. However, our relief that it was all over and had been successful was short-lived. During the healing process there was a build up of scar tissue which completely blocked the ear canal and Robert was now completely deaf in his right ear. A number of attempts were made to clear the scar tissue and keep the ear canal open but these were unsuccessful.



In 2004 it was suggested that Robert might benefit from having a Bone Anchored Hearing Aid (BAHA) fitted. This would enable the sound to bypass the ear canal completely as it would be conducted through the bone

of the skull instead. This works by implanting a titanium screw fixture in the skull itself. After a period of around three months to allow for healing and osseointegration (where the bone integrates with the titanium), an abutment is fitted to the screw fixture and the hearing aid itself fits on to the abutment.

One of our major fears was that the skull tends to be thinner in people with Down's syndrome; the screw fixture which goes into the skull is 3mm long so we worried that it might go right through the skull and into the brain. The surgeon recommended that we attend a BAHA support group meeting where we could talk to people who had had a BAHA fitted about their experience of the surgery and whether they felt it had been worthwhile. Everyone we spoke to recommended that we go ahead. We thought long and hard about whether to accept this surgery on Robert's behalf and it was not an easy decision to make. However, it offered the only opportunity to enable Robert to improve the quality of his speech. Even if his speech did not improve, his quality of life would be so much better; he would be able to hear people talking to him, listen to music and would be safer when crossing the road.

We said yes to the surgery. Robert took everything in his stride and never once complained. Of course, by then he was used to having surgery on his ears and he knew most of the staff on the ward. He was only off school for about a week and went back still with bandages on his head. He was very proud of his bandages and couldn't wait to show them off.

Robert's classmates were very curious, in fact everybody was very curious and we were stopped by complete strangers wherever we went, asking what it was and what it was for! We went into the school to explain to the teaching staff and indeed the nursing staff (who had never heard of Bone Anchored Hearing Aids), how it would work and to reassure them that everything was fine. Meanwhile, we were asked to speak to the class directly about 'that thing' in Robert's head. It was perhaps fortunate that the film 'The Matrix' was very popular at the time and we told the kids it was just like being plugged into the matrix. What it would mean for Robert of course, was that when he was plugged in, he would be able to hear them talking to him. This has stuck with him and we still ask him if he is 'plugged in'! The kids seemed to understand the analogy straight off and quickly accepted that this was just a part of Robert now and nothing to be worried about.

Robert got the hearing aid for the start of the new term (2005). We had been warned that it can sometimes take the brain a while to adjust to sound coming in from a different source. However, Robert noticed a difference immediately. Very quickly, the BAHA became the first thing that Robert would put on in the morning. It is a bit fiddly to fit and he couldn't do this himself to begin with, but he would bring it to me to put it on before he was dressed or had breakfast. Within a week we were beginning to notice an improvement in his speech and after a month, his teacher was also noticing a difference.

Not long after this, Robert had the opportunity to take part in the research project being run by the Speech and Language Department at Queen Margaret College in conjunction with Down's Syndrome Scotland. This was to investigate the merit of using electropalatography as an aid to speech therapy in children and young people with Down's Syndrome. Robert was part of the control group receiving traditional speech therapy. We found his progress during the 12 week period to be astounding. He was very keen to take part and worked hard both in the actual sessions and with his homework. Even after his involvement with the project came to an end, he continued to make progress and can now make himself understood at a basic level, even with people who do not know him. For the family and those who know and work with him on a regular basis, the improvement is much better still; understanding around 80% to 90% of his speech first time. Robert is very patient and will repeat and/or find other ways of explaining what he is trying to say if he is not understood first time.

To sum up, the BAHA has changed Robert's life and has improved his quality of life tremendously. He can now have proper conversations with people which would have been impossible before. He is much more outgoing and his independence skills have also improved so we are hopeful that with continued work and effort he will be able to use the phone appropriately and be understood by the person on the other end of the line.

We too have benefited. It is a great boost to the family to see Robert making such good and steady progress. From a practical point of view, day to day living – just getting from A–B on time makes life so much easier and less stressful. I would not hesitate to recommend this to anyone who has been told it may be an option for them.

Of course, as with anything else in life, there can be problems. These are almost always minor problems which can be resolved with help from the specialist team of nurses and audiologists who are there to support you whenever a problem arises. Everyone we have spoken to has said despite the setbacks the surgery has been well worth it. It is worth noting too, that for children who are considered too young for this surgery, it is possible to have the hearing aid fitted on an aliceband or similar. The effect is not so dramatic but I understand that it does give significant improvement in hearing.

If you think this is something that might benefit you or someone close to you then do ask your consultant about it. We have not looked back and now look to the future with renewed confidence.

“An improvement on the previous system which often incorporated a lot of guessing.”

eSAY An update from Lesley Stalker.

When ‘The Same as You?’ review came out in 2000 the information on services was done by estimates. Planning for the future would be difficult if accurate information wasn’t known. So in 2002 eSAY, which is run by the Scottish Consortium for Learning Disability, was set up to gather data from councils and health boards. This data monitors how ‘The Same as You?’ is working. The good thing about eSAY was that councils and health boards would count the same things and you can look at the data for yourself.

From this year the government has said that all the data on council and health board services for people with learning disabilities and autism spectrum disorders has to go to eSAY. This is an improvement on the previous system which often incorporated a lot of guessing. The way it’s recorded is different too; before only numbers of people using a service was written down, but now social workers, people working in education and health will have to answer the questions for everyone they know individually. NO NAMES ARE USED. Therefore, rather than just a list of numbers for each item, an example would look like this table.

Does s/he have learning disabilities?	Does s/he have a job?	Does s/he have an Advocate?	Does s/he have their own tenancy?
yes	no	no	yes
yes	no	yes	no
yes	yes	no	no

All councils and health boards will know how to get the data to eSAY by January. They will have to answer questions on the following for everyone who has a learning disability or autism spectrum disorder:

- Learning Disability
- Tenure Type
- Advocacy
- ASD
- Personal Life Plan
- Area
- Gender
- Birth date
- Ethnic Group
- Lives with family carer
- Unmet needs
- Local Area Co-ordination
- Employment Opportunities
- Day Opportunities
- Number of people with LD or ASD in the same accommodation

When you go to your next review meeting with your social worker or are supporting someone at a review, the social worker should ask you about all these things. They will need to know about all this in case you ask them questions about how you get these services. The best bit is that for the first time the government will know what people’s unmet needs are. This has never been recorded before. If they don’t ask them why not!

eSAY will be good because the information will make sense. You’ll be able to see what services are like in different parts of Scotland. The numbers for people who need services will be accurate and easier to record in time. Government, councils and health boards will be able to plan for the future if they know what people need. Soon this system may be in operation for everyone to further aid planning for the future.

Let’s see if eSAY makes a difference for us!

H HOME HEAT HELPLINE
0800 33 66 99

Home Heat Helpline
0800 33 66 99

Notice Board

Scottish Government Central Heating Programme
Further to the information published in the last Newsletter we'd like to advise that the above programme does not currently include families with disabled children. However, from April 2009 it is intended that the government's fuel programmes will be extended to include families with disabled children under 16. If you require any further info log on to www.scottishgas.co.uk/scotland

Home Heat Helpline

The Home Heat Helpline is a free number – 0800 33 66 99 – providing vulnerable customers with a direct link to specialist teams at their energy supplier, who can deliver one or more of the following services:

- The Priority Service Register which provides extra services for people who are elderly or disabled including bills in large text or Braille, security passwords and an annual gas safety check
- Grants for free home insulation
- Flexible payment options for customers in fuel debt
- Benefits entitlement checks
- A disconnection safety net which means that vulnerable customers will not be cut off even if they are unable to pay their bills.

To find out more log on to www.homeheathelpline.org

Thank you from the Ayrshire Branch

Down's Syndrome Scotland Ayrshire Branch would like to thank all the families who used the branch's caravan at Haggerston Castle during 2008. We hope they had a great time and look forward to welcoming them back for the 2009 season. The Park runs loads of fun activities for families and children and is just by Northumberland's beautiful sandy beaches. If you wish to know more about the caravan or would like to book a week (the weeks run from Friday to Friday) please contact Simon Jenkinson (bookings coordinator) on 01563 571577.

Fundraising



Triona O'Loughlin organised a Roaring Twenties night in June. A live band ensured that the 170 guests spent the evening on the dance floor and raised £1,100.



Briony and Robbie raised £140.40 doing the Great wee Scottish Walk – Fantastic!



Huge thanks go to Yraina's grandparents who donated £270 from their Ruby Wedding Ceilidh. Congratulations and wishing you many more years of happiness.



Thanks to Alastair Lauder who raised a wonderful £1256.95 walking to work at the Royal Bank of Scotland.



Thanks to everyone at the Seven Oaks pub in Pumpherston, West Lothian for a very generous donation of £1000. Pandora receiving the cheque.



The wonderful Grand Boys raised a grand for us. Thanks to Donnie and John for presenting Lou with this fabulous cheque.

“members of our group getting involved in all of the activities and making new friends”

News round up

5 Nations Conference, Cardiff, 13-15 July 2008

Kenneth, Catriona, Sean, Andrew, Joanne, Margaret, Beverley and Aileen attended this year's conference in Cardiff. The group were spared the hard work of devising and running a workshop as the Theatr Cymru facilitated the conference. They lead a fun getting to know you session on the Friday evening. Drama was used throughout the Saturday to look at various scenarios and explore how people may respond to them.

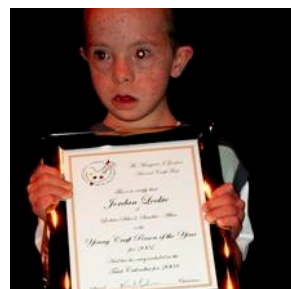


The delegates particularly enjoyed socialising in the students union, dancing and singing along with the Cabaret act. As always, Brenda and Lou were pleased to see the less confident members of our group getting involved in all of the activities on offer and making new friends.



AGM and Conference 4th October 2008

There was another good attendance at this year's AGM and Conference. We were grateful to Professor James Hogg for his thought provoking keynote speech and feedback from the various workshops was excellent.



Jordan Lockie Young Crafts Person of the Year



Congratulations go to Jordan Lockie of Lochies School in Alloa, who won Young Crafts Person of the Year courtesy of the Margaret J Gordon Arts and Craft Trust. His parents John and Pauline along with sisters Jasmine, Jade and Jodie want him to know how proud they are. We love your Scarecrow too Jordan!

How to get involved



helping people realise their potential

Membership of Down's Syndrome Scotland is open to anyone with an interest in any aspect of Down's syndrome. If you would like to join, please complete the form below and return it to Down's Syndrome Scotland at 158/160 Balgreen Road, Edinburgh EH11 3AU.

NAME _____

ADDRESS _____

POSTCODE _____

E-MAIL _____

PHONE _____

- I am a person with Down's syndrome
- I am the parent/carer of a child or adult with Down's syndrome
- I am a relative
- I am a professional
- I represent an organisation (please state) _____

Other (please state) _____

Name of family member with Down's syndrome (if applicable): _____

Their Date of Birth _____

Annual membership rates

Please tick box and enclose cheque for correct amount made payable to the Down's Syndrome Scotland.

- £15 (or more) per person/couple/family
- £25 for professionals
- No annual fee for person with Down's syndrome
- No annual fee for families on benefit
- I am a tax payer and would like Down's Syndrome Scotland to reclaim tax on this and future payments

If you are a new member please tick here

There is no charge for your first year/part year membership

I enclose a cheque/PO for £

Date _____

Signature _____

Please tick if you would like any of the following:

- Information about our lending library of books and videos
- Details of your local Down's Syndrome Scotland branch

Thank you for joining Down's Syndrome Scotland.

By completing this application form, you agree to allow us to store your personal data in accordance with the Data Protection Act and allow us to use it in order to contact you. We will not sell your data to a third party and will only disclose it to a third party after obtaining your permission. Please indicate how you would prefer to be contacted:

- Email Letter Phone

Booklets

When a baby has Down's syndrome	£1.50	<input type="checkbox"/>
What is Down's syndrome?	£1.50	<input type="checkbox"/>
Getting to know a baby with Down's syndrome – for relatives and friends	£1.50	<input type="checkbox"/>
The professionals and how they can help	£1.50	<input type="checkbox"/>
UK Guidelines for medical surveillance for people with Down's syndrome	£1.50	<input type="checkbox"/>
Siblings, growing up with your brother or sister with Down's syndrome – booklet for ages 5-12	£1.00	<input type="checkbox"/>
Let's talk about death	£1.50	<input type="checkbox"/>
Let's talk about Down's syndrome	£1.50	<input type="checkbox"/>
Let's talk about getting older	£1.50	<input type="checkbox"/>
Let's talk about periods	£1.50	<input type="checkbox"/>
Let's talk about puberty	£1.50	<input type="checkbox"/>
Let's talk about The Menopause	£1.50	<input type="checkbox"/>
Keeping well	£1.50	<input type="checkbox"/>
Diet, weight and exercise	£1.50	<input type="checkbox"/>
Siblings are Special too – Information for parents	£1.00	<input type="checkbox"/>
What is dementia? Book	£1.50	<input type="checkbox"/>
Audio-cassette	£1.00	<input type="checkbox"/>
Living with Dementia	£1.50	<input type="checkbox"/>

Leaflets

Coping with loss	£1.00	<input type="checkbox"/>
Depression in people with Down's syndrome	£1.00	<input type="checkbox"/>
Food for thought – dementia and eating	£1.00	<input type="checkbox"/>
It's your move – health information for GP's	£1.00	<input type="checkbox"/>
Leaving School and Moving into Adulthood	£1.00	<input type="checkbox"/>
Pain in people with Down's syndrome	£1.00	<input type="checkbox"/>
Professionals/Siblings - keep talking about dementia	£1.00	<input type="checkbox"/>
Puberty	£1.00	<input type="checkbox"/>
Screening, testing and Down's syndrome: Information about ante-natal tests	£1.00	<input type="checkbox"/>
Your brother or sister with Down's syndrome – for teenagers	£1.00	<input type="checkbox"/>
Ageing Pack	£12.00	<input type="checkbox"/>

Education/Information Packs

Developing mathematics skills	£2.50	<input type="checkbox"/>
Information pack for students	£2.50	<input type="checkbox"/>
Language development in the secondary school	£2.50	<input type="checkbox"/>
Developing Early Skills	£2.50	<input type="checkbox"/>

Publicity Materials

Awareness poster	£1.00	<input type="checkbox"/>
Down's Syndrome Scotland general leaflet	Free*	<input type="checkbox"/>
Down's Syndrome Scotland Tshirts S / M / L / XL	£5.00	<input type="checkbox"/>
Trolley Key Ring	£1.00	<input type="checkbox"/>

Please add postage and packing:
UK – less than £5 add £2; £5 and over add £2.50;
£10 add £4. Europe and Rest of world –
less than £5 add £4; £5 and over add £5

Cheque enclosed TOTAL including postage and packing £ p+p
(made payable to Down's Syndrome Scotland)

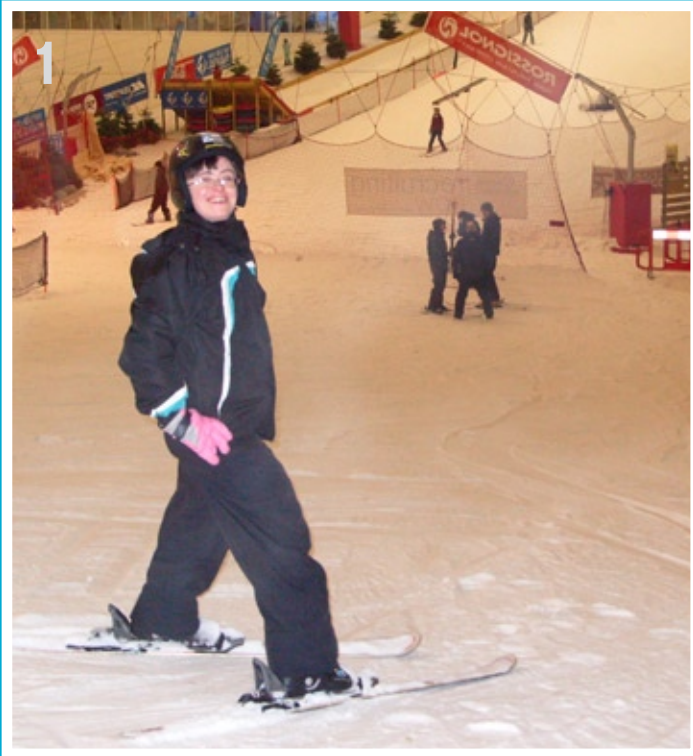
NAME _____

ADDRESS _____

POSTCODE _____

* First copy is free; please contact us for the price of multiple copies.

Winter gallery



- 1 Aileen Skiing
- 2 Day out on the barge...
With Captain Tom and Captain Lee steering!
- 3 Beverley
- 4 Beautiful baby Pippa
- 5 Partying in style at the 5 nations



helping people realise their potential

158/160 Balgreen Road
Edinburgh
EH11 3AU

Telephone: 0131 313 4225
Fax: 0131 313 4285
Email: info@dsscotland.org.uk
www.dsscotland.org.uk

Scottish charity no: SC011012

FSC LOGO