



Down Syndrome Training & Support Service

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

November 2022

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FAMILY SATURDAY SESSION SHABANG!

Our next Family Saturday Session is on 12th November, 10am to 12pm at Bingley Methodist Church, (Herbert St, Bingley, BD16 4JS).

We're thrilled to announce that Shabang! will be joining us for a morning filled with dance, music and performance. All welcome.

Transport can be provided if required. Please contact the office.



Sibz Zone

Saturday 12th November, 10am-12pm

Our Sibz Zone is based in the youth club at our centre. The group timings coincide with our family Saturday session at Bingley Methodist Church. It will be delivered by Elanor and Ellie, older siblings, and is for all brothers and sisters aged 6+ . For more information please visit our website: [Support activities | Down Syndrome Training and Support Service Ltd](https://www.downsyndromebradford.com/support-activities-down-syndrome-training-and-support-service-ltd)



CHRISTMAS RAFFLE

Our 2022 Christmas raffle is LIVE!!!

1st prize - Luxury Aldi Christmas hamper

2nd prize - 4 bottles of Christmas drinks

3rd prize - luxury Christmas crackers

Tickets are £1 each and available to buy here:

<https://form.jotform.com/222653268392360> or using the QR code above.



Exciting training opportunities with us

SPEECH & LANGUAGE NETWORK NORTH TRAINING DAY FOR THERAPISTS 'STAMMERING & DOWN SYNDROME' with BEN BOLTON-GRANT

Tuesday 15th November 2022, 9.30 to 2.30pm

The workshop is specifically for speech & language therapists.

The aim is to share an understanding of stammering in children and young people with Down syndrome by providing an overview of the communication profile of people with Down syndrome, a discussion about why stammering may occur and practical considerations for supporting children, young people and families.

9.30am - Arrive, teas/coffees, networking.

10.00am - Start

2.30pm - Evaluation and finish

COST: £25 per head. Refreshments will be provided but please provide your own lunch. If cost precludes attendance please contact the office. FOR BOOKING: Please visit our website

www.downsyndromebradford.com/training

and complete the booking online or contact the office via email office@downsyndromebradford.co.uk

GUT HEALTH & DOWN SYNDROME ONLINE INFORMATION SESSION with Dr Elizabeth Corcoran

On Friday 9th December, 1 to 2pm, Dr Liz, Chair of the Down's Syndrome Research Foundation UK and sibling to David, who has Down syndrome, will be delivering an online information session. She is passionate about lifestyle medicine and when not running the Foundation is seeing clients of all backgrounds, including those with Down syndrome to improve their health.

Dr Liz will give us a whistle stop tour of the foundations of good nutrition for children with Down syndrome, highlighting common issues that the community face including constipation, digestion and food issues. How do you sort the wood from the trees? She will have plenty of time for Q&A at the end- bring your burning questions.

There is a charge of £10 per person for the talk which will take place on Zoom. BOOKING via our website:

[GUT HEALTH & DOWN SYNDROME | Down Syndrome T&S](https://www.downsyndromebradford.com/gut-health-down-syndrome-down-syndrome-t&s)

FULL DETAILS OF ALL COURSES THIS ACADEMIC YEAR PLUS BOOKINGS CAN BE FOUND ON OUR WEBSITE

[Training | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](https://www.downsyndromebradford.com/training-down-syndrome-training-and-support-service-ltd)

.....more on next page

Signing and Down syndrome

Session 1 - Friday 4th November 2022

Session 2 - Friday 11th November 2022

Time 9.30 until 11.30am both days

This training is over two mornings. Session 1 covers 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 covers 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 for one member of staff £80, for two members of staff £100.

Family members welcome £20.

- *Fantastic course, really enjoyed learning the signs. Great pace. I enjoyed learning a new skill and I'm looking forward to using it with the children I work with*



Onwards & upwards

Secondary school provision for children with Down syndrome – expectations matter

FREE TRAINING ON

Monday 28th November 2022,

9am to 12.30pm at

The Pamela Sunter Centre,

TOPICS INCLUDE:

- Expectations matter – how do we see people with Down syndrome? What is it?
- Health needs that may impact on education and development
- What is the vision? Where does someone with Down syndrome belong?
- The learning profile of a person with Down syndrome. Strengths and weaknesses in the classroom
- Strategies to help with communication, speech, literacy & numeracy
- Qualifications – what are we working towards?
- Tackling behaviour – including sexuality relationships education
- Progression beyond school – a little about college, supported internships, employment

This is a **free** training day aimed at working with children and young people who have Down syndrome.

The Down Syndrome Bill, currently under consultation, calls for:

- Children with Down syndrome to be recognised as a unique group of people who need specific provision
- Mandatory specialist training for staff in mainstream and special schools settings and for the whole school community delivered by specialists in Down syndrome

TO BOOK: Please visit the training page on

our website: [Training | Down Syndrome Training and Support Service Ltd](https://www.downsyndromebradford.com/training-down-syndrome)

([downsyndromebradford.com](https://www.downsyndromebradford.com)) or contact

our office

office@downsyndromebradford.co.uk



Reading, Language Intervention for children with Down syndrome

Wednesday 23rd & 30th November 2022. This training course is over 2 half days, 9.30am to 12.30pm.

The RLI programme, 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.

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 (£40 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*



Down syndrome & autistic spectrum condition Workshop (online) DECEMBER

Wednesday 7th & 14th December 2022, 10am to 12pm

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

Wednesday 9th November 2022, 9.30 to 12.30pm

The morning will cover why the written word is used as a visual tool to support the development of language skills. Methods to develop clarity of speech, grammar, vocabulary, and lengthen sentence utterance will be discussed and illustrated.

It will also detail visual timetables, conversation diaries and ideas to develop reading, writing and spelling skills.

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

Digital download or memory stick of resources available £10

- *Very useful to be given lots of ideas on a range of resources*
- *I liked the real examples of school work and the video clips*

MEET OUR DIRECTORS. On Saturday 8th October we held our AGM. Thank you to all of our members and directors for their ongoing support and commitment.



Robert Kennedy



Heather Chattell



Noreen Metcalfe



Farzana Kauser

PLANS TO DANCE this term & next term

Following our taster dance sessions in October we are delighted to announce that Claire Mitchell—King from Footsteps Theatre School is able to be involved in both our younger and older dance sessions. Claire is a highly experienced both in dance and in working with children and young people who have Down syndrome.

TWIRLY21s

Starting Saturday 29th October, 2.30 to 3.30 and continuing to run weekly at Footsteps Theatre School, Idle, BD10 8PY, Twirly21s will be our younger dance class for children aged 5 to around 12 years of age. The session will be packed full of fun activities aimed at younger children with Down syndrome. Refreshments will be available for parents—enabling them to spend a little time together while the children are dancing. Cost £2 upon entry. We would like the children to be able to pay and use coins on entry as a little extra practice for them. Please could they have the coins in their pocket/purse ready. Thank you

Dance21, transition plans

Mondays, 6.30 to 7.30pm with Mati at Kirkgate Community Centre, Shipley. Dance sessions will continue every Monday until the end of the year for young people aged approx. 13 upwards, and then cease.

Thursdays, 6 to 7pm- starting 10th November, with Claire and Kim at Footsteps Theatre School, Idle, BD10 8PY for young people aged approx. 13 upwards.

A letter is included for all dancers currently involved in the sessions

FOR MORE INFORMATION PLEASE CONTACT THE OFFICE.



MEET THE REST OF OUR DIRECTORS

Our annual progress report is now available to download from our website. Just click [here](#) or visit our home page:

www.downsyndromebradford.com



Mel Ratcliffe



Jenn Casper-Smith



Lauren Drake



Julie Wood

WISH CLUB

NOVEMBER

4th Nov - Bonfire night celebrations

11th Nov - Remembrance activities

18th Nov - Sing a long on the big screen - high school musical 1+2

29th Nov - Games tournament

FACEBOOK GROUP

Keep up to date with what's happening and view photos and videos from the club by becoming a member of the secret



Wish Club Facebook group. <https://www.facebook.com/groups/wishclubyouth/>. Contact the office to be added.

The club runs every Friday, 6 to 8pm, for young people aged 11 to 13 years and 6pm to 10pm for teenagers upwards. Young people are welcome to bring along a friend or sibling age 11+ to the club. We charge £2 subs every week and also run a tuck shop so please ensure your young person has a little cash on them. It all helps towards developing money skills. Thank you.

CHRISTMAS PARTY FOR ALL OUR YOUNG ADULT GROUPS

Save the date now!

On Friday 16th December, 7 til 10pm we have planned a fantastic Christmas party for all of our young adult groups:

Dance21, Teens21, WisH Club, I Can Work employees, in fact any young person with Down syndrome aged 11+ is welcome to attend. We have booked the downstairs room at The Secret Garden (formally known as Chapter 2) at 11A Chapel Lane, Bingley. It will be a private party with a live DJ, party buffet, dancing and games.

The evening is also open to parents should they wish to stay.

Tickets are £5 in advance and can be bought via our website or through the WisH Club. Tickets are on sale now!

[Christmas party & raffle | Down Syndrome T&SS](#)
downsyndromebradford.com



EARLY DEVELOPMENT GROUPS



There are still a few places available. If you are interested please contact the office.

ORANGE GROUP (Year 1) This is our youngest group for infants aged 12 to 24 months. It will run Mondays 7th, 21st Nov & 5th Dec, 10am to 12pm. Laura Hempel will run this group, supported initially by Wendy Uttley. The second hour of the session will be open to any younger babies when there will be the opportunity to chat about a relevant topic, for example, hearing, feeding, eyesight, benefits, etc, share experiences and finish with some singing and signing to the magic bag.

YELLOW GROUP (Year 2) This is one of two year 2 groups for children aged 2 to 3 years old. It will run Tuesdays 8th, 22nd Nov & 6th Dec 10am to 12pm with Wendy Uttley.

RED GROUP (Year 2). This is the second year 2 group for children aged 2 to 3 years old. It will run Fridays 11th, 25th Nov & 9th Dec, 10am to 12pm, with Izzi Ashman. FULL

GREEN GROUP (Year 3) This group is for 3 to 4 year olds and will run Tuesdays 8th, 22nd Nov & 6th Dec, 10 am to 12pm, with Laura Hempel.

PURPLE GROUP (Year 4) This group is for 4 to 5 year olds and will run Tuesdays 1st, 15th, 29th Nov, 10am to 12pm with Laura Hempel. School staff are encouraged to attend rather than parents if the children have started school.

YEAR 5 GROUPS

Our year 5 groups run monthly rather than fortnightly. The children in these groups have started school and we encourage school staff, rather than parents, to support the children in the room in a bid to share best practice. Resources will be produced each month to take home/school and practice a certain topic and set of speech sounds. In addition each child will have been offered a place in our monthly speech & language groups with either Lauren or Jessica.

GREY GROUP (Year 5) for children aged 5 to 6 with Laura Hempel, Wednesday 16th Nov, 10am to 12pm. The focus will be on listening for the difference between t, k, g and d, 2+2 and sorting between long and short.

BLUE GROUP (Year 5) this is our second year 5 group with Laura Hempel, Thursday 17th Nov, 10am to 12pm. The topic will be as above.

ONE TO ONE SESSIONS

Specific one to one sessions for children who need additional and more detailed support are delivered Thursdays with Wendy Uttley and Wednesdays with Izzi Ashman

ASSESSMENTS

In addition, for a fee, we now undertake an assessment and produce a written report should a school or parent request one.

Private Facebook page <https://www.facebook.com/groups/earlydevelopmentgroups>

READ MORE ABOUT OUR EARLY DEVELOPMENT GROUPS [HERE](#)

FUNDED BY THE NATIONAL LOTTERY.



SPEECH & LANGUAGE GROUP SESSION

Further details can be found on our website:

[Speech & language | Down Syndrome Training and Support Service Ltd](#)
(downsyndromebradford.com)



NOVEMBER SESSIONS

JESSICA FOLEY: Saturday 12th November at the centre.

LAUREN DRAKE: Sunday 13th November at the centre.

Funded by Baily Thomas and Birkdale Trust for Hearing Impaired.



PLEASE MAKE EVERY EFFORT TO ATTEND YOUR GROUP SESSION.

IF YOU ARE UNABLE TO ATTEND PLEASE LET US KNOW ASAP.

Attendance has been poor. Please note that we still have to pay the speech therapists even if you do not attend. Thank you.

READ OUR RECENT EVALUATION REPORT [here](#).



WENDY SCAIFE INDEPENDENT OCCUPATIONAL THERAPIST

Monday 14th November, 9.30, 10.30, 11.30am & 1pm

Wendy Scaife, independent occupational therapist, visits our centre once a month to offer advice,

assessments and programmes of activities to help in developing fine and gross motor skills and address sensory issues experienced by many of our children. Appointments are 45 minutes long and cost £10 (by donation). Please contact the Office to book; four places are available each month. For more details please visit:

[Support activities | Down Syndrome Training and Support Service Ltd](#) (downsyndromebradford.com)

FREE ONE TO ONE COUNSELLING SESSIONS AVAILABLE ONLINE WITH OUR COUNSELLOR TARA FOX

Are you in need of some counselling?

We currently have some funding for one to one sessions with our highly experienced counsellor Tara Fox. Please email the [office](#) or ring 01274 561308 for more details or to book.



The Dads Group will meet during November, when & where to be confirmed.

Knowing you are not alone and there are good people for a chat when you need is very important when raising a little one with Down syndrome.

If you fancy joining message

Johnny Ratcliffe via WhatsApp on 07894159932 - everyone welcome - new, old(ish) and of course expecting dads!

News and articles from elsewhere

Rhythmic Gymnastics with LS29

Rhythmic Gymnastics is for young people with additional needs from any area, following the Special Olympics Routines- set of movements to music using a hoop, ribbon, ball and rope. It's a relaxed, fun session suitable for young people aged 8 and over who enjoy following simple instructions. The dance and gymnastics teacher has extensive SEN experience.

It is affiliated to Bradford Disability Sport and Leisure and the Special Olympics.

The sessions are the 1st and 3rd Saturdays of each month 1.45-2.45 at Salem Church Hall in Burley-in-Wharfedale, LS29 7BT. £2 per family. If your son or daughter would be interested in finding out more – email ls29groups@yahoo.co.uk or message LS29 Group on Facebook. Come and try it out! First 2 sessions free.

Short Breaks (EHCP) news from Bradford Services

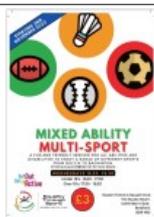
Universal Short Break services are available to all children and young people. These services promote the inclusion of disabled children and young people, enabling them to participate in activities with their peers. In Bradford Short Breaks have been provided for a number of years and offer a person centred approach by supporting local services to widen activities for children and young people with additional needs.

Short Breaks give disabled children and young people the opportunity for an enjoyable experience with or without their primary carers. Short Breaks also allow parents and families a break from their caring responsibilities.

Following the review of Bradford's short breaks service in 2020 a new service has been set up to help reduce the number of SEND children and young people within the district who do not have access to a short break. The SEND Short Breaks (SSB) Assessment Team will be supporting children and young people with an EHCP who do not have access to a short break and are not allocated to a social worker, **and do not access any activities**. To help with the roll out of this piece of work the new team will be prioritising working with children and young people of primary age in special schools and resourced provisions who do not access short breaks or have a social worker. Referrals will be made by the schools, the team are working with at present and they will contact parents /carers directly for initial consent. If your child or young person is of primary age and at a resource provision or special school and you would like a referral to the team please contact your school.

The new team will complete an assessment to help understand the level of need for support for each child or young person referred into the service by school. The support includes after school, evening, weekend and/or during school holidays.

The new team will extend the existing offer **once the initial work is complete**. The SSB Team compliment the services provided by the council's Specialist inclusion project (SIP) and the (CCHDT) Childrens Complex Health & Disability Team. **They are not a replacement for the other short break services in place.**



MIXED ABILITY MULTI-SPORT

Every Wednesday 4.30 to 5.30 (under 18s), 5.30 to 6.30 (18+) at Heaton Tennis & Squash Club, BD9 4BG. For all ages and abilities. Range of different sports from boccia to badminton, £3 per session.

Contact laura.purcell@bdsi.net



SHIPLEY POOL SENSORY SWIM

Every Monday 4 to 5pm there is a swim session for people with additional needs and their families. For more info call 01274 437162.

BRADFORD MONTHLY NEWSLETTER FOR FAMILIES CARING FOR A CHILD WITH SEND

Sign up here for a monthly newsletter full of relevant information and opportunities for families caring for a child/young person with special educational needs/disability. The newsletter is called the BRADFORD LOCAL OFFER and you can sign up here:

https://public.govdelivery.com/accounts/UKBMD/subscriber/new?topic_id=UKBMD_83

If you want to see all previous newsletters you can [review them here](#) on the Local Offer, this page also has the sign up link.

National Insurance credit for grandparents

If you have a child under 12 and they are looked after by grandparents whilst the parents are working, they may be eligible for adult credits.

[Specified Adult Childcare credits: fact sheet - GOV.UK \(www.gov.uk\)](https://www.gov.uk/specified-adult-childcare-credits-fact-sheet)

DUAL DIAGNOSIS OF DOWN'S SYNDROME AND AUTISM WEBINAR WITH THE DSA

Thursday 3 November 2022 | 10.30 – 11.45 am | £10

[Dual Diagnosis Webinar - Downs Syndrome Association \(downs-syndrome.org.uk\)](https://downs-syndrome.org.uk/dual-diagnosis-webinar-downs-syndrome-association)

Bradford Baby Week



14th to 20th November is

Bradford Baby Week. The theme is speech, language and communication. Visit their website for more details. [Baby Week Bradford 2022 | Better Start Bradford](#)

PARENTS FORUM FOR BRADFORD & AIRES DALE NEWSLETTER

<https://pfba.org.uk/october-2022-newsletter/> Including news of the Ofsted statement of action in Bradford.

CARERS ALLOWANCE

Did you know that some parent carers are able to qualify for Carer's Allowance after making certain deductions from their gross wages? For example, contributing a bit more into your pension scheme or paying someone to look after your child while you work - they could deduct up to 50% of your earnings and this could help you to stay within the weekly £132 earnings limit.

<https://contact.org.uk/help-for-families/information-advice-services/benefits-financial-help/benefits-and-tax-credits/carers->

FUNDING SEARCHES TO HELP WITH THE COST OF LIVING

[Grants for Children and Young People \(disability-grants.org\)](https://disability-grants.org/)

Disability Grants offer a wide range of grants to families with a child with a disability. Find out what financial support is available for you.

[Search for charitable and educational grants - Turn2us](#)

Turn2Us, a charity supporting those with financial struggles, offers an online grant search to help see which available grants you may be eligible to apply for.

[Warm Home Discount \(WHD\) | Ofgem](#)

For those at risk, or living, in fuel poverty can apply for the Warm Home Discount (WHD), if eligible, to go towards your energy & gas bill over the winter months.

fundraising news

TARGET FOR 2022

Our target for 2022 is £70 000; in October we raised £5963.79

A big thank you to:

Carmen Crossdale, £10

Buttershaw St Paul's Amateur Operatic & Dramatic Society, £100

Give as You Live, £52.79

Allan Bevins, £20

Rick Cheshire, £10

REGULAR MONTHLY DONORS

John Cain, £25

G Sweaney, £5

Peter Todd, £25

Mrs P Fletcher, £15

G Martill, £10

GRANTS

Liz & Terry Bramall Foundation, £5691



PREDICT THE WORLD CUP WINNER FOR £1 AND WIN £50

Just use the link below to choose a world cup winner.

[World Cup Winner Prediction \(jotform.com\)](https://www.jotform.com/World-Cup-Winner-Prediction/)

Please share, share, share....

THE RATCLIFFES 100 MILE CHALLENGE



The Ratcliffes have had a super month cycling, running and walking towards their 100 mile challenge; reaching celebrity status! supported by Look North, George Webster and the Brownlee brothers. Read all about it and see the videos by following the link below.

<https://www.facebook.com/donate/1472081089937836/>

[donate/1472081089937836/](https://www.facebook.com/donate/1472081089937836/)

KEEP THE DONATIONS COMING IN AND LETS BLOW THE £3000 TARGET OUT OF THE WATER!!!

OUR (EBAY) CHARITY SHOP & POP UP SHOP



[downsyndrometraining on eBay](https://www.ebay.com/charity/downsyndrometraining)

We now have our own charity page on

eBay and are busy listing and selling items. Follow the link above to visit our online shop.

In addition our POP UP shop will be open during the week, Wednesdays and Fridays where we now have a wide range of second hands goods and gifts on display.

FUNDRAISING - EVERY LITTLE HELPS

We have a fundraising page dedicated to helping raise funds:

Visit: [Fundraising | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](https://www.downsyndromebradford.com) to find details on how you can help:

- One off or regular donation
- Sponsored event
- Amazon.smile
- Give as you live
- Dontsendmeacard.com
- Facebook social impact - for birthday fundraisers
- Donating in memory of a loved one
- Leaving a legacy



NATIONAL DOWN SYNDROME POLICY GROUP



[The NDSPG Consultation Phase 1 is live! \(mailchi.mp\)](https://www.ndspg.org)

watch George Webster telling you all about the new Down Syndrome Act.

The online consultation for gathering information for the Down Syndrome Act is live and can be accessed via consultation.ndspg.org Have your say and help to form the content of the new bill. **DEADLINE 8th November.**

RESOURCES T HELP TEACH & LEARN ABOUT PEOPLE WITH DOWN SYNDROME

Twinkl have partnered with Down Syndrome UK to provide expert advice to parents and teachers of children and young people with Down Syndrome. [FREE! - Down Syndrome UK: Information for Parents - Twinkl](https://www.twinkl.com/downsyndrome) and much more.

KEEP UP TO DATE WITH EVENTS ON SOCIAL MEDIA

PUBLIC FACEBOOK PAGE <https://www.facebook.com/DownsyndromeTSS/> For more general and formal information.

CLOSED FACEBOOK GROUP Our closed Facebook group provides information on day to day activities <https://www.facebook.com/groups/DSTSS/>

TWITTER <https://twitter.com/DownsyndromeTSS>

INSTAGRAM https://www.instagram.com/downsyndrome_tss/

CONTACT Wendy Uttley or Heidi Shepherd

Website: www.downsyndromebradford.com

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