



Down Syndrome Training & Support Service Ltd

Registered Charity No. 1130994
Company Number 6915555

The Pamela Sunter Centre
2 Whitley Street, Bingley, BD16 4JH
Telephone 01274 561308
office@downsyndromebradford.co.uk
www.downsyndromebradford.com

SPRING/SUMMER 2022

TRAINING



At The Pamela Sunter Centre, Bradford
and online live via Zoom.
Courses delivered by Dr Wendy Uttley
the specific learning needs of children
and young people with
Down syndrome

ONLINE WORKSHOPS	2
• Three week 'toilet training for all ages'	2
• Three week 'improve your child's sleep'	2
• Down syndrome & autistic spectrum condition	3
LIVE TRAINING AT THE CENTRE	4
• Teaching basic number skills to children with Down syndrome using the Numicon approach	4
• Teaching number skills beyond 10, time & money	4
• Reading, Language Intervention for children with Down syndrome	5
• Six week behaviour course for parents/carers WORKSHOP	5
• Signing and children with Down syndrome	6
• ME, my body, my friends, my life - SRE and Down syndrome	7
PRERECORDED TRAINING	8
RESOURCES	9
CONSULTATIONS, OBSERVATIONS, ASSESSMENTS	11
SCHOOL ASSEMBLIES	11



**Down Syndrome
Training & Support
Service Ltd**

The Pamela Sunter Centre
2 Whitley Street, Bingley, BD16 4JH
Telephone 01274 561308
office@downsyndromebradford.co.uk
www.downsyndromebradford.com

Registered Charity No. 1130994
Company Number 6915555

Three week 'toilet training for all ages' **ONLINE WORKSHOP**

Wednesday 19th & 26th January and 2nd March 2022, 10am to 12pm
Friday 1st, 8th and 15th July 2022, 10am to 12pm

Do you need help toilet training your child?

Whether it be a young child just starting or an older child who still needs to develop skills towards independent toileting you are welcome to join us.

Sessions will run over three weeks and cover how the bladder develops, skills needed to use the toilet, tips on toilet training, constipation, day and night time wetting and set targets for each child. There will also be opportunities to support each other, share ideas and resources and monitor progress.

The course is 2 hours a week for 3 weeks and limited to 7 families.

Creche available at £10 per child per session.

- *Activities gave a true understanding of how difficult it is for a child with Down syndrome*
- *Benefitted from hearing other parent's experiences, some really useful tips.*
- *Lots of ideas and given me confidence as very daunted and didn't know who to ask.*

COST: FREE to family members, otherwise £30.



CONSULTATIONS, OBSERVATIONS, ASSESSMENTS AND REPORTS

Online or face to face



Consultations

Consultations are available at a cost of £25 per half hour. These may take the form of discussion around a child's developmental/educational targets or taking part in an EHCP meeting.

Observations

We can come into school to observe your child. This will cost £50 per hour. A report can be prepared following an observation, this will cost £100.

Assessments

We can assess your child, usually at our centre for £50. A report following an assessment will cost an additional £50.

Improve your child's sleep ONLINE WORKSHOP

This workshop is over 3 weeks, Fridays 4th, 11th & 18th February 2022, 10am to 12pm

The workshop will start by discussing sleep and the difficulties that can be experienced with settling and sleeping through the night.

It will then offer the opportunity to share experiences and aim to set action plans to help improve the bedtime routine, settling, staying in your own bed, and sleeping through the night.

Creche available at £10 per child per session.

The course is 2 hours a week for 3 weeks and limited to 7 families.

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

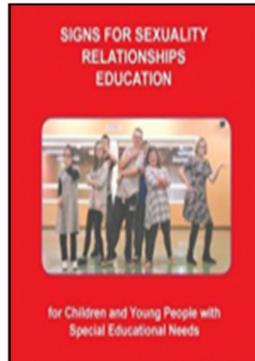
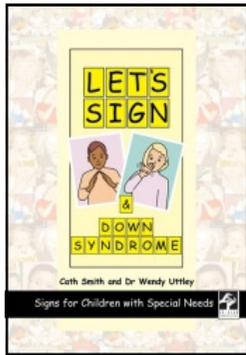
COST: FREE to family members, otherwise £30.

School assemblies, (1/2 hour)

Introduction to Down syndrome for primary schools.

Introduction to Down syndrome for secondary schools.

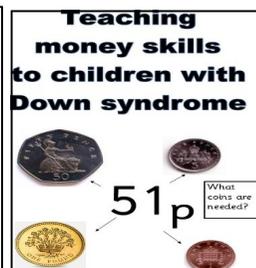
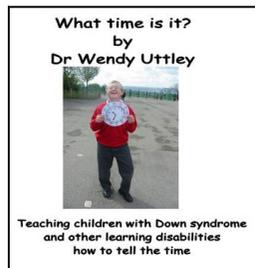
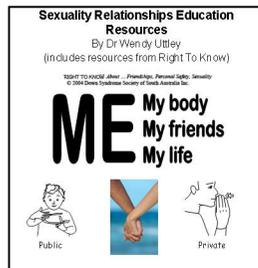
Both sessions cover what Down syndrome is and what it means to have Down syndrome with time for questions and answers. Please ring the office to book. Payment by voluntary donation to the charity.



SIGNING BOOKS

Let's Sign & Down syndrome includes over 300 signs to accompany our signing course, £7.

Signs for SRE.
This supports our *ME, my body, my friends, my life* workshop, £6.



MEMORY STICKS OR ELECTRONIC DOWNLOADS, £10

Resources and activities to support several of our training Courses are available to buy on a memory stick in pdf format or to download direct from our website. Both the time and money resource includes a programme of delivery.

Down syndrome & autistic spectrum condition ONLINE WORKSHOP

Wednesday 16th February and 2nd March, 10am to 12pm each day

The workshop will enable participants to share their understanding of how children with a dual diagnosis of Down syndrome and autistic spectrum condition develop speech, language and communication. Using several case studies we will discuss what we know, what we don't know and what we would like to know! There will also be an opportunity to discuss and share ideas on how we manage communication, sensory issues, diet, feeding and unwanted behaviours.

COST: £40 per professional (£20 for second member of staff from same school)/£20 per family member.

Refreshments provided but please bring your own lunch.

- An excellent day. I really enjoyed it and gained lots of ideas.
- Loved the small group work.
- Today highlighted to me the overlap of difficulties/symptoms seen in DS & ASC
- Today will make me look at children I am currently working with and think about how they

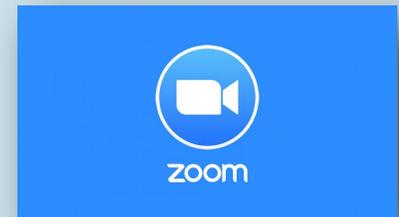
ONLINE WORKSHOPS

Our online workshops are delivered via Zoom. The link will be sent to you the day before the training and it will be the same link for all sessions of the course.

Any handouts will be emailed following the session.

Sessions will not be recorded and confidentiality rules will be put in place at each session.

We adhere to our online (Zoom) policy which is available for you to read upon request.



<https://www.downsyndromebradford.com/buy-resources-1>

Teaching basic number skills to children with Down syndrome and other learning difficulties using the Numicon approach

Monday 7th March, 9.30 to 12.30pm

Basic number skills are vital to enable everyday social inclusion and independence. The training will commence with an overview of the learning profile of a child with Down syndrome; exploring working memory and how this impacts on learning numbers. It will detail how children learn basic number skills - recognising numbers, saying number names, counting to find 'how many?' and early hands on addition. It will explore the challenges faced by children who have Down syndrome and other learning disabilities and demonstrate how the use of Numicon as a visual representation of number can help to overcome these difficulties and lead to increased understanding and confidence.

COST: £60 per professional (£15 for second person from same school)/£15 per family member.

Resources available £10. (memory stick or download)

- It is going to be invaluable for me and my setting to support our children and develop them to their maximum potential.
- Very thought provoking - good examples shown to understand the difficulty maths presents to children.
- Despite not having used Numicon before I found it easy to follow and flexible. It was very helpful.

Resources created using images of Numicon shapes.



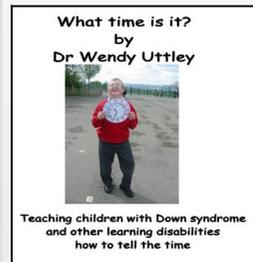
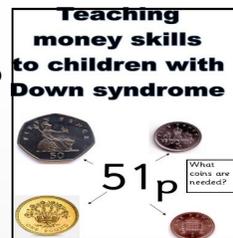
Teaching number skills beyond 10, time & money

Monday 14th March, 9.30am to 3pm

In the morning we will look in detail at tackling number skills beyond 10:

- ♦ Rote counting in 10s, 5s, 2s, teens and counting through decades up to 100
- ♦ Recognising 2 and 3 digit numbers, place value and order
- ♦ Counting to find how many - beyond 10
- ♦ Adding up and taking away - methods to succeed
- ♦ Fractions, multiplication, division and using calculators

After lunch we will tackle time and money



Time: This workshop will equip participants with a structured programme of activities and resources, developed and written by Wendy Uttery, to help them teach the passage of time and then how, step by step, to teach a child how to tell the time.

Money: We will detail a programme written by Wendy Uttery which consists of 120 finely graded activities to help teach a person with Down syndrome or other learning disability to understand and use money. From the early stages of learning the names for the coins to working with pounds and pence this programme is suitable to use with a child from approximately 5 years of age.

COST: £80 per professional (£20 for a second person from the same school) /£20 per family member.

Programme and resources are available for £10.00 as a download or on a memory stick

RESOURCES AVAILABLE TO ORDER OR DOWNLOAD FROM OUR WEBSITE

EARLY READING BOOKS LINKED TO RLI PROGRAMME

Two sets of 10 books are available to buy in print or download. The books have large clear print and images on a clear white background. Each page has a repetitive sentence as the vocabulary builds and is revisited throughout the set. The first set of 10 books is written at level 1 of the Hatcher Grading scheme and the second set at level 2.

Cost: hard copy, £20 plus postage for each set of 10 books.

Electronic copy, £10 for each set.

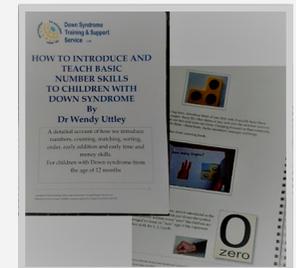
The books are simply excellent - perfect for my child in school.



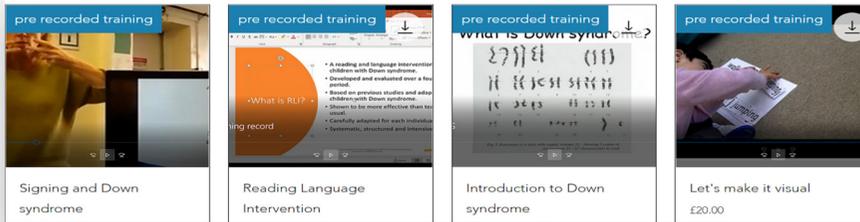
TEACHING BASIC NUMBER SKILLS TO CHILDREN WITH DOWN SYNDROME by Dr Wendy Uttery

The book brings together the number interventions developed by Wendy Uttery and is used in our early development groups throughout our five year programme. It is a detailed account of how we introduce numbers, counting, matching, sorting, early addition and early time and money skills from the age of 12 months to 6 years and above.

COST £10 plus postage. Please visit our website to purchase <http://www.downsyndromebradford.com/resources-books-to-buy/>



PRE RECORDED TRAINING AVAILABLE TO DOWNLOAD FROM OUR WEBSITE



DOWNLOAD

All of our pre recorded training can now be purchased and downloaded direct from our website:

[Buy resources | Down Syndrome Training and Support Service Ltd](https://downsyndromebradford.com)
(downsyndromebradford.com)

- **Introduction to Down syndrome**

2 HOUR PRE-RECORDED AVAILABLE. Cost £10 family member/£20 professional

- **Teaching basic number skills to children with Down syndrome using the Numicon approach, beyond 10, time and money.**

4 ONE HOUR SESSIONS NOW AVAILABLE. Cost £20 family member/£40 professional

- **Let's make it visual - using visual resources to develop the language, communication and literacy skills of children with Down syndrome,**

2 ONE HOUR SESSIONS NOW AVAILABLE. Cost £10 family member/£20 professional

- **Reading, Language Intervention for children with Down syndrome**

6 ONE HOUR SESSIONS NOW AVAILABLE Cost £30 family member/£60 professional

- **Signing and children with Down syndrome**

This is a 4 hour training session covering about 300 signs. It is available as a download (3.5GB) via an online transfer or on a memory stick. Cost £20 family member/£40 professional

- **The inclusion of children with Down syndrome - expectations of behaviour.**

4 ONE HOUR SESSIONS NOW AVAILABLE. Cost £20 family member/£40 professional

Six week behaviour course.

Workshop for parents and carers of children with Down syndrome (support staff welcome please ask)

Wednesday 16th, 23rd, 30th March, 6th, 27th, April, 4th May 2022, 10am to 12pm

PLACES LIMITED TO 7 FAMILIES

The course will cover an overview of the learning profile of a child with Down syndrome looking at how difficult behaviours may develop. Parents will then be encouraged to focus on a specific behaviour they wish to modify and we will discuss methods and ideas to modify the behaviour. Support staff working with the child are welcome to come along and be involved in the session in a bid to provide a consistent approach.

Each week opportunities will be offered to discuss progress and learn from each other. Please note that this course is primarily for parents.

Creche available 10am –12pm, £10, per child, per session.

- *It has changed my ability to look and evaluate a situation.*
- *I now feel more confident in how to progress and manage any difficult behaviour I've experienced*

Reading, Language Intervention for children with Down syndrome

Monday 4th & 25th April. This training course is over 2 half days, 9.30am to 12.30pm.

The RLI programme detailed in a teacher's handbook and DVD developed and produced by Down Syndrome Education International, provides a systematic structured approach via daily activities that can be finely adapted to each child. The training days will cover the theory behind the programme, how to assess a child to find a starting point, how to monitor and record progress and how to deliver the daily intervention with examples from, and reference to, the teacher's handbook and DVD.

The RLI programme comprises of two strands of intervention; a reading strand and a language strand. The aim of the RLI programme is to:

- Improve spoken language and literacy skills of children with Down syndrome.
- Improve teaching practice and support educators.

We have for a long time known reading is a strength for children with Down syndrome but not all educators are aware of this or how to ensure the children reach their full reading potential.

- **COST:** £120 per professional (£30 for second person from same school)/£30 per family member for both days inclusive.
- *Excellent. I have already put some things into practice and can see it will make a huge difference to lots of our students*

Signing and children with Down syndrome

Session 1 - Wednesday 18th May 2022

Session 2 - Wednesday 25th May 2022

Time 9.30 until 11.30am both days

Session 1 will cover why we use signing with children with Down syndrome and the signs for manners, animals, food, family and other people, and the alphabet.

Session 2 will cover signs for the home, school day, colours, descriptions, time/days, questions and connective/link words.

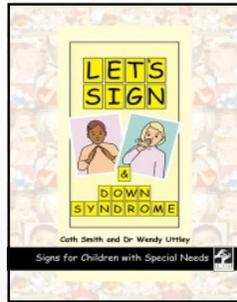
Followed by a discussion on how behaviour can be addressed through introducing signing.

Both sessions will include practice of useful phrases and familiar children's songs. A book "Signing and Down syndrome", covering the signs in this course is available for £7.

COST: £80 per professional (£20 for second person from same school)

/£20 per family member.

- A very useful course. Was good to be able to practice the signs straight away.
- Impressed with how much I have learnt over the two sessions.
- Really interactive and enjoyable.



We do not wish costs to prohibit anyone from accessing our training. If a family or school wishes to attend but they are worried about costs just let us know. You are welcome to attend for free, a donation or you may wish to consider organising a fundraising event for us.

**INSET TRAINING ALSO AVAILABLE
PLEASE CONTACT THE OFFICE**

100% of participants feel that they can improve their practise because of our training and the majority feel they understand Down syndrome and inclusion more.

ME, my body, my friends, my life

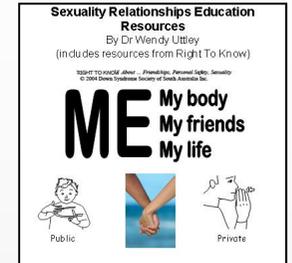
How to teach children & young people with Down syndrome about their bodies, keeping safe, privacy, social boundaries and self help skills.

This course is over 2 days Wednesday 8th & 15th June 2022, 9.30am to 3.30pm.

If needed it can be delivered online over 4 sessions. This would reduce the content of the course to 2 hours each session, 10am to 12pm and extend the course a further two days to Wednesday 22nd and 29th June

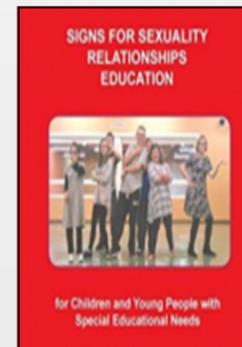
The course will cover:

- How important such training is for young people with learning disabilities. Names for body parts. Privacy.
- Puberty for girls, puberty for boys,
- Feelings, personal hygiene, self help skills.
- Touching, hugging, affection, friendships.
- Safety in the community. Assertiveness. Abuse prevention strategies. How do we become our own protector?



The signs for this topic are also covered and available in a book —SRE and Down syndrome cost £6. A Memory stick of resources & activities is available to buy at a cost of £10.

COST: Subsidised fees £60 per professional (£30 for a second professional from the same school)/ **FREE for family members otherwise £30.** This includes a folder of handouts.



Refreshments provided but please bring own lunch. If cost is prohibitive you are welcome to attend but please consider organising a fundraising event for us, thank you

- Very good for all people working with young people with learning difficulties
- I'm now much more confident to tackle the subject.
- Enjoyed meeting other people and being able to talk openly about issues and facts of life
- It's given me the confidence to talk about the changes my child will go through and most of all helped me to prepare and be aware of what is to come.
- Understand now the importance of starting this work in primary schools and practical ways of doing this.