

UWD Newsletter

Christmas party with Michael Lindt!



Left: Michael and Jaco jamming on their respective guitars.

Above: Lelanie receiving her gift from Michael, Santa's designated helper this year.

On Monday, 12 December, not even load shedding could dampen the spirit of our epic Christmas party! Michael Lindt approached UWD, requesting to perform for our learners because that is what Michael does – he gives of his

time and blesses us with his presence. Obviously, we said yes! Michael sang at our Christmas party and also handed out gifts to the learners, "Santa got lost, ending up in the South Pole," according to teacher Bianca. Learners and staff enjoyed

Michael's performance, singing and dancing along. You know the man is talented when it was only him and his guitar and he had the audience captive. Thank you, Michael, for spoiling us – we appreciate you so much.

SPECIAL EVENTS/ FUNDRAISERS COMING UP:

- Car Boot sale – Feb '23
- Golf day – March '23
- Wine auction – May '23
- Cycle tour – Oct '23

ONGOING PROJECTS:

- Coffee shop
- Weekly cookie and quiche orders
- Frozen meals
- Annual calendar

Full steam ahead Training Centre

Goodness, the Green Team has been productive this year! With COVID regulations being lifted, the Training Centre started slowly but surely returning to the full-of-life program that we know so well. Every Monday our Green Team ladies go to Town Lodge to help with the ironing of the hotel's linen. This activity requires teamwork, following instructions and good communication with fellow Town Lodge staff. After this activity, our ladies take the Training Centre shopping list and do the weekly supermarket run- what a great help! On Friday our Green Team aprons will be seen in Panarotti's where our learners

grate cheese, wash menus, fold boxes, knead dough and assist the waitrons. The UWD Coffee Shop has reopened, serving our baked goods. The adults also waiter at the Coffee Shop and adore interacting with the guests – it is definitely worth making a booking for next year. Our happy bakers have been busy with pancake orders, cupcake days and birthday cake orders. The Training Centre started a new venture of preparing frozen meals such as bobotie and delicious lasagna that can be collected from Monday- Friday. Please do contact us if you would like more information on 044 870 0522 or at upwithdowns@mweb.co.za.



Top: Kate grating enough cheese to feed a small army.
Above: Sam, Inari and Brenda having a moment to decide what else in Checkers they need to stock up on.
Left: Annika, Inari and Marne doing what women do best - chatting whilst working.

Walking to raise awareness for autism

On the 13th of November our Up with Downs family headed to the Botanical Gardens and joined in the 4km Big walk by Binah. It was an awesome walk for an even more awesome cause – raising awareness for autism. Our learners enjoyed every second of it and made it to the finish line with big smiles!



PICCOLLAGE

York High collaboration

This term we had the privilege of joining York High during their Real Life week. We got

to take part in karate class, packing animal food for underprivileged dogs and cats, creating seed packs, painting wooden puzzles and making mats from plastic bags. A few weeks later

we got an invitation for an early look at their Art exhibition. What talented artists they have! We look forward to many more joint collaborations with York next year.



An epic 5th cycle tour



Above: Riders sporting our gorgeous cycling shirts whilst enjoying a well deserved ice-lollie. Left: Silly, and well deserved celebrations at the end of the second day. Right: Chilled Riders still smiling at the end of day 1.

The 5th edition of the Up & Down Cycle Tour, took place from 22-23 October 2022 at Eight Bells Mountain Inn. This 80km, relaxed 2-day charity ride took 45 mountain bikers on 2 circular routes through the undulating landscape in the foothills of the Outeniqua mountains. Riders were treated to unusual and

interesting water points like Kouma citrus farm, where they could taste some late season naartjies; the Brandwacht NG church where members of the congregation went all out with boerewors rolls and sweet treats; and Alta and her team from Roos Inc served, among others, condensed milk coffee. There

was also a visit to Outeniqua Moon Perceron horse sanctuary, and a new addition to the tour this year – a gin tasting of uniquely crafted gins at Lions Creek Boutique Distillery. Participants got the chance to ride a 7km stretch of the route with five learners from Up with Downs. This gave everyone a glimpse into the

challenges and triumphs that people with special needs and their parents face, but also showed that these individuals can still participate in events, achieve goals and have fun while doing so. The enthusiastic welcoming party of learners was a welcome sight for tired cyclists after the slow but challenging 2 days of riding.

Cycle tour photos continue...



Left: The Cranks finishing strong on the first day, also definitely getting the award for best dressed. Top right: The ladies enjoying their gin tasting at Lion's Creek Boutique Distillery. Bottom right: Hans and dad finishing the learners' stretch of the tour.

A neighbourly visit

Just around the corner from Up with Downs is ZenZeLe Pas a Pas

Aftercare Centre. The friendly and vibrant young students and their teacher organised an afternoon with the Green Team full of Christmas fun. The afternoon was filled with crafts, uplifting stories from the ZenZeLe students and Jingle Bells playing in the background. With their help,

each of our adults made their own Christmas decorations to take home. The ZenZeLe students left an impression on us with their good manners and the absolute love and patience with which they worked with the Green Team. We can't wait for the next date with our neighbours!



Behind the scenes of the 2023 calendar

We are proud to announce that our 2023 calendar is available.

It is a special addition seeing that we are celebrating our 25th year. Be sure to get your copy of this beautiful calendar at only R60 a calendar.



Above: Hannes, Henri and Yuriel - looking like models, striking a pose.

UWD has expanded their programme!



At the start of the fourth term, UWD created a new programme, called the Red Team, catering to the needs of individuals on the autistic spectrum who are capable of functioning with minimal support

and in a safe environment. During this past term we have been cooking, painting, gardening, crafting and so much more. Most importantly, we have established a bond between 8 individuals who

have started working as a team in a smaller and controlled environment. Welcome to the new families to the UWD family and let the good times roll.

Making us a beneficiary...

We would like to thank Mark Rubin from Swartvlei Equestrian estate and his team for organising a music festival, and donating the profits to UWD. Also, a big thank you

to Helena Barrett and her team for organising "Mosselbaai Haarkapper van die Jaar" in aid of UWD. We appreciate the love and support.



Award ceremony at school



Top left: The face says it all – Calynn very proud of her award. Top right: The Blue class showing that hard work reaps awards. Bottom left: The Orange class girls – great smiles to go with great awards. Bottom right: The Maroon boys proudly showing off their certificates and medals.

On Friday, 2 December the school had their small and informal version of a prize giving. No, we don't do speeches or have flower arrangements, but our

learners do work hard during the year and for that they should receive an award. There were awards for progress in reading,

improvement in listening skills, being the best at drumming and for the best tennis player, etc. But then we also had less conventional awards like 'Yogi of the year', 'The Silent Scientist',

'Phenomenal Friend' to name but a few. Thank you to the wonderful staff, without you these achievements would not be possible.

Thank you to all our supporters – we love and appreciate you. Merry Christmas and wishing you a blessed 2023.