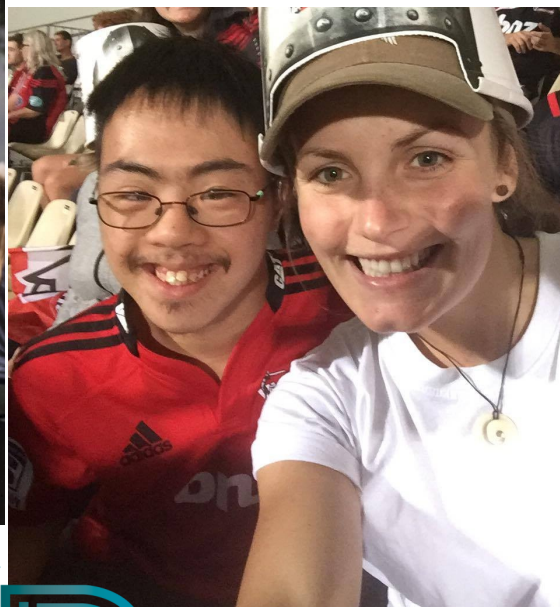


# UP Club Newsletter Autumn 2017



UP  
CLUB

Promoting Fun & Friendships  
for Youth with Down Syndrome







## Jamie's Blurb

As some of you may know, earlier this year I took over the role as programme Co-ordinator here at UP Club. I would just like to thank you all for welcoming with open arms. It is a pleasure getting to know you all just that much better. For those of you who don't know me yet here's a bit about me; I am originally from a small town in the North Island called Cambridge and moved to Christchurch to go to university. In my spare time I like to cook and catch up with my family and friends. I love anything to do with being outdoors, especially sports! I'm a big fan of hockey, touch, soccer, and volleyball, (anything with a ball really) and going to UP Club!

We started this year off with a bang with our welcome back BBQ and camp, both being a huge success. Since then we have also had a few more events including our summer show and tell, Indian colour festival, summer sports night, baking night, and some member's event went to the Crusaders VS Blues game, which I hear was well worth it! Coming up we have our UP Club Easter event, in celebration of Easter. For this event we will decorate some eggs, make some cool bunny masks, and even have a classic eater hunt! We also have some swimming at Jellie park and a few cooking and pot luck dinners ahead. Then we have the holidays fast approaching which only means one thing ... UP Clubs Wednesday Holiday Fun Day's! This term break we have a planned trip to Laser Strike and as well as the Air Force Museum. Here we will discover New Zealand's military aviation history and partake in some of their hand on activities.



## Welcome Back BBQ

In February right before camp we had our annual family welcome back BBQ, giving us all a great opportunity to catch up after the long summer break. It was great to see everyone who participated in the scavenger hunt as we had some great prizes up for grabs. We also had an amazing feast with the help from members and parents who all brought a plate to share. We had a wide range of food from a classic sausage sizzle to some divine salads, including pasta, geek and couscous to some fantastic gluten free dumplings. There was plenty for everyone but somehow almost none left! Thank you to all those who attended and brought a plate to share, it was much appreciated and very delicious



CHRISTCHURCH  

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CASINO

## Annual Camp 2017!!!!

This year's camp was recorded breaking, we had our best ever turn out with a total of 56 members, 5 of whom ventured all the way up from Dunedin. Held at Wooden End Camp we had a fantastic weekend and made every minute count, despite the weather. We started Friday night off by getting everyone into groups, sorting out teams, finding our rooms and picking out who got the top bunk. We finished off the night with a disco party and then off to bed ready for a big day tomorrow. Saturday started off bright and early (however not so bright), although the weather wasn't looking to good we made the most of it. Everyone put on as many warm clothes as they had, then separated into 4 group so we all had a go at each activity. We had a good shot on the Rifle Range most of us managing to hit a target. At Archery we all brought out our inner Katniss Everdeen and "defying the odds" and we can happily say that all arrows were returned. By the time the flying fox came around the rain looked like it had no intention of giving, but yet we had many members who soldiered on! For those of you who were brave enough to launch themselves off this tower, congratulations. Inside we had a range of activities going on from; a well-played game of pool and air hockey, to some good classic movies and sing star. After lunch we were graced with the sun which meant it was time for GO CARTS! This was a big highlight on camp. Everyone enjoy the feeling of being fast and furious by speeding around all the twists and turns of the track. That night everyone was very tired - including the leaders - after such a long day, however we could resist getting into our pyjamas and watching a good old classic movie, Shrek. Sunday's weather looked a lot more promising which was fantastic considering we'd be hitting the water slide for some slippery fun. Everyone showed real courage as they flew down the slide at great speeds. Some members even managed to convince a few leaders to go down too. It was so amazing to see all the members giving everything a go and I was so impressed to see the way every single member helped out with jobs around camp such as serving the food, dishes and cleaning the dorm rooms on the last day. You all did fantastic and it was great to see you all having so much fun throughout the weekend! The Leaders were fantastic at facilitating the groups and making sure everyone had a go at the activities, challenged themselves, and were feeling happy and healthy. I would like to say a big thank you to the UP Club staff you really made this week. I would also like to thank the Woodend Camp staff. Without them this weekend would not have been possible. Thanks to all who came to camp this year, I am looking forward to Camp next year, bring on 2018.





Camp 2017!!!



## John 's Blurb

### Dunedin UP Club

Hello Everyone,

I would like to take this chance at the beginning of the year to introduce myself. I am John Graveston and I will be the new Southern Programme Co-ordinator. I am currently studying a Bachelor of Social Work at the University of Otago. I am studying this degree because I am passionate about the welfare of others and making sure all people have equal opportunities. I have a number of hobbies. However, my biggest one would be the martial art Judo. I train for this a few evenings a week and I am currently working towards getting my black belt.

The year has started with a make your own pizza night and sports night. Both of these events were well attended and full of good times. We have many events planned for this year including swimming, ice skating, healthy snacks night and countless more. Our next event is Easter crafts.

I look forward to getting to know everyone better over the year.

7/04/2017	Easter crafts
21/04/2017	Swimming
5/05/2017	Board games night

Best wishes,

John Graveston



# Thank you

Thank you to those businesses that have worked with us and helped us in providing our service over the past few months :

Middleton Grange school  
St Ninian's Church  
Woodend Camp  
The Warehouse Ltd  
BP Petrol  
Air Rescue Services

## Thank you to our funders

