



Down Syndrome Training & Support Service

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

October 2025 newsletter

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FAMILY SATURDAY SESSION and ANNUAL GENERAL MEETING

Saturday 11th Oct, 10am to 12pm at Bingley Methodist Church,
Herbert Street, Bingley, BD16 4JS.

Our next family Saturday session will also incorporate our Annual
General Meeting (AGM).

All of our usual activities will take place in the hall at Bingley
Methodist Church, and between 10.30 and 11.30am our AGM will take
place in an upstairs room followed by refreshments.



Annual General Meeting

All company members have recently been emailed out our Progress
Report for the year and an invite to the AGM.

If you are a company member please can you let us know if you are
able to attend the meeting or not as it is vital that we have enough
people to attend so that we can legally undertake the business of the
AGM. This involves accepting our reports and accounts for the year
and electing Directors.

Thank you

ANNUAL GENERAL MEETING

SATURDAY 11TH OCTOBER 2024

Yes it's that time of year again when we need to gather together to
accept our annual reports and elect Directors. If you are interested in
joining our Board of Directors please contact the Office for an
informal chat. You will then have to complete an application form,
references and a DBS check will be taken up (the procedure has to be
the same as applying for a job) and you will attend a more formal
interview.

The position is highly rewarding as you, along with our team of
Directors, are responsible for steering the charity and overseeing
the governance, finances and our standing in the community where
we constantly strive to deliver our three main objectives:

1. To assist in the care of children with Down syndrome by the
provision of support, advice and training to those who are
responsible for their care and to health educational specialists, with
the aim of improving the health and education of children with Down
syndrome.
2. To provide support, training and relief to families who care for
children with Down syndrome.
3. To promote awareness of Down syndrome in the area.

The meeting will take place at our Family Saturday Session at Bingley
Methodist Church on Saturday 11th October. All Company Members
have been sent full details and a copy of our annual reports. If you
are not a Company Member and would like to be one please contact
the Office, thank you

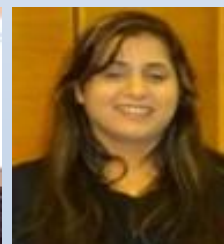
The Board of Directors:



Heather Chattell,



Lauren Drake,



Farzana Kauser,



Jenn Casper-Smith,



Rachel Cruickshank-Sutton, Jenny Rowlands.



REPORTS

This year our Annual Progress Report and
our feedback reports have been all placed
on a page on our website. VISIT

www.downsyndromebradford.com/team-1

ANNUAL PROGRESS REPORT

Read about everything we've been up to
across all of our services and training,
how we've funded this, your amazing
fundraising efforts, and our challenges
and successes of the year.

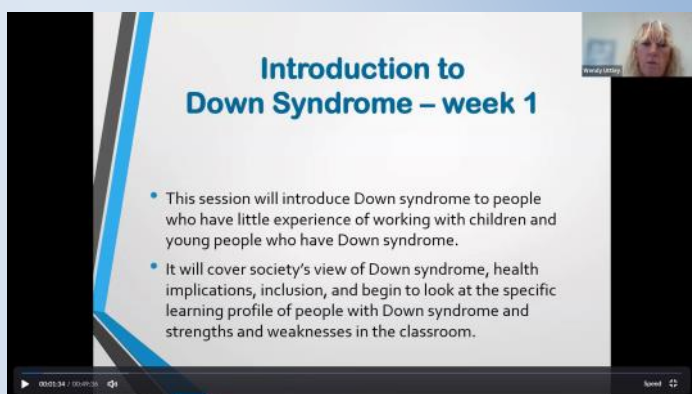
SERVICE RPEORTS

The web page also includes collated feedback from recent
evaluations:

- Early Development Groups Report
- Speech & Language Groups Report
- Training Courses Report
- Adult Services Report



WEEKLY ONLINE TRAINING AVAILABLE with WENDY UTTLEY



On Wednesday 17th September we made a great start to our new weekly online training course with a range of schools and parents joining the session. Sessions are followed up with additional handouts, the Powerpoint and the video recording.

- ◆ The weekly online training offers our full range of training covering Introduction to Down syndrome, signing, teaching number skills, time and money, using visuals to teach communication skills and reading language intervention. Each topic is covered over several weeks.
- ◆ At the end of each topic there is a one hour online group consultation session.
- ◆ There are 22 sessions in total and these can be booked individually at £5 per session, or as a bundle for £80.
- ◆ The sessions run EVERY WEDNESDAY, 10am to 11am during term time.
- ◆ Sessions are recorded so that you don't need to miss any.

ONLINE TRAINING FOR PROFESSIONALS AND PARENTS IN THE SPECIFIC LEARNING NEEDS OF A PERSON BORN WITH DOWN SYNDROME with Dr Wendy Uttley

All course are divided into several one hour online sessions. Topics covers are:

- Introduction to Down syndrome
- Signing and Down syndrome
- Teaching basic number skills to children with Down syndrome and other learning difficulties using the Numicon approach
- Teaching number skills beyond 10, time & money
- Let's make it visual - using visual resources to support speech, language, communication and literacy skills
- Reading, Language Intervention for children with Down syndrome

Each topic will be followed with an online consultation for participants. In total 22 sessions spread over the first 2 terms. Sessions will run **EVERY WEDNESDAY MORNING** 10am to 11am.

VISIT: <https://www.downsyndromebradford.com/training> or follow the QR code

If you are interested there's still chance to join the weekly training as a full course, or a one off session.

In October the 'Signing and Down Syndrome' course will be delivered, followed in November by 'Let's Make it Visual - using visual resources to teach speech, language, communication and literacy skills and, in December, 'Teaching Basic Number Skills'

Read more here [Training | Down Syndrome Training and Support Service Ltd](#)

WORKSHOPS

In addition we will continue to deliver our workshops on behaviour, toileting and sexuality relationships education—these will be online and run for 2 hours per week over several weeks. Places will be limited.

AIMING TO BETTER MEET SCHOOL STAFF AVAILABILITY

We hope that offering our training via online weekly sessions will enable more schools to access the training needed to fully educate and include a child with Down syndrome. Acting on feedback it will remove the time for travel and enable schools to better plan cover.

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.

DOWNLOAD OUR TRAINING BOOKLET HERE: <https://simplebooklet.com/onlinetrainingfor2025to2026>

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

Consultations, observation and assessments are available with either Wendy Uttley or Laura Hempel at an hourly rate of £80, either online, in school or at our centre.

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

REPORTS FOLLOWING ASSESSMENTS OR OBSERVATIONS COST £120.

PRE—RECORDED TRAINING COVERING A WIDE RANGE OF TOPICS AND RESOURCES READY TO DOWNLOAD

Follow the link below to browse our range of training videos and resources: [Training videos & resources | Down Syndrome T&S](#)

FEEDBACK ON OUR TRAINING

Read the wonderful feedback given following training [here](#).

WILLS AND TRUST ONLINE INFORMATION EVENING

Due to popular demand we have scheduled a further information evening on Wednesday, 15th October 7 to 9pm with Michelle, independent financial advisor from Eccles Greenwood and Jenny Barron, solicitor from AWB Charlesworth. The evening will take place via Zoom. Please contact the office to register your interest. Thank you.

Support services for young people



ACTIVITIES PLANNED FOR OCTOBER

3rd October - Life skills (how to look after ourselves)
10th October - Developing money skills
17th October - Healthy choices
24th October - Learning about our friends (show and tell session)
Wednesday 29th October, 3pm - going out club - bowling



OPENING TIMES

The Club is back 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+

EQUIPMENT

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 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](#)

[FEEDBACK REPORT](#)

DANCE21



Our older dance group, dance21, for young people aged 12+, dances every Thursday, 6 to 7pm at Footsteps Theatre School, Idle, BD10 8PY. Cost is £6 per session (by donation) on entry to enable the dancers to practice their money skills.

This term we say goodbye to Kim one of our most experienced and long standing dance21 members. We wish her all the best.



GOING OUT CLUB - GOES BOWLING AT HALF TERM

On Wednesday 29th October, 3pm, the Going Out Club (for young people and adults with Down syndrome aged 11 upwards) are going bowling to Hollywood Bowl. The cost is £12.50 and includes 2 games and a drink. To book please follow the link below

<https://form.jotform.com/wendy Uttley/bowling>

Lanes have been booked for younger and older bowlers.



WEEKLY GYM CLUB FOR YOUNG PEOPLE WITH DOWN SYNDROME aged 11+

The Gym Club takes place at Pinnacle Performance Fitness Studio, Nelson St, Bradford BD1 1LA, 4.30 to 5.30pm.

The cost is £5 per session by donation. Please contact the Office to book.



OUR CHARITY SHOP 'CHROMOSOME ROCKS'

Our amazing charity shop has so much potential.

It not only raises funds to help run our charity 'Down Syndrome Training & Support Service' but it also provides work placements for young people with a learning disability, which in turn, raises awareness of the people we support. Everyone's a winner.

Should it be a young person with Down syndrome aged 16+ who is seeking work experience, placements can then be supported as part of our 'I Can Work' project. Jobs include serving customers, cleaning and

sorting donations, cleaning the shop and generally enjoying the experience with like minded colleagues. If you would like to donate, volunteer or establish a work experience placement for someone you know, please get in touch. Visit the charity shop Facebook page [here](#).



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. Funded by Sovereign Healthcare.



EARLY DEVELOPMENT GROUPS

All groups are back in full swing. Wendy and Laura are currently delivering six groups and five one to one sessions for children with more complex needs.

FEEDBACK REPORT—our feedback report is excellent and can be downloaded [here](#).

A few comments are included here:

Able to sit in group times longer, able to wait longer in taking turns. Better number recognition, better sound knowledge, speech improvements and improvement in listening skills.

My child's has shown great progress with his speech. Vocally his sounds are more distinctive. I have also seen progress in his reading, counting and memory skills.

The sessions are really helpful. My son enjoys them and it is a good opportunity to interact with his peers. It is really helpful seeing tasks demonstrated by Laura in the session and then being able to practice this ourselves in the group and again once at home. The resources given out in the groups are fantastic. Laura is very approachable and easy to talk to about any concerns regarding development.

FUNDING

We have recently been awarded some funding towards these sessions from the Freemasons and are also through to stage 2 application to the National Lottery. Early Development Groups cost the charity about £1000 each month. They are currently being part funded from our reserves.

Wearing glasses and sorting bean bags.
Amazing work Aaliyah



SAM RECEIVES KEIGHLEY COMMUNITY AWARD

On Friday 19th September Sam was invited to attend a celebration at Keighley Civic Hall. The room was packed with locally important people, including the Lord Mayor of Keighley Cllr Chris Herd, Robbie Moore MP, the Principal of Keighley College and the Chief of Police. Following a three course meal and entertainment, the winners of the 2025 Keighley Community Awards were announced in turn. Sam won the Gary Pedley's Community Award for his work helping to set up and run the charity shop in December 2024 when his mum, Wendy, was out of action following her accident. In addition to having to care for his mum and staff the shop he continued to work at his part time job.

Sam was over the moon with his award.



TWIRLY21s

Twirly21s is a lovely continuation from our early development groups. They are specifically for children with Down syndrome aged 5 to 12, allowing parents and children from previous groups to keep in touch and share experiences.



Twirly21s dance every Saturday, 2.30 to 3.30pm at Footsteps Theatre School, Idle, BD10 8PY.

Classes are delivered by Claire King who has a wealth of experience working with young children who have Down syndrome. Dancers are asked to pay £5 (donation) on entry to practice their money skills,

SPEECH & LANGUAGE GROUP SESSIONS

OCTOBER SPEECH & LANGUAGE GROUPS

- Jessica's groups will take place Saturday 18th October
- Lauren's groups will take place Sunday 12th October

FEEDBACK REPORT

Your feedback has been collated into a report. It is available to download [here](#):

Comment from a parent on the benefits she experiences: *Absolutely! I need to feel like we are trying! The peer support of fellow parents and the tips and sounds to focus on are really useful. The therapist is so understanding and works hard with the children even if they don't want to!*

ADULT GROUPS

Both our adult groups will be having their sessions out in the community this month. Laura's group is going to Aldi and Jessica's group is going to Bingley Tearooms.

PLACES AVAILABLE

We do have a few places available - please contact the office.

FUNDING SUCCESS

We have recently been award funding from the National Lottery Health Fund for these sessions. The grant includes additional funding for oral motor therapy. More next month.

VIEW RECENT PHOTOS FROM OUR EVENTS

Visit the 'Gallery' page on our website to view recent photos. The page includes lots of photos taken at our Chromosome Rocks Festival in July.

[Photos & Videos | Down Syndrome](#)



TRAINING AND RESOURCES from THE DOWN'S SYNDROME ASSOCIATION (DSA)



Transition to adulthood guide:

[Children, Families & Education - Downs Syndrome Association](#)

includes an easy read version

[Understanding and supporting behaviour change in children](#)

Thursday 23 Oct, 10.30am to 12 noon. FREE

Down Syndrome Swimming GB

Down Syndrome Swimming GB are excited to announce that the online entry system for the 2025 British Down Syndrome Swimming Championships is open! [Sign Up 2 - Down Syndrome Swimming Great Britain](#) you need to be age 10+ and there is no upper age limit.



Toilet training workshops from the special needs school nurses, Bradford

The Bradford district special needs school nursing service is offering toilet training workshops for children and young people with special educational needs and disabilities (SEND). Children with SEND may take longer to achieve toilet training and need more support. The workshops will be delivered at Bradford district family hubs. The workshops are limited to 20 parents. To book email your name, your child's name and school and the date you wish to book

sendtoilettraining@bdct.nhs.uk

Courses run from (9.30am to 11.30am)

6 October - Gateway BD10 OJR, 15 October - Rainbow Family Hub BD22 6JB, 17 December - Rainbow Family Hub BD22 6JB

SEN SCHOOL NETWORK

The first SEN School Network of this academic year will take place

at 1-2pm on Tuesday 14th October 2025 via Zoom. [Maths For Life - A Differentiated Approach®](#)



TRAINING WITH IPSEA

EHC plan masterclass - obtaining a plan: 14 October, £79

From requesting an EHC needs assessment, through to the information a plan should contain and what to do if you're not happy with the final plan, this training session has been developed to guide families through the process of obtaining an EHC plan.

EHC plan masterclass - existing plans: 21 October, £79

Covering the information a plan should contain, through to how to achieve that through annual reviews, re-assessments and appeals to the SEND Tribunal. This day will help you navigate the system, supporting you to make informed and positive decisions regarding your child's education.

Visit: [Upcoming training events for parents and carers | \(IPSEA\) Independent Provider of Special Education Advice](#)



TRAINING WITH DSUK

[Events & Training - Down Syndrome UK](#)

A full range of training and information for schools and families available from DSUK.



KIDZ TO ADULTZ NORTH

Wednesday 3rd December, Liverpool. Stalls, seminars and exhibitions. Visit:

[Kidz to Adultz North - CPD Seminars - Kidz to Adultz Exhibitions](#)

BRADFORD SEND NEWSLETTER

Follow this link to access the newsletters and subscribe to receive your. Always full of relevant news for our families:

[Bradford Local Offer | Local Offer Email Newsletters](#)



NEWS FROM THE PARENTS FORUM FOR BRADFORD AND AIREDALE (PFBA)



PFBA have a new website: <https://pfba.org.uk> where you can subscribe to the newsletter, apply for a Max Card and read about up and coming events.

OUR ACTIVE COMMUNITIES

Alex, Jason and Barney from OAC have a vision for people with a learning disability and the community in which they live to be physically active, happy and healthy. Activities on offer are:

Multi Sports Friday 4:30pm-6pm Salts Hub Victoria Rd, Saltaire, BD18 3LA

Active & Able Mondays 4:30pm-5:30pm and Friday 10:30am-11:30am Pinnacle Performance First Floor, City Exchange, 1 Nelson St, Bradford BD1 5AX.

For more information or any questions, please contact alex.craddock@mencap.org.uk or call 07929 669287

CANADIAN DOWN SYNDROME SOCIETY RESOURCES FOR EDUCATION

Follow the link to download a range of relevant information packs including classroom resources, info for TAs, parents, office staff, peers. [Inclusive Education Resources | Canadian Down Syndrome Society](#)

There is also a 'back to school' magazine to download [321-Magazine-Back-to-School-Issue-Fall-2025.pdf](#) which includes info on friendships, homework and advice for support assistants.

FREE TRAINING WITH THE COUNCIL FOR DISABLED CHILDREN

[Events & Training calendar](#)

Follow the link for training on:

- Preparation for adulthood
- Early years and SEND
- Health & SEND



FUNDING UPDATE

Since June we have received:

£628.64 in regular donations
 £899.97 from takings at the charity shop
 £1089.90 from Justgiving fundraising events
 £21.94 from Easyfundraising
 £0.88 from Paypal Giving
 £100 donation from Greggs
 £200 donation from Bingley Duck Race
 £1350 from Bradford Council Short Breaks towards our summer trip
 £1500 from the TESCO token vote towards our family Saturday sessions
 £3287.30 raised at our Chromosome Rocks#25 festival on Sunday 13th July.
Total raised: £9078.63

OUR BIG 100K TOTAL IS NOW OVER £90,000

Adding the income listed above to our BIG 100K total makes the amount raised during 2025 a whopping £90,709.63

I'm sure we can reach 100K before the end of the year. Please keep up your donations and fundraising efforts, Thank you

[BIG £100K for 2025 - JustGiving](#)

Celebrating 25 years of development, education and inclusion



'Just kids' growing into 'just adults' who happen to have Down syndrome

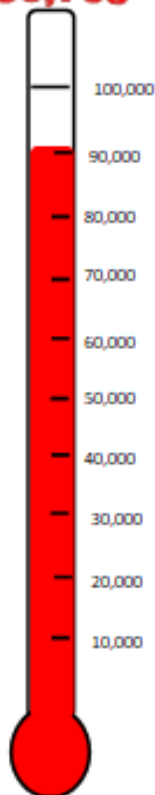
Down Syndrome Training & Support Service Ltd

Join our BIG £100,000 fundraiser celebrating 25 years of support, training, inclusion, development and education. We have made a difference!

Sign up for our fundraiser here: [https://www.justgiving.com/fundraise/Down-Syndrome-Training-Support-Service-Ltd](#)



BIG £100,000 fundraiser £90,709



DONATE FOR FREE AS YOU SHOP ONLINE

One really easy way you can help with very little effort is to join Give As You Live so that when you shop online a percentage is given to our charity - at NO extra cost to you. The hardest part is remembering to use their link. However you can now choose to have a reminder pop up as you visit one of the 4000+ sites linked to the scheme. Click on the icon to learn more and sign up today. Thank you.



FASHION SHOW AND 25TH ANNIVERSARY CELEBRATIONS

TICKETS AVAILABLE AT THE CENTRE OR BUY ONLINE HERE

Ladies Pop-up Shop & Fun Fashion Show!

Wednesday 19th November 2025

Celebrating our 25th anniversary
 Down Syndrome Training & Support Services

Keighley Rugby Union Football Club, Skipton Rd, Keighley, BD20 6DT

Doors open 6.30pm, show starts 7pm

Tickets: £5 includes a light buffet supper

Bar available for tea, coffee and alcohol!

Raffle: FABULOUS prizes to be won at the show!
 PAYMENT BY CASH & CARD (subject to a mobile signal)

Colours (FUN)DRAISING FASHION SHOWS

SHOP YOUR FAVOURITE HIGH STREET BRANDS AT UP TO 70% OFF!

<https://www.downsyndromebradford.com/event-details/fashion-show-and-25th-celebrations>

Join us for an evening of fashion, shopping, good company, light buffet, raffle and tombola.

We wish to celebrate our 25th anniversary with the families we support, possibly raise a little cash and a lot of awareness.

All clothes are brand new from stores such as Next and M&S.

There will be at least 50% off.

There will be the opportunity to 'try before you buy'

Watch out for some young adults with Down syndrome on the cat walk.

ASDA COLLECTION KEIGHLEY - CAN YOU HELP PLEASE?

On Tuesday 14th October we will be holding a collection at ASDA Keighley. If you are able to come along and help for one hour between 10am and 3pm please contact the office, Many thanks



KEEP UP TO DATE WITH EVENTS ON SOCIAL MEDIA

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

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

CONTACT Wendy Uttley or Heidi Grosvenor

Website: www.downsyndromebradford.com

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