



Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994.
Company registered in England and Wales 6915555

May Newsletter



MAY FAMILY SATURDAY SESION

All family members welcome

Saturday 9th May, 10am to 12pm

Bingley Methodist Church, Herbert Street, Bingley, BD16 4JS.

Transport available if required. Please contact the Office.



Into The Wild will be joining us for a fun-filled reptile experience! This is always a popular session as everyone has the opportunity to hold a range of animals, including millipedes and large hissing cockroaches! Do you dare to join us?!

Last month, we had great fun egg-rolling and finding chocolate eggs hidden amongst the pass the parcel:



CURRY & QUIZ SUCCESS!

Monday night was our Curry and Quiz Night at Shama and we had a fantastic evening of fun and food! In addition to some challenging quiz masters and our three course meal, we managed to raise in excess of £500 for the service! Final total TBC later this month.



Raffle tickets were also drawn at the event and as you can see, Amy was the proud winner of a bottle of wine! The eight lucky winners have all been notified by Nicky Major unless they collected their prize on the evening. Thank you to all those who bought tickets or came to the event – we hugely appreciate your support!



JOIN OUR DANCERS!



Spaces have become available in both of our dance groups and, thanks to The Barbara Ward Children's Foundation, we are delighted to reduce the suggest donation fees for each class. Contact the office to book on to a free taster session.

Twirly 21s



This is our younger dance group for **children aged 5 to around 12** years of age. As children leave our early development groups, aged around 5 to 6, parents can often feel the loss of their regular contact and the

opportunity to share experiences and offer mutual support. The class meets weekly on a Saturday and whilst the children are dancing, parents can regain the opportunity for a chat over a cup of tea/coffee.

Saturdays at 2.30 - 3.30pm | Donation of £2

Dance

21

This is our older dance group for **young people aged 13+** who love to dance!



The group work on a number of routines with the aim of performing at external events to raise awareness of Down syndrome and our charity. Their previous performances include **Northern Ballet Expressions, Diverse Fest Bridlington, Bingley Creates** and other events around **World Down syndrome day**.

Thursdays at 6 - 7pm | Donation of £3.50

Classes are at **Footsteps Theatre School, BD10 8PY** and delivered by Claire King, a highly experienced dance teacher who has worked with us for over 15 years.

Support services for young people

WISH CLUB

Sarah and the team have a range of activities planned for the month ahead, based upon the themes listed below:

PLANS FOR MAY:

- 1st: Kindness tasks
- 8th: Turn taking activities
- 15th: Working on our problem solving skills
- 22nd: Movement for gross motor skills
- 29th: Following instructions



WHAT'S ON OFFER:

The club is full of amazing equipment: HiFi, pool table, Xbox, TV, DVD player, exercise bikes, karaoke, football table, chill out area with bean bags and comfy couches, air hockey table and large Connect 4. Plus the tuck shop!

SUBS - £5 on entry (we do not wish to exclude anyone due to cost, this fee is a donation)

Private Facebook Group— [\(3\) WisH Club | Facebook](#)

OPENING TIMES

The Club is open EVERY Friday 6 to 9pm, for young people aged 11 to 25. You are also welcome to bring a friend or sibling aged 11+

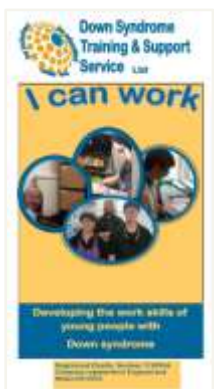
READ THE [FEEDBACK REPORT](#) HERE

'I CAN WORK' PROJECT & INDEPENDENT LIVING SKILLS PROJECT - PLACES AVAILABLE

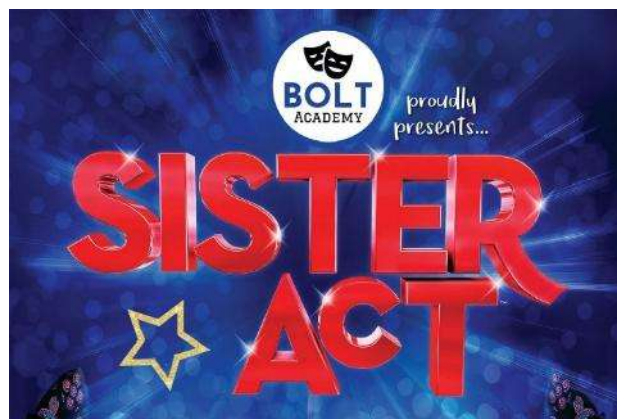
Both our adult support projects 'I CAN WORK' and INDEPENDENT LIVING SKILLS ('I can shop, cook and clean') have places available.

Both services can be funded through direct payments. Please click on a leaflet to download or contact the office for more information.

Both support schemes involve travel training.



GOING OUT CLUB – MAY EVENT



BINGLEY ARTS CENTRE: 29TH MAY 7PM

We are SO excited for May's Going Out Club trip – Sister Act promises to be 'a heavenly night of music, laughter and feel good fun' (Bingley Arts Centre) for all.

We have reserved a number of tickets, cost £19.50 to book just follow the link:

https://form.jotform.com/wendy_uttley/sisteract

APRIL GOING OUT EVENT: SHAMA



The Shama has been a popular place to visit last month with not only our Curry & Quiz night being held there, but the Going Out Club making a separate trip as well!

GYM CLUB!



WEEKLY GYM CLUB FOR YOUNG PEOPLE WITH DOWN SYNDROME aged 11+ Tuesday 4.30-5.30pm

The Gym Club takes place at Pinnacle Performance Fitness Studio, Nelson St, Bradford BD1 1LA. Sessions are run by Sophie Robinson who has supported young adults with additional needs for her entire career, both in the classroom and in the gym. **The cost is £5 per session, by donation.** Please contact the Office to book.

Upcoming training

UPCOMING TRAINING With Dr Wendy Uttley



○○○ SLEEP WORKSHOP ○○○

"My child is now sleeping in his own bed! Getting more sleep - the whole family has benefitted"

THIS COULD BE YOU!!

Due to demand, we are running our Online Sleep Workshop again next month. The session take place on three Wednesday mornings in June (3rd, 10th & 17th) at 10-12pm.

Places are limited to seven families, however we do still have some places remaining. All adults involved with a child are encouraged to attend, and those participants will be classed as one 'team around the child'.

The workshop consists of discussions regarding the difficulties which can be experienced with settling and sleeping through the night, before providing the opportunity to create a personalised action plan based on your child's sleeping habits.

The cost of the workshop is £60 per team, and this can be booked here: [Sleep & Down syndrome - online | Down Syndrome T&SS](#)

🚽 TOILET TRAINING WORKSHOP 🚽

Do you need help toilet training your child? Whether it be a young child just starting to toilet train or an older child who still needs to develop skills towards independent toileting, we can help you to help them!

The course runs online over three weeks, starting on Wednesday 1st July. For more information and bookings, please use this link: [Toilet Training for all ages | Down Syndrome T&SS](#)

NEED AN EXPERT OPINION?



Individual consultations, observations and assessments with Wendy Uttley or Laura Hempel

Offered at an hourly rate of £80 either online, in school or at our centre.

Please visit [Consultations | Down Syndrome T&SS \(downsyndromebradford.com\)](#) to book or for details.

REPORTS FOLLOWING ASSESSMENTS OR OBSERVATIONS COST £120.

'Down Syndrome – Education, Development & Inclusion'.



This will be an accredited course for teaching staff working with a child with Down syndrome. It equates to 22 hours of CPD but is delivered weekly on an hourly basis, in order to be more accommodating of school time constraints. Additionally, the sessions are all available to download.

'WE ARE DEDICATED TO EMPOWERING SCHOOLS TO INCLUDE AND EDUCATE A CHILD WITH DOWN SYNDROME SO THEY ARE ABLE TO ACHIEVE THEIR FULL POTENTIAL - WHATEVER THAT MAY BE'

BOOKINGS NOW BEING TAKEN

PLEASE CONTACT THE OFFICE TO RESERVE YOUR PLACE. Cost will increase to £120 per school, which includes all 22 live online sessions/consultation, handouts and recordings.

FREE ONE-TO-ONE COUNSELLING SESSIONS AVAILABLE

Are you in need of some counselling? One-to-one sessions are available with Gill Iley please contact the office for more details or to book.

COUNSELLING SERVICE FOR ADULTS WITH DOWN SYNDROME:

Gill is also able to offer counselling for adults with Down syndrome. Please contact the office for more details. Currently funded from our reserves.



EARLY DEVELOPMENT GROUPS



We have had a busy couple of weeks since the Easter break with a number of children attending our Early Development Groups with either Laura or Jenn. We love to see the progress that our amazing students are making across their fine and gross motor skills, their speech sounds or number work, social and communication skills as well as in their reading. Good work everyone!

Want to join in? If you have got the fear of missing out and are interested in your child attending, please contact the office as soon as possible. We are currently looking at our groups for September so are happy and able to allocate new places.

Keep your eyes peeled for our EDG Evaluation coming soon!

CHROMOSOME ROCKS OUR CHARITY SHOP



WE HAVE A NEW SIGN!

We are delighted to confirm that we have extended our lease and are able to stay in our charity shop in the Airedale Centre, Keighley. We decided to celebrate with a fancy new sign! If you haven't been down already then come and peruse our range of baby and household items, quality children's toys, books, costume jewellery, adult and children's clothing amongst other superb finds! We assure you that you won't be able to leave empty handed!



SPEECH & LANGUAGE GROUP SESSIONS

MAY SPEECH & LANGUAGE GROUPS

Jessica is back from Maternity Leave!

We are delighted to welcome Jessica back to deliver group sessions, the first of which will be held on Saturday 16th May.

Jessica's dates for the remainder of this term are:

- 16th May
- 20th June
- 11th July



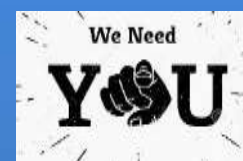
Lauren's groups will take place on Sunday 10th May



Lauren's adult group had a great time visiting the Brick Bank Café in Bingley last month for their April session, using the opportunity to work on a wide range of communication and independence skills.

Evaluation Request! It is that time of year again when we need to collate evaluation responses in order to maintain the funding we have secured to offer our Speech & Language sessions. We know that they are of huge benefit to the children and young people who access them, but we need your help in conveying this and suggesting areas which we can improve. If your child attends our sessions then please complete the evaluation here: [Speech & Lang Evaluation 2026](#)

VOLUNTEERS & DONATIONS NEEDED



Our aim is to keep the 'Chromosome Rocks' well stocked and open throughout the week, but we need more volunteers and donations to enable this. Please contact the Office if you are to help in any way!

We need:

- Quality children's toys
- Household items
- Fancy dress
- Children's summer clothes
- AND VOLUNTEERS!!

CONFUSED BY BRADFORD'S LOCAL OFFER?



A series of short, useful videos have been created with the aim of making it easier to understand how to access services and what is available for people in Bradford. These are accessible here: [Bradford Local Offer](#) and here: [Searching for services](#)



Circus Starr is back in Bradford and we are thrilled to have been gifted 100 free tickets to give away! Tickets are available for either the 4.45pm or 7pm performance on Wednesday 24th June at The Life Centre, Wapping Road, Bradford, BD3 0EQ. If you would like free tickets for you and your family, then please contact karenbarron@downsyndromebradford.co.uk

BRADFORD SEND NEWSLETTER



This is a helpful guide to upcoming events occurring in Bradford over the next month: [SEND Newsletter - May 2026](#)



The Bradford Co-Production Partnership is asking carers in the Bradford District to have their say on what they think Bradford Council should be doing to support carers with a short break service. Join the focus groups to have your say here: [Teams link](#)

Have your say on what you think Bradford Council should be doing to support carers with a short break service.

Join our online focus groups.
Thursday 14th May 6-7.30pm
Wednesday 20th May 1-2.30pm
To join click the QR code or follow the link to <https://tinyurl.com/Carers-Breaks-Bradford>



IPSEA SEND Training EHCP Masterclass: Existing Plans

For parents and carers who already have an EHCP in place for their child, this training looks at what information the plan should contain, how to achieve that, annual reviews and the SEND Tribunal process. The course is online for 5.5 hours.
13th May 2026 | £79 | [IPSEA EHCP Masterclass](#)



This final webinar in the DSA's White Paper and SEND reform series is designed to support parents and carers of children and young people who have Down's syndrome to take part in the SEND consultation with confidence and clarity. The focus is on helping families understand the proposals so that you can share your views / experiences.

Wednesday 6 May 2026 | 7-8pm | FREE

Book here: [How to Respond to Consultations with Confidence: The SEND Consultation Webinar - Downs Syndrome Association](#)



Forest School Teddy Bears Mud Picnic during half term at Judy Wood

**Age 2+
Mon 25th May
1pm - 2.30pm
£10 per child**

This is a relaxed, hands-on Forest School session where little ones can explore nature, get messy, and enjoy spending time outdoors with their teddy bear companions. Full details and how to book here: [Teddy Bears' Mud Picnic Session](#)



Mencap Coffee Mornings for families and caregivers of children aged 0-10 with SEND across Bradford. More info here: [Family Coffee](#)

Carer's Resource Bradford provide support for anyone who is caring for someone else, including Young Carers, in the Bradford district. Find out how they could help you or someone else: [Carers' Resource](#)



FUNDING UPDATE

This list of donations includes funds received during April 2026. A total of £12,999.60 from donations! Bringing the total for this year to £25,561, we're 40% of the way there! Our new annual fundraising total is £60,000 meaning we need to generate £5000 each month to reach our target.

Charity shop: £888.67

JustGiving: £8763.47

Regular donors: £359.32 from 25 donors

PayPal Giving: £1693.29

Adventure Van Rental Raffle: £170

Collection Tins: £63.66, Rachel Cruickshank-Sutton

Noah & Alice's College collection: £170.80

Curry & Quiz Night: £520.67 including raffle

Rawdon Golf Club, £88.72 ongoing charity of the year

Gemma-Marie Fawcett, final total, £281.00



Andy Hibbert, wheelbarrow man!, final total £5848.50 including Gift Aid via Justgiving

Jakey, running man, final total, £1132 (via Facebook fundraiser - PayPal)

March 21st sponsored walk, final total, £7100.77 via Justgiving

The D'Oyly Carte - £3545 for grant youth club

Our BIG 60,000K Fundraiser

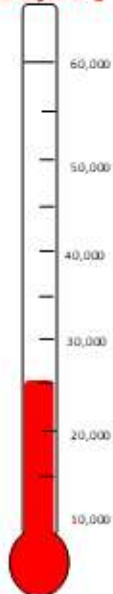
We have decided that in light of our **INCREDIBLE** commitment from the National Lottery, we are able to **reduce our fundraising target to £60,000** as the £40,000 each year from the National Lottery fund will top us up to our £100,000 target.

If you would like to contribute or organise an event to help us reach our target, then please contact us. There are lots of ways to support us!

We are aiming to raise £5000 a month in order to reach our target. You can join an event, set up your own event, create a social media fundraising post or donate/volunteer in our charity shop if you would like to help.

TO DONATE VISIT: [BIG 60K 2026 - can we do it again? - JustGiving](#)

BIG £60,000 fundraiser £25,561



DO YOU SHOP AT THE CO-OP? ARE YOU A CO-OP MEMBER?

We are one of the Co-op's charities of the year!

If you become you are a member you can help raise funds for us every time you shop, just by scanning your membership card. It costs £1 to set up, but by being a member, you also get other perks such as £1 off your shop each week.

Sign up using the link below, then choose our charity:

<https://coopapp.onelink.me/ftOk/dbbb4fmv>



A great achievement for Ben!



We would like to pass on a huge congratulations to Ben for winning the Under 18s Young Disability Sportsman Award at this year's Bradford Sports Awards last week! Ben was described as both a 'determined and competitive sportsman'

and is part of the Special Olympics Yorkshire Team for cycling. Great work, Ben and well deserved!

UPCOMING FUNDRAISING EVENTS



Tuesday 12th May:
ASDA Collection

Tuesday 23rd June:
Co-op Collection

Are you able to spare a few hours on these mornings to help us raise funds whilst people do their shopping?

Please contact the Office if you are able to help us

CIRCUS TICKETS AVAILABLE THANK YOU TO CIRCUS STARR for donating 100 free tickets.

Tickets are available for either the 4.45pm or 7pm performance on Wednesday 24th June at The Life Centre, Wapping Road, Bradford, BD3 0EQ. Please contact the office to get yours.

KEEP UP TO DATE WITH EVENTS ON SOCIAL MEDIA



PUBLIC FACEBOOK PAGE for general info:

<https://www.facebook.com/DownsyndromeTSS/>

CLOSED FACEBOOK GROUP for info on day to day activities: <https://www.facebook.com/groups/DSTSS/>

CHARITY SHOP FACEBOOK PAGE: [\(5\) Facebook](#)



FOLLOW US ON INSTAGRAM:

<https://www.instagram.com/downsyndrometss/>

CONTACT Wendy Uttley or Heidi Grosvenor

Website: www.downsyndromebradford.com

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