



Down's  
Syndrome  
Scotland

helping people realise their potential



# FUNDRAISING FOCUS

# Welcome!

A huge big thank you!

Wow, what a brilliant Awareness Week 2016 we all had. You raised over £35,000 by taking part in our Lots of Socks Day, by getting creative with your Do a Dish events and volunteering for our Tesco bucket collections. Not to mention raising money through blogging, walking and holding events across the country.

We can't thank you enough and it gives us a great platform to build on for 2017!

We have seen some real inspirational fundraising take place since the Spring, especially from some of our younger supporters who have been holding events in their homes and getting their friends together to run 5km's!

You may not know but we need to raise 86% of our total income from fundraising, therefore every £1 you raise for us really does help keep our charity going and developing – supporting as many people as we can – thank you.

You will have noticed we have gone back to the Fundraising Focus being separate from the main Full Potential. I hope you like it, but as always please drop me a line and let me know what you think!

I can't wait to see all the fundraising ideas you come up with this autumn and winter. Best wishes and many thanks - Kerry



## Saying 'I Do' to Wedding Favours

Jenni's sister Kim has Down's syndrome and is a long term volunteer and trainer for Down's Syndrome Scotland. We were thrilled to hear that Kim was going to be a bridesmaid for Jenni when she got married in May of this year. Even at a time when a bride has so much on her mind, Jenni was still thinking of us and chose to give a Down's Syndrome Scotland pin badge to all her guests instead of a wedding favour.

We are always happy to help any bride find the right gesture to replace wedding favours, just give us a call and we can talk you through the different options!



### One little reason why your company should help Down's Syndrome Scotland

Help us create a brighter future for children born today with Down's syndrome.

Your corporate support can help us ensure that people with Down's syndrome realise their full potential.

To find out how your company can help change a life contact our Fundraising Manager Kerry Lindsay on 0131 442 8840.



helping people realise their potential  
[www.dsscotland.org.uk](http://www.dsscotland.org.uk)

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## Does your work place rise to the challenge?

More and more companies are now offering employees matched giving for their fundraising efforts. This can make a huge difference to a small charity.

In the first 5 months of 2016 alone we had received over £5,000 in matched giving from supporters who got their work place to match what they raised. This equates to three months of funding for a Family Support Officer!

John Mann organised a cake bake at work to celebrate his son Thomas's 7th birthday. John was delighted to raise £300 from the cake bake and all

the more delighted when his employer gave £250 from their Community Fund and turned his £300 in to £550! John said "I'm delighted my employer could part/match the funding to support DSS, a charity that my family rely on for valuable information and social activities to help Thomas."

We are delighted you are doing fundraising for us and appreciate everything you do, but please don't forget to ask that one question to your employers, "do you offer matched funding or a community fund" – as it may just lead to what you raised being doubled!

# How you are helping people ...

## Meet Angel...



Angel was born on the 20th March 2014 at 35 weeks gestation. She was diagnosed with Down's syndrome (Ds) and a complete Atrioventricular septal defect that would require surgery within 3 months.

Amanda (Mum) and Angel were visited by Sarah, our Family Support Manager, a few days after birth. Amanda was understandably very anxious about Angel's upcoming heart surgery. Sarah put Amanda in touch with one of Down's Syndrome Scotland's Parent Contacts whose child had been through similar surgery. Angel was discharged from hospital with a nasogastric tube in-situ, unfortunately her condition deteriorated and she was admitted to ICU and then Yorkhill PICU.

Sarah supported Amanda to complete Angel's Disability Living Allowance application and helped her apply to the Family Fund, to help with costs of being in hospital for such a long period. Thankfully Angel's surgery went well and the family were over the moon when she returned home.

In 2015 Amanda and her five children were living in a very crowded environment. Sarah supported negotiations for the installation of a bath for Angel's personal care routine, and continued to support the family's ask for larger accommodation. Angel's health settled down after her 1st birthday and she started to attend a small number of sessions at a specialist nursery. In Autumn 2015 Angel had a gastrostomy tube fitted to replace her Ng tube, as a more permanent method of Angel being tube fed. In December 2015 the family were offered a new house. A wonderful 4

bedrooms! Angel has a fabulous sensory corner, giving her a safe space to play and explore. She is now standing using a standing frame to build her leg muscles.

Early 2016 saw Angel undergo surgery on her throat and at long last manage without her oxygen. Throughout the first two years of Angel's life Amanda has contacted Sarah via phone calls and text messages and Sarah has supported her family by sharing her knowledge and experience or just listening when that was all that was required.

**"Thanks for everything you have done in supporting me with Angel, I couldn't have travelled the road without you, you kept me strong – you do an amazing job!" Amanda**



**The Family Support Service is here to support you throughout every age and stage of life. Please give them a call.**

## Meet Claire...

"I attended the "Managing your Child's Behaviour" Parent Workshop and cannot emphasise enough how beneficial this course was. Our boy is only still little but this gave me a tremendous insight into different behaviours and why they might occur, what I could do to try to avoid/ manage them when and if they arise. As a new parent I found this invaluable and felt I came away armed with a wealth of knowledge and information that I could also share with immediate family and people involved directly with my son. It was also a tremendous opportunity for parents to share their experiences and offer possible solutions to differing behaviours."

**Claire Wilson**

**Our Parental Workshops can be booked online at, [www.dsscotland.org.uk](http://www.dsscotland.org.uk).**

# How you are keeping us going ...



## Mark McDougall

My name is Mark McDougall and my youngest daughter Amy, aged 4, has Down's syndrome. Down's Syndrome Scotland have always been there to provide support or advice when needed, and I wanted to give something back in return. So in April I walked the West Highland Way, solo and unsupported, there and back within a week, to raise funds and awareness for DSS. The walk itself went as well as I could have hoped for. The weather was kind, my body and mind proved surprisingly resilient to walking around 28 miles a day, and I felt very fortunate to be able to be out in the wonderful landscape that the walk passes through. Returning to Milngavie, for a warm welcome from my family and Julie Ionta from DSS, I was tired, sore and a wee bit emotional. But I slept well that night! I am delighted to have completed the challenge and raised a lot of awareness and over £2,000 thanks to the kindness and support of all my donors. Watch this space for 2017's challenge!



## Olivia Martin

I decided to organise a coffee morning to raise funds for Down's Syndrome Scotland because my brother Ross who is nine has Down's syndrome. At first I was going to shave my hair to raise funds, but my family, friends and hairdresser said that was a bit extreme at my age. So I decided to do a coffee morning instead. On 30th April I held a coffee morning along with some helpers, my friends Katie, Luisa, Abbie, Julie, Suzanne and Sharon. My Mum, Dad and Gran played a big part in helping me to arrange it all. At my coffee morning we had a tombola, 100 square, home baking, tea and coffee. The total I raised was £3,065. I would like to extend a sincere thanks to all the local businesses, family and friends that made very generous donations. Love and thanks, Olivia (10 years old).

## Katy Lironi

As my far too significant birthday started to creep up on me I thought I'd either ignore it completely or make it an excuse for some fun. I chose the latter. I decided on a 50km cycle, my only stipulation being that it should be as flat and sunny as



possible. A group of 7 friends were all free on the same weekend, so that was it. We all like cycling to varying degrees and we were all up for a child free night, doing something healthy while raising money and awareness in our fetching DSS t shirts. The day of June 4th dawned sunny and stayed that way and the round route we chose leaving from St. Andrews was amazingly mainly downhill and flat! Plenty of views and beaches and even a village pub on the way back home for refreshments. I think I definitely got the long straw on the personal challenge front! It was one of the best days away I've had, cycling in the sunshine with a group of friends, raising funds for my favourite charity!



## Alison Elliot

Two years ago I completed the Edinburgh half marathon. That got me thinking, can I

push myself to compete the full marathon? Training in earnest started in February and 420 practice miles later I stood on the start line with a nervous excitement. My son Ross (7) has been my inspiration every time I went out in the rain, sun and even snow to train. For 26 miles I kept thinking about the amazing donations my friends and family have given me and I was determined not to let them or Ross down. It wasn't until a few hours later that I realised just what an amazing achievement it was and I've been bursting with pride ever since.



### Suzie Cunningham

So with a little under 2 weeks until World Down Syndrome Day, I thought I'd better get my finger out and plan a 'Do A Dish' night. I sent out a 'round Robin' text inviting friends for a bite of supper and some fizz. I had just over 40 people confirm that they could make it....and sure enough, they all turned up!

Lucky for me my husband Alan helped me by making 6 large trays of lasagne. I enlisted the help of friends to make various desserts and all I had to do was make some salad and cut up the crusty bread. A very kind friend part-sponsored the fizz for the night. I bought some gin and my daughter Alicia set up a gin bar whilst my niece and stepson took charge of the fizz station. We were also lucky enough to receive a large donation from one of my friends who couldn't make the party.

Lots of people donated raffle prizes from designer candles, to jewellery, champagne, flowers and chocolates. My daughter, Emily, and 3 of her friends sold the raffle tickets for £1 a strip. No one left empty handed!

My Mum and niece took charge of the raffle, much to everyone's amusement. They took their time, but we eventually got through it all. The food, fizz

and gin went down a treat. There was a real heart-warming atmosphere and a true sense of people wanting to get involved and make a difference. It never fails to amaze me how generous people are. The wonderful women raised just under £1,900 on the night!



### James Campbell

I have always wanted to do a skydive and my parents gave me the opportunity to do one for my Christmas present. I decided to use this to fundraise at the same time. My cousin Ben who has Down's syndrome inspired me to raise money for Down's Syndrome Scotland. I turned up at the air field in Strathallan and had my training in the morning, there was a small wait for the cloud cover to clear and then I was kitted up in my jump suit and harness. The plane journey up took around 25 minutes and the jump took place at 10000 feet. I thought I was going to be nervous but I had no nerves before or after. The free fall down was incredible with the feeling of complete weightlessness! The landing was the worst bit as I knew it was over. I am saving to go do another jump, this time a solo jump!

*James did amazingly with his fundraising and raised over £1,900.*



### Stephen Christie

We completed the Aberdeen Kilt Walk for Down's Syndrome Scotland and my son Matthew! It feels great to have achieved our 26 mile goal and even greater smashing our fundraising target to ensure families, young adults and children get the help and support they deserve!

# A great big Thank You

Together we lit up some amazing iconic buildings to celebrate World Down's Syndrome Day and a huge thank you to everyone involved. We also had over 60 schools taking part in Lots of Socks Day and over 15 companies, individuals and groups doing their own take on Do a Dish.

A great big heartfelt thank you to everyone who helped us raise over £35,000 from our Awareness Week activities. A special thanks to all of the schools who got their socks on to raise a total of £5,400!

We had over 100 volunteers support us at 18 different Tesco stores across two days to help with bucket collections. We were amazed by how well they went and over £9,000 was raised. It would not have been possible without our army of volunteers who gave their time- Thank you!



# Get Involved

There are lots of ways you can support Down's Syndrome Scotland in the next few months.

## Be in with a chance to win big!

Our Christmas raffle launches in October and it's when we ask all our membership to give some time to support us during the festive period by selling raffle tickets to friends, family and work colleagues. In return you get the opportunity to win fantastic cash prizes just in time for Christmas.

## Spreading the festive cheer!

We have a bigger range of Christmas cards this year than ever before! Everyone loves receiving a card from family and friends and what better way to support Down's Syndrome Scotland at the same time while putting a smile on someone's face. Our cards are available to buy online now at [www.dsscotland.org.uk/browse/](http://www.dsscotland.org.uk/browse/) or see your local Family Support Service Officer who carries a stock.

## It's never too early to plan... Awareness Week 2017

It's never too early to get the date in the diary for local schools or work places! Lots of Socks Day is Tuesday 21st March and you can take part in Do a Dish any time during March. We really need everyone's help to make Awareness Week 2017 bigger than ever. Don't forget we will also have new wild and wonderful odd socks for sale – just keep an eye on our website!

## Dine out while giving something back!

ChariTable is a new initiative supporting charities across the UK. Every time you book a dinner reservation at one of the participating restaurants we receive £1 for every person you've booked for! It's simple to use too. All you do is download the App from the iTunes store (free) and start making bookings! To find our more visit [www.charitablebookings.org](http://www.charitablebookings.org).



## Helen Syme- Volunteer

"I've been volunteering in the office, one day a week when my shifts allow, for about eight months. I help with whatever is needed that week, from sending out socks for the Lots of Socks campaign to updating details on the database when we receive information from someone who has been fundraising. No two days are the same, so there's always variety and the "team" are a great bunch to work with. It's an opportunity for me to learn much more about how the charity is run, the processes involved in the organisation and, most importantly, for me to give something back - to help to make a small but significant difference. I feel valued and appreciated as a volunteer and it's great to be part of the Down's Syndrome Scotland team."

## Christine Williamson and Gregor Doran- Static Can Co-ordinator

"Like many, when the 5p carrier bag charge was first introduced I wasn't pleased, but every cloud has a silver lining! Most smaller shops have an open jar labelled 'charity'. I saw this as an opportunity to get some money for Down's Syndrome Scotland. I approached a few local shops to ask if they had a nominated charity and was surprised when they didn't! They agreed to place a DS charity tin in their shops. I'm known in these shops so it's easy to check when the tins are full and need emptied.

I usually empty once a month and it takes about an hour to count and receipt the money. We then take the money to the bank – they have a machine to count coins and Gregor loves pouring all the money into it. I'm astonished at how much money has come from these tins in such a short space of time. Although the monies are not for Gregor I think it does help that the businesses can relate to the real people who are helped by the charity. If you know somewhere without a charity tin just ask!"



If you are interested in volunteering, drop us an email at [fundraising@dsscotland.org.uk](mailto:fundraising@dsscotland.org.uk)

**4th March 2017 – Forever 21 Ball**

Dress up and join us for our Forever 21 ball in March. Tickets are available to buy via our website.

**12th March 2017 – Inverness Half Marathon**

If you don't fancy the full marathon in September why not go for the half marathon in March. There's a 5km the same day so something for all the family.

**Do it for Down's Syndrome**

Realise your potential and help others to realise theirs.

It's never too early to plan—join in the fun in 2017 and take part in an event and be part of the



team raising money for Down's Syndrome Scotland across the country. Email or call us today to receive one of our new fundraising packs.

**27 & 28th May Edinburgh Marathon Festival**

Take in the scenery of Scotland's capital with a choice of runs over this weekend. Join our relay team or go for the full 26 miles! Either way we have a place for you waiting to be claimed...

**Do a Dish- Month of March**

During March why not get your friends together and do a Dish for Down's syndrome? It can be a cake sale at work, friends for dinner or a coffee morning. You choose!

**On yer bike!**

Whether you are new to cycling or have been getting on your bike for years there is no more beautiful a country to cycle in than Scotland. Check out our website for some cycling challenges near you.

**Race 21- Anytime, anyplace**

Follow in the steps of our Highlands Branch and organise your own My Race 21! We provide the t-shirts and medals all you have to do is find the route and invite people to come.