Remember Us
Social Group for People with Special Needs

Unit 5 Balbriggan Retail Park
Dublin Rd
Balbriggan
Co. Dublin
K32K002

086 045 7003
hello@rememberus.ie
www.rememberus.ie

We would be delighted to welcome you to the Remember us group. Please find enclosed our membership pack. **Please note that all forms must be signed and returned along with membership fee to the office before you start with the group.**

Membership is €50 per family. It can be paid by cash PO or cheque made payable to Remember us

In addition, all young people/adults with Down Syndrome will not be able to participate in certain activities e.g. gymnastics, football, rugby etc which by their nature result in hyper-extension, radical flexion or direct pressure on the neck or upper spine unless a full radiological examination establishes the absence of Atlanto Axial instability. If you do not already have a clearance letter, please contact your GP and he/she will organise for your son/daughter to have the x-ray.

All members 12 and under must have a parent carer on site. We have a lovely parent/carer room where you can sit, have a cuppa and lots of information is shared there. Also, there may be occasions where it is necessary for a member to be accompanied by a parent /Carer as Remember Us Volunteers are untrained and not allowed to administer any medication. These include a member with epilepsy or susceptible to seizures, members with extreme challenging behavior.

I would like also to let you know about some of the facilities that are available to you.

- **SENSORY ROOM**: If you would like to bring your son/daughter to it at any time, just give us a ring to arrange.
- **SENSORY GARDEN**: If you would like to bring your son/daughter to it at any time, just give us a ring to arrange.
- **PARENTS ROOM**: when you come with your son/daughter you can go in and make a cuppa and have a chat with other parents, watch TV, read a book or have a rest!!!! If you would like to meet another parent during the day for a chat and cuppa, just give us a ring to arrange. We have tea/coffee making facilities in the room.
- **SPORTS HALL**: we have a large size sports hall for all our fun sports & exercise.

Your co-operation in the following would be greatly appreciated.

- **DEADLINES: WE HAVE DEADLINES FOR A REASON TO ENSURE THE SMOOTH RUNNING OF THE CLUB. PLEASE PLEASE PLEASE ADHERE TO THEM**
- **All exact club money from now on must come in an envelope marked clearly with your name on it and the activity name**. (it is very difficult to reconcile money at end of day if we have no envelopes.
- **PLEASE REPLY TO TEXTS PROMPTLY FOR OUR CLUB NIGHT /DAYS, CINEMA, TRIPS,ETC AND SEND BACK REGISTRATION FORMS BY THE DEADLINE DATE. WE ALWAYS HAVE TO GIVE NUMBERS TO TUTORS EARLY IN THE DAY AND MAKE SURE WE HAVE ENOUGH VOLUNTEERS AND IF GOING OUT WE HAVE TO CONFIRM NOS TO VENUES WELL IN ADVANCE AND ORGANISE BUSES ETC,**

WE HAVE OVER 400 FAMILIES REGISTERED AND 25 VOLUNTEERS SO THERE IS A LOT OF COORDINATION TO BE DONE!!!!!!!!!!

Kind Regards. Nora /Catriona, Carol