Down Syndrome Training & Support Service Ltd

November

2026

NEWSLETTER



Upcoming Events • Training • Support

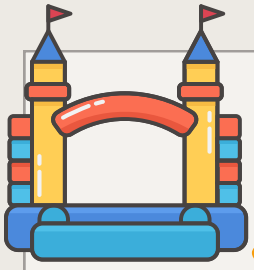
Fundraising Updates

DONATE

Down Syndrome Training & Support Service Ltd

01274 561308
07512346717
Pamela Sunter Centre
2 Whitley Street Bingley, BD16 4JH

Company Number 691555
Registered Charity Number 11309954

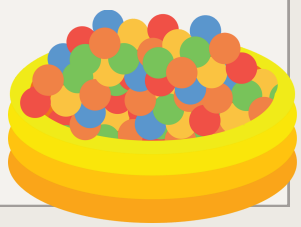


November Family Saturday Session

Bouncy Castle, Ball Pit and Sibz group

Saturday 14th November
10am to 12pm

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



Contact us if you need transport

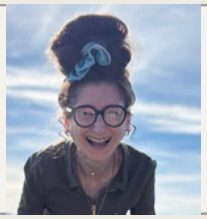
Our October Halloween Family Saturday Session was great!



Here's a spooky Sam and his brother trying to get the spider down the parachute!

Thank you to those who attended our AGM and to our wonderful volunteers for organising the Halloween craft activities for our families.

Save the date for our Christmas Session - Santa will be visiting us on Saturday 19th December!



Two of our Directors stood down on rotation, and were re-elected at our AGM last month: **thank you to Lauren Bernardina-Drake and Farzana Kauser.**



Christmas Raffle

We have some wonderful prizes for this year's Christmas Raffle, with the first prize being this very fancy, festive hamper!



Other prizes include Catherine Bartle framed watercolour paintings, men's aftershave and a festive cuddly toy amongst other treats!

Tickets are just £1 and are now on sale HERE or via the QR code.
The raffle will be drawn on Saturday 19th December 2026

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Registered Charity Number 1130994 Company Number 6915555

Training and support

We offer a range of different training options to suit schools, families and other professionals:

DOWN SYNDROME EDUCATION, DEVELOPMENT & INCLUSION

There are 20 weeks of online CPD accredited training and consultation remaining for any professionals who are working with a child who has Down syndrome.

Training covers the learning profile of someone with Down syndrome, with practical ideas across signing, communication, reading, numeracy and behaviour. More info here!

Sessions run every Thursday from 10am to 11am, from 5th November. Sessions are recorded and available to download and watch at a later date, so whilst attendance is recommended it is not compulsory. Training is mainly aimed at teaching staff; teachers, SENCos and TAs, but parents are also welcome to attend.

SIGNING AND DOWN SYNDROME

Four 1 hour sessions which include practice of useful phrases and familiar children's songs, followed by a consultation session.

Every Thursday from 5th November, 10am-11am. Contact us to book

FREE

FREE PRE-RECORDED TRAINING & RESOURCES TO DOWNLOAD

There are a number of discounted resources available to download on our website, some are even free! Browse them here

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Services for children and young people

Wish Club

NOVEMBER

6th Nov: Bonfire crafts and PEEPS
13th Nov: Mobile phone safety
20th Nov: Collecting Youth Voice
27th Nov: Time problem solving skills

The Club is open EVERY Friday 6 til 9pm, for young people aged 11 to 25.



Find out more here

DANCE 21

6-7pm every Thursday
Ages 13+
£3.50 by donation

TWIRLY 21

Every Saturday
2.30-3.30pm
Ages 5-12
£2 by donation

Footsteps Footsteps Theatre School, Bradford BD10 8PY

GOING OUT CLUB



THE PANTO!

Saturday 14th November
Meet outside at 5.15pm so we can be seated and ready for the show to start!

GYM CLUB

Our weekly gym club (age 13+) continues at Pinnacle Performance Fitness Studio, Nelson St, Bradford BD1 1LA, Tuesdays 4.30 to 5.30pm.

£5 per session by donation

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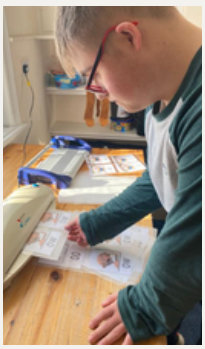
Opportunities for Young Adults

I CAN WORK

Our 'I Can Work' project currently offers two placements for adults with Down syndrome aged 18+ at our centre. The aim is to provide input and support until they are ready to progress into a work related placement or, ideally, paid employment.

Download the brochure

The placement is one day per week and can be funded by Direct Payments. For more information please contact us!



INDEPENDENT LIVING SKILLS



The placement is one day per week at our centre and can be funded by Direct Payments.

More info here

This course covers a range of skills needed in the kitchen, bathroom, bedroom and living room, for example, what is the difference between toilet cleaner and body wash? How to shop for and cook a meal.



PUTTING OUR SKILLS INTO ACTION!

Charlie ran a stall at the Bright Futures event at Hazelbeck school last month, promoting our services as part of placement on the I Can Work program.

Understanding what is appropriate to wear in this particular workplace, developing social, communication and interaction skills are just some of the things Charlie worked on during this event, thanks to the help of his coach, Nicky.

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A Life of Inclusion

EARLY DEVELOPMENT GROUPS

We still have spaces available in *some* of our Early Development Groups, where we work with babies and children to support them in developing the skills they need prior to starting school. You can find out more here!



> **"My child has made new friendships, improved his communication skills, and grown in confidence. He enjoys the sessions, interacting with others, and learning new skills in a supportive environment".**

Speech and Language Sessions

Jessica's Groups

Saturday 21st November

All sessions at the centre, **except the Adult Group** who will meet at Aldi - please complete the **consent form**

Lauren's Groups

Sunday 15th November

All sessions at the centre.

Lauren's Adult Group will have a Christmas outing on 13th Dec.

Find out more about the groups here



Noah, Alice and Millie had a successful trip to Lidl last month, with Noah being particularly pleased with his purchases!

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Support from Elsewhere

IPSEA are offering another online course for parents who would benefit from advice this month.

IPSEA

Introduction to SEND Law: SEND law with confidence | 18 November | £79

Bradford Local Offer - November

Download the newsletter to find out more about SEND friendly events and support across Bradford.



Mencap support in Bradford:

mencap

Family Engagement Project

SEND Parent and Carer Coffee Morning

Join our community of parents and carers of children aged 0-10 with Special Educational Needs and Disabilities or emerging needs for informal advice and support.

Come and join us at the Kirkgate Community Centre!
3rd Wednesday of each month
10.00am - 11.30am
Kirkgate Community Centre, 39A Kirkgate, Shipley, BD18 3EH

17th June
15th July
19th August
16th September
21st October
18th November
16th December

Family Engagement Project in Bradford

To register with the project, scan the QR code or visit our Facebook page - Mencap Family Engagement Project Bradford and follow the link.
For further information email us at: BradfordFEP@mencap.org.uk

DOWN'S SYNDROME ASSOCIATION

Emotional well-being

The DSA have created a range of resources on wellbeing.

There are **guides for parents/carers**, and easy read **guides for people with Down syndrome**, too. These are free to download using the links.



AllWays Able are an Irish group who provide an online music class, via Zoom.

Website here.

Parents' Forum Bradford & Airedale



Have your say on SEND Provision across Bradford. Sign up to attend this event by going on the PFBA website below:

November One Plan Event

Safe Anchor Trust are a voluntary service who provide fully accessible boat trips for people with disabilities. You can book an excursion with them via their website: https://safeanchor.org.uk/

Safe Anchor

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Upcoming fundraising events

Santa's Grotto

This year we are running the Santa's Grotto in the Airedale Shopping Centre, Keighley.

Can you donate presents for Santa's sack?

Please share with friends & family!

We have set up an **Amazon Wishlist** for people to be able to donate gifts which Santa can give out during December. If you were able to purchase something off the list, it will come to our office and go straight into Santa's sack!

You can find our wishlist here or scan the QR code above:
DST&SS Xmas Wishlist



LORD MAYOR'S DINING CLUB

Tuesday 24th November

Shama, Bingley

Est.. 1979 Shama A Memorable Experience



£25pp includes a donation to our charity as we are one of the charities of the year. To book, contact lordmayorsappeal@bradford.gov.uk



Can you join us for our fundraising event at the Co-Op?

Nicky & Charlie will be collecting donations at Bingley Co-Op on 24th November between 10am-12pm. We would love to see you there!

Learn more about our fundraising here.

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Fundraising Update

Huge thanks to three of our local businesses:

Space Kid Records
Sofa Guys
Physical Impact Kickboxing

Who have kindly donated £100 each towards our running costs for the next year.

We have our total from Rawdon Ladies Golf Club: their charity fashion show raised an impressive:

£828.84!

Thank you so much for your organisation and generosity.

A HUGE WELL DONE TO LAUREN FOR COMPLETING THE CHESTER MARATHON

Despite injuring her knee on the eleventh mile, Legendary Lauren continued with the marathon and successfully completed it! What an achievement! Lauren's effort and determination have raised

£520

THANK YOU SO MUCH, LAUREN!



THANK YOU FOR CHOOSING US AS YOUR CO-OP CAUSE

If you've been scanning your membership card every time you've shopped at a Co-Op over the last year, then thank you for helping us to raise money!

Our time as a Local Co-Op Community Cause has now come to an end, but we are incredibly grateful for what we have received over the last year. Our final installment is:

£2013

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Funding Update: October

DONATIONS AND GRANTS



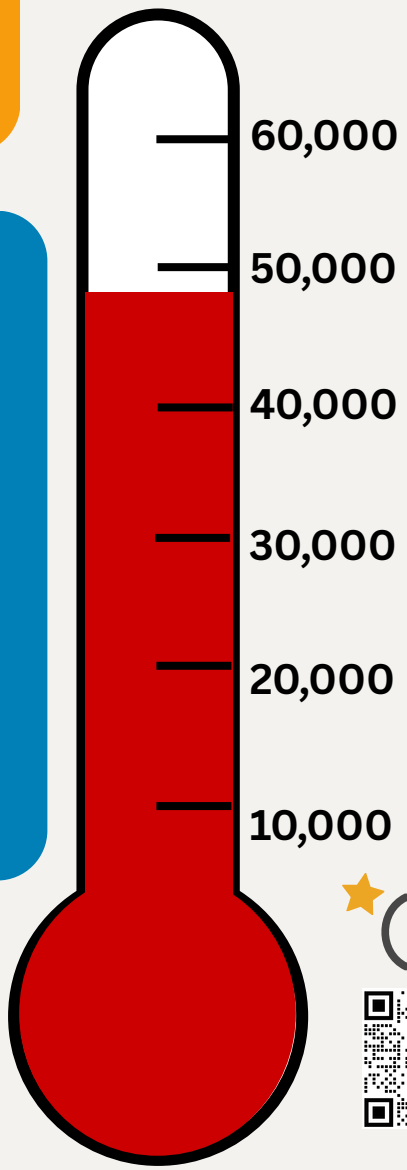
Charity Shop: £1100.26
Collection Tins: £222.84
PayPal Giving Fund: £88.37
Regular Donors: £299.84
World of Books Trade In: £51.64
Catherine Bartle Art Cards: £25
Rawdon Ladies Golf Club: £182.50
HMRC Gift Aid payment: £3414.66

Donation in Memory of Pauline Fletcher: £50

This takes our total raised to £47,850.27!

Successful Grants:

- £1500 for counselling from Widow's Sons
- £2500 for OT, Physio and Oral Motor Therapy The Birkdale Trust
- £1800 for Family Saturday Sessions from the Samuel Sunderland Trust



8 weeks to go...





THANK YOU



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