



dhg

down's heart group

Newsletter Winter 2011

Issue 43

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and more ...



Chair's Report

Welcome to our latest edition of the newsletter. We are fast approaching Christmas, time really does seem to have got much faster!!

Our Annual General Meeting will be on Saturday 28th January 2012 at the Quaker Friends Meeting House in Leicester. All are welcome but if you are unable to attend you are still able to vote. We currently have a healthy sized committee but we always welcome fresh faces and new enthusiasm, so please consider joining us.

We are in a much better position financially than we were thanks to the skills of Grant, our fundraiser, who has been able to access some grants and donations for us. However, we still need to be very pro-active in our fundraising efforts.

I have to thank you all for your support over the past year and wish you all a very Merry Christmas and a happy New Year.

Regards to all

Chris Stringfellow

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Notice of Annual General Meeting

Down's Heart Group's Annual General Meeting will take place at
10.30am on Saturday January 28th 2012

at The Friends Meeting House, 16 Queen's Road, Leicester. LE2 1WP

The AGM is your opportunity to see how DHG works, meet the existing committee and staff and have your say,. We are always keen to find new committee members, so if you feel you could help in any way, no matter how small, please consider coming along and having a chat about what it involves.

If you are unable to attend, you can still vote by requesting a proxy voting form from National Office at least three weeks prior to the AGM.

These need to be returned by Thursday 26th Jan at the latest.

**To save costs, individual invitations will not be sent out
this is your official notification and invitation**

A buffet lunch will be provided and crèche facilities will be available if pre-booked. There is limited car parking on site or for anyone wishing to travel by train, we may be able to arrange lifts from Leicester station if requested in advance.

**Please let us know if you intend to come along
so that catering and crèche numbers can be arranged.**

Telephone 0844 288 4800 or email penny@dhg.org.uk



Do you like our new look newsletter?

It's designed to save on postage and be easier to carry around - what do you think?

We'd welcome your feedback by phone or email

Admiral Charity Cards

This year, if you want something a little more traditional than our own cards, we've teamed up with Admiral Charity Cards, where we receive 25% of sales.

Down's Heart Group have a specific catalogue which can be browsed or downloaded at

www.admiralcharitycards.org/dhg

The brochure is very simple to use, all the cards are the same size and price and adding personalised greetings is straight forward.



Buy Admiral Charity Cards and
25% comes to DHG

Christmas Card Design Competition

Do you have a budding artist in your family?

Want to see your design on DHG's Christmas cards in 2012?

Then enter the DHG 2012 Christmas card design competition!

RULES

- Open to members and their families
- Entries must be on a sheet of white A4 paper
- On the reverse state name, address and which category you are entering
 1. person with Down's Syndrome
 2. family member
- You can enter as many times as you like

Please send your entries to arrive at National Office by 31st March 2012
Winners will be notified by the end of August and cards will be available shortly afterwards

Natasha's Story

Keith Elliott tells us a little about his daughter and explains some of the impetus behind his fundraising challenge mentioned on page 11.

Our youngest daughter Natasha was born with a diagnosis of Down's Syndrome in January 2005 and we were soon informed that she had two holes in her heart between her left and right atrium (ASD).

In Autumn of 2009, her scans were indicating that the holes were starting to effect Natasha's development and a visit to Alder Hey Hospital in Liverpool in March 2010 determined that she would need open heart surgery, which she underwent in late June 2010. During the operation the surgeons found and closed a third hole. The operation was a huge success and she was back home recuperating within a week.

Natasha was 5 years old when she had her operation and being quite a late walker she was tentatively close to walking independently in the weeks leading up to it. On October 7th 2010 she walked by herself for the first time which was a massive achievement for her considering what she'd been through months earlier. After that there was no stopping her, she now goes trampolining and enjoys walking her dolls in the garden as well as the occasional game of football.



Natasha Elliott

The information on the DHG website proved enormously helpful to us and it is also nice to know that DHG is actively promoting awareness etc. Both myself and my wife Dawn are very grateful for the support and information provided both in the early months and during the time of her operation.

Do you have a story, photo, achievement or something to share?

Is there an ongoing medical or other issue you'd like input on?

Or have you got some good advice to pass on?

It's your newsletter - news for the members from the members!

email sarah@dhg.org.uk or write to us

Tegan's story as told by her cousin Vikki

The phone rang on the morning of 28th August 2001. "Its a healthy little girl!" my cousin Darren announced. As the youngest grandchild in the family (aged 14) I was finally going to have a baby cousin - I was so excited! Half an hour later the phone rang again, this time my uncle to tell us there was something wrong with the baby, she had a hole in the heart and Down's Syndrome. The rest of his words were lost through tears - everyone in the house was upset and crying. How could this happen to us? Why her?

The next day we went to visit and I was scared of what the baby was going to look like. What was Down's Syndrome? Was she ever going to be able to walk or talk? When we arrived at the hospital we met Darren who looked like he hadn't slept all night and he took us in to see Lynsey. She smiled and I moved forward to the tiny baby beside her. I didn't understand - she had eight fingers, two thumbs, ten toes, every feature other babies had. I picked her up and she felt just like any other baby. Why was everyone so upset? She was perfect - my very own baby cousin.



As a baby she visited the doctors regularly for check ups, blood tests and checks on her heart and most of my family were very cautious around her, but after she started to walk at the age of three, we started her in dance classes where I attended. She loved the music and joining in with other children but most of all she loved her tap shoes! She did her first dance show aged 4 and has since taken part in 39 charity shows.

In July 2006 she had open heart surgery in Bristol and I was devastated seeing her fragile little body in the hospital bed attached to so many machines and wires. She was lifeless, staring at people who had come to visit her unable to speak or move - I was heart broken. But before long she had returned to her bubbly cheeky little self and two months after open heart surgery, Tegan was back on the stage dancing and singing with her friends in a show that raised money for the hospital where she'd had her surgery.

In April 2010 her health dramatically dropped and she was admitted to hospital with double pneumonia. One day she was a happy little girl with a slight cough and cold, the next she was a ghost of herself, unable to speak, breath unaided, or walk alone - for a second time I felt my heart breaking. Tegan spent eleven days in Intensive Care, but once she was on the mend and moved to a ward, I offered to stay the night to give her mum and dad a night off. Me and my sidekick were reunited - I brought food and we had our own private tea party! We painted each others nails, did each others hair and giggled and told jokes late into the night before being told off by the nurses. After 3 weeks Tegan was allowed to go home.



In December 2010 she danced in her first pantomime and this year has joined her local gymnastic team. She has many cousins she plays regularly with and two younger brothers she likes to boss about! Tegan goes to parties and on trips with her friends and attends a mainstream school. Her best friend Molly also goes to dancing and gymnastics and as I drive them to lessons they sit in the back of the car whispering secrets and deciding which member of JLS is best looking!

I will never forget the first time I held Tegan in my arms - the baby I was scared to meet; the child with the 'condition'; the little girl we had to be careful not to break? The pain who stole my make up and jewellery when I wasn't home; the drama queen who had to be centre stage; the mini-me; the angel that was sent to my family - my partner in crime Tegan Williams x x x

Tanzie Smith – 6 years old

When Tanzie was born, the hospital arranged for her to have an ECG, chest x-ray and heart scan, to see whether she had any of the associated heart problems following her diagnosis of Down syndrome. The heart scan showed 2 small ASDs.

It was explained to us at the time that these would hopefully heal on their own but if not she would require surgery at about 5-6 years old. They booked us in for another scan when she was 6 months old - the holes were still there.

We went back at 12 months and they were still there, at which point it was suggested that the holes may not heal and we could well be looking at surgery when she was older. However, at the next appointment (20 months old) the holes had both healed, and she was discharged from the cardiac clinic. Fantastic news!



Earlier this year Tanzie became a TV star when she and her friend Isla Hall (daughter of one of our 2012 London Marathon entrants) were filmed making biscuits with Justin for CBeebies - Something Special.

Easy Read Pages

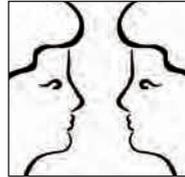
Hello our names are Nicola and Claire



here

we are with our mum, dad and big sister! You might have

guessed we are twins!



This summer we

graduated from school and had a fab time.



Watch this space for what we are doing next!

Hi my name is Emily. I am 21 and I love to ride my pony

Snazzy Tazzy.



This Autumn I have gone to

college to learn more about horses and living as a grown

up.



Watch this space for my next adventure!



Hi my name is Matthew Fairley and I work for MiXiT!

Have you seen our new TV station on YouTube? This year I ran

the Great North Run for Down's Heart Group in 1 hour, 57 minutes

and 16 seconds!



I really enjoy running to keep fit and

raised £125 for DHG.

MiXiT TV



is brought to you by Moveable Feast, the

creators of MiXiT. It's full of fun, music and current information for

people with learning disabilities and their families/carers.

www.youtube.com/user/MiXiTdays

We would like to say a huge **THANK YOU** to everyone that responded to our plea for help earlier in the year.

We've been busy doing our bit to get funds in too, so as we're not infallible and just in case we missed thanking you directly, we're really sorry and want you to know that **every bit of support** is greatly appreciated!

Please continue supporting us whenever you can so we can continue our vital work, providing information and support to families, raising awareness and representing the needs of our membership.

Luisa's Half Marathon

Luisa, daughter of DHG Founder Linda Walsh, took part in her first half marathon on 16th October in memory of the sister she never knew.

She said "I've decided to man up and run/walk/crawl the Cardiff half marathon in aid of a charity which means a lot to my family and I as it was set up by my mum in 1987 after my sister died of a heart problem.

DHG has been running for over 20 years now and does great work in providing much needed support, advice and information for families and individuals with similar conditions to Katy."

Luisa finished in a fantastic time, looking really fresh and raised over £3000 thanks to GM Trading who offered to double the amount she had pledged by July 27th.



Luisa with DHG's Chris Stringfellow

Keith's Kayaking Challenge

After hearing how DHG were struggling for funds, member Keith Elliott resolved to do something positive to help and got lots of his friends and colleagues to sponsor him to kayak the length of Lake Windermere and then across the lake backwards.



At the start - nice and dry!

Setting off at 10.30am from Fellfoot Park at the very Southern tip of the lake, he headed North along the Eastern edge in quite blustery conditions and reached Ferry Nab (his half way point) around 2pm.

After a short break for food Keith headed off again into torrential rain and ploughed on steadily to reach the Northern tip of the lake at Wateredge where the sun finally came out.

Just under 11 miles in 7 hours

The next day, he completed the challenge by kayaking backwards across the lake from West to East at the widest point near Bowness. For his efforts he managed to raise £485 which was close to his target.

Sameena's British 10K

With just 3 weeks notice, Sameena Mirza volunteered to run in support of DHG.

Responding to a post on Facebook, mum Sameena was quick to volunteer to run in the British 10K on 10th July and just as speedy at getting sponsorship.

Despite the late entry, Sameena put the guaranteed place kindly donated by Children's Heart Federation to good use, managing to raise £493.75.



Sameena and a friend she made en route

Martin's 16 Day Cycling Adventure

In June, DHG member and volunteer, Martin Laycock successfully completed a bike ride from Land's End to John O'Groats, fulfilling a lifetime ambition, marking a milestone birthday, cycling 1100 miles and raising over £1000 for DHG - all at the same time.

Martin experienced almost every type of weather during his trip as well as sampling a variety of puddings at each stop along the way (purely to keep his energy levels up, apparently!) Some days he covered up to 75 miles, spending nine hours in the saddle.



Martin' with his Dad and his son

"I have been waking up, doing my own Glaswegian version of Tai Chi, which involves crouching down and slowly standing up while swearing out loud as my knees click and my legs realise they are in for another day of it. Once fed and packed the next notable event is sitting on the saddle for the first time, this usually involves a little more Tai Chi, before heading off along the road."

Finally after sixteen days the end was in sight. *"I passed the final sign which read 'John O'Groats 1/4 mile'. **Wow, this is it!** I had been cycling for sixteen nine hour days and a 1/4 mile was all that was left. I crossed the line (there is a line) with both hands firmly on the bars in case I fell off at this vital moment and saw my wife Cathie and son Andrew waving and smiling. This was indeed a moment to savour, but it wasn't a moment of mass celebration with flags and cheering, it was a private moment between us. We knew what had been achieved and that was all that mattered."*

Throughout the journey, Martin kept a blog which makes very interesting and entertaining reading and contains some stunning photographs.

www.martinslejog.wordpress.com



The Finishing Post with son Andrew

Martin was also raising money for the Pancreatic Cancer Research Fund and on day 10 his Dad, (who had been recently diagnosed with the condition) joined him to cycle about ten miles together. A very special memory for Martin as his father sadly passed away in September.

'The Professionals' Triathlon

Learning Disability Nurses, Julia Ibbotson and Sam Nutter decided to take on the physical challenge of the Woodhall Spa Triathlon on May 29th and support DHG.



Both know DHG Trustee Helen Laverty, (who may have influenced their decision as she can be very persuasive!), but none the less they both completed the event in good times and in high spirits, raising £151 for Down's Heart Group.

Earlier in the year, Sam starred in the MTV Made special at Easter learning how to be a racing car driver on the frozen lakes of the Arctic! He proudly wore his DHG pin badge throughout the whole thing!

Julia and Sam looking fresh after the event

Fundraising fun in Sussex

Responding to our plea for funds, the Johnson family raised over £200 for the Down's Heart Group with their coffee morning and cheese and wine evening.

"We had never done anything like this before and were pleased to find that we had a really enjoyable day, not too much work and great to catch up with friends, family & neighbours who popped in.

We had a raffle and bring and buy table and it all ran itself, we even sold the left over cakes and cheese in the evening.

We can recommend it as an easy way for others to raise funds for you."

*Mary & Richard Johnson
Haywards Heath*



Upcoming Events

28th January	DHG Annual General Meeting - Leicester
1st - 31st March	Shifting Perspectives Exhibition - Didcot
21st March	World Down Syndrome Day.
22nd April	Virgin London Marathon
29th April	Milton Keynes Marathon
1st June	Big Small Charity Car Draw begins
15th - 17th August	World Down Syndrome Congress - South Africa

Please let us know of other events you are taking part in, or you think DHG should look into. For more information on any of the above please contact National Office on **0844 288 4800** or **info@dhg.org.uk**

Milton Keynes Marathon

A city marathon with a difference is coming to Milton Keynes in 2012 and Down's Heart Group is looking for runners and supporters so we can get involved.



Taking place on Sunday 29th April 2012 the race is expected to attract 6,500 runners. The course takes in lakes, traffic free Redways, canal and woodlands, before an atmospheric and memorable finish at StadiumMK, home of the Dons.

Down's Heart Group needs at least 5 runners to be able to purchase guaranteed places for this new marathon.

For anyone who doesn't want to run but would like to be part of the day, why not come and help on a DHG drinks station along the route. If we can get enough volunteers to man it, we can use it to promote the charity during the race.

Please contact National Office if you are interested in running or are able to give a couple of hours help on a drinks station.

Virgin London Marathon 2012

Our 2012 London Marathon entrants are already starting their training and fundraising in preparation for Sunday 22nd April 2012.

Usually our biggest annual fundraiser - so we are excited to have 8 runners entered next year, all with a personal connection with DHG.

The DHG runners for 2012 are:

Andrew Cox	- dad to Roisin
Andy Lawson	- dad to Jon Paul
Dan Hall	- dad to Isla
Jo Yarnall	- mum to Hannah
Jonathan Whitney	- uncle to Jemima
Shaun Hunt	- cousin to Harvey
Tim Simpson	- dad to Harvey
Tom Clague	- brother to Ned (running jointly for DHG and Leukaemia Research)



To sponsor any of them, please contact National Office or visit the Virgin Money Giving website, where they each have their own fundraising page (just search their name).

For the first time, we had a full waiting list for the 2012 race before the 2011 had taken place and we already have names on the list for 2013. So if you would like to run for DHG, please let us know as early as possible, although we also ask you to apply for a ballot place through the Virgin Marathon website, to help us maximise our numbers.

World Down Syndrome Congress 2012

WDSC 2012

11th WORLD DOWN SYNDROME CONGRESS

The
“BIG FIVE”
reasons to come to South Africa
RIGHTS | HEALTH | SOCIAL PARTICIPATION |
EDUCATION | EMPLOYMENT

Advancing inclusion of persons with Down syndrome.
15 - 17 August 2012
CAPE TOWN

The banner features a blue background with a yellow and green wave at the bottom. On the right, there is a collage of five small photos showing people with Down syndrome. A large, stylized handprint graphic is composed of various words related to rights, health, and education.

Could you help us?

As a small organisation we don't have a dedicated fundraising officer or department, so it's hard to keep up with the many opportunities that arise where we could be securing funds.

So if you hear of something that might help us, even if you think we may already know about it, you would really help if you could let us know.

Perhaps you work for a company that has a corporate giving initiative and could tell us about that? We stand a better chance of receiving a grant from a company if an employee has a connection with DHG, including organisations that give locally, like Sainsbury's and the Co-op.

If you have any suggestions please call **0844 288 4800**
or email info@dhg.org.uk

The Great Big Small Charity Car Draw

£1064.34 was raised for DHG from the 2011 draw thanks to everyone who bought or sold tickets on our behalf.



This year we sold tickets at three events and found that the loan of a Fiat 500 from a local dealership made a great visual display which drew in the crowds. We added to the interest by having other attractions such as games, lucky dip, cake stall and bottle tombola.

Next year we'd like to attend more events, both to raise funds and increase awareness, but we need your help! Is there a local fete or fair near you in June, July or August, where charities can have a stall?

If you think you could arrange a DHG stall at your local event please contact us to discuss the idea. Depending on location, we should be able to help with the organisation and equipment and probably get a trustee or member of staff to come along and assist on the day.

email info@dhg.org.uk or call **0844 288 4800**

Recycle cartridges & mobile phones

DHG has recently signed up with Each One Counts to make recycling easy for our supporters - if applicable you can even Gift Aid your donation.

Just follow the **3 easy steps** and DHG will receive £1 per cartridge and up to £150 per mobile phone that you register and recycle.

Registering your items ensures the money comes to DHG and also means you will be entered into their quarterly competition for a £100 Halfords voucher. **FREEPOST** bags are available or they can arrange collection if you've a box of items.



www.eachonecounts.co.uk/page/charity/182

Get help with your travel plans and support DHG

To help raise funds, we have set up an incentive scheme, whereby with every booking made a donation of between £2.50 and £50 will be made to DHG.



I'm Trish Griffiths and I would like to introduce myself as your Travel Counsellor and introduce a new scheme to help raise funds for Down's Heart Group.

Founded in 1994, Travel Counsellors currently has over 1000 travel consultants who work from home with the support of over 200 staff at the company's head office in Bolton. Our Financial Trust ensures that everything you book with me is financially protected in the event of a supplier failure.

So whatever your choice, from a short break in Europe, to a tailor-made adventure of a lifetime or a business trip, I can organise the flights, accommodation, insurance and all additional travel services to suit you, all at no extra cost. Simply quote "Down's Heart Group" and I will do the rest.

01664 481561 or 07879 621768
trish.griffiths@travelcounsellors.com

I look forward to helping with your holiday or travel arrangements.

Used postage stamps

Did you know you can help support Down's Heart Group by collecting stamps?

For years we have been raising funds by collecting used postage stamps, providing a steady flow of funds, but due to some changes in how we sell used stamps, we need to **ask you** to help us a little more?

As we can no longer get anything for UK definitives (the normal every day stamps) it would be really helpful for DHG if in future you could just save foreign, old UK and UK commemorative stamps.

Please carefully cut or tear around them to remove most of the envelope, but be careful not to damage the stamps. When you've got a small packet (so it doesn't cost too much to post), please send them on to National Office.



Online Purchases

This Christmas we will each spend on average £200 on gifts - a lot of those purchases will be made online and could be raising valuable income for DHG!



We've signed up with a number of websites that can turn your spending into additional donations for DHG – at no cost to you!

One of those is 'Give as you Live' from Everyclick, where simply by signing up, every online purchase raises approximately 2.5% of the total cost for DHG. Many high street and online stores are taking part, so your donation will soon add up (remember to support DHG).

www.giveasyoulive.com

See other ways to support DHG here: www.dhg.org.uk/fundraising.aspx

Custom wheelchairs and adaptations

DaVinci Mobility are specialists in custom built wheelchairs, providing tailor made chairs to suit everyday needs and individual taste.



Their product range even includes a wheelchair with adjustable frame which can be expanded in width and length to suit the individual as they grow. One of the most compact wheelchairs on the market, it's designed to suit children from 4 to 16 years old and comes in a wide range of frame and upholstery colours.

DaVinci also provide a wide range of handcycles, tricycles and tandems for children and adults as well as manual and powered attachments to turn an everyday wheelchair into a trike.

After the wheelchair has been fitted with a permanent docking clamp, it takes just second to attach the trike (which raises the front wheels 3-4" off the ground.) The powered version has a top speed of 12 mph and an average round trip distance of 11 miles.



Vross Wheelchairs Ltd
Gillmoss Industrial Estate
Unit 6, Carraway Road
Liverpool L11 0EE

Tel: 0151 548 1999
www.davincimobility.co.uk

Sibling's Forum

New forum for adults who've grown up with a brother or sister with a disability.

A moderated online support and discussion forum for adult siblings in the UK. It's a place to ask for advice, share information, join in discussions, learn from each other's experiences and feel part of the adult siblings community.

adult-siblings-forum.sibs.org.uk

Future of Downs

A new website run by parents for anyone who already has a baby or child with Down's Syndrome, is pregnant and wants advice on screening and tests or has just received a positive diagnosis following an amnio or CVS.

Creator Helen Kingdon said *"This is an online service only and hopefully will provide a nationwide online meeting place, somewhere that parents can come together, get to know each other and share their children's achievements and ask for advice.*



It came about as a result of another chat group I am a part of and it is the brainchild of a few mums who have all given their input and now will moderate and oversee the running of the forums."

www.futureofdowns.com

Down's Heart Group's Penny Green and Nina Lawson are moderating and overseeing the dedicated chat forum for all matters concerning the heart. This is the first collaboration of this type for a UK based Down's syndrome website and

Charity and it's hoped that this union will provide a valuable resource for parents and that this is the start of a new era of support.

Helen sums up by saying *"I am really excited about this collaboration and definitely feel that this is a new level of support for parents, a kind of one-stop-shop if you like."*

Will Beat and The Warrior Bears

Coming soon - the adventures of Will Beat and his friends.

Will lives in a secret place in the woods. When he was little he had to have his heart mended. Now he spends his time comforting and helping others who may need a cuddle now and again.

You can get your very own Beat Bear and story book very soon.

Keep an eye on the website or contact National Office for launch date.



Useful vision resources

If getting glasses that fit properly for someone with Down's Syndrome is a problem, or getting them to the optician, then these links may help.



Erin's World frames

Erin's World frames from Specs4Us are specially designed to fit children with Down's Syndrome. Unlike other frames, the bridge is adjusted to fit on their smaller noses and the temples (some people call them arms) are designed to help keep the glasses from constantly slipping.

Erin's World frames are available in a variety of sizes and styles to fit toddlers to adults and lots of different colours. Made from titanium and memory flex that creates a flexible bridge and temple that spring out 180 degrees, they are designed not to break as easily as standard frames.

www.specs4us.com

info@specs4us.com

Ask your optician about Erin's World frames or go to the 'FAQ / Optician Locations' page on their website where by clicking on the 'United Kingdom' link, you can find a list of opticians that stock the frames as well as details of the UK distributor.



Visioncall

Visioncall provide free (NHS funded) home eye tests to anyone in the UK who is unable to get to their local high street opticians unaccompanied (including children). They use the latest mobile technology so there should be no disadvantage - in fact for some it may be an advantage as they will be more relaxed in their home environment.

0141 646 0654
www.vision-call.co.uk

Further information about Down's Syndrome is available from



Down's Syndrome Association
Langdon Down Centre, 2a Langdon Park
Teddington TW11 9PS

0845 230 0372
www.downs-syndrome.org.uk



Down Syndrome Ireland,
Citylink Business Park,
Old Naas Road, Dublin 12

00 3531 426 6500
www.downsyndrome.ie



Down Syndrome Education International
The Sarah Duffen Centre, Belmont Street,
Portsmouth PO5 1NA

0239 285 5330
www.downsed.org



Down's Syndrome Scotland
158 - 160 Balgreen Road
Edinburgh EH11 3AU

0131 313 4225
www.dsscotland.org.uk

Further information about heart related issues is available from



British Heart Foundation
180 Hampstead Road
London NW1 7AW

0300 330 3311
www.bhf.org.uk



GUCH Patients Association
Saracen's House, 25 St Margaret's Green
Ipswich IP4 2BN

0800 854 759
www.guch.org.uk



Children's Heart Federation
Level One, 2-4 Great Eastern Street
London EC2A 3NW

0808 808 5000
www.childrens-heart-fed.org.uk



PHA UK
Unit 2, Concept Court
Manvers, Rotherham S63 5BD

01709 761450
www.phassociation.uk.com



dhg

down's heart group

Tel:
Email:
Write:

0844 288 4800
info@dhg.org.uk
PO Box 4260
Dunstable, LU6 2ZT

Christmas Cards

Grab a bargain and support Down's Heart Group!



£ 1 per pack plus postage and packing

Pack contains 10 cards and envelopes

(mixed designs from previous years with at least 5 different designs in a pack)

Contact National Office as soon as possible to secure your order