



**Down Syndrome
Training & Support
Service** Ltd

The Pamela Sunter Centre
2 Whitley Street, Bingley, BD16 4JH
Telephone 01274 561308
Registered Charity No.1130994
Company Number 6915555

**Down Syndrome -
education, development & inclusion
with Dr Wendy Uttley**

ONLINE WORKSHOPS IN



TOILET TRAINING



ONLINE WORKSHOPS

Workshops offer a more interactive and personal experience.

They are aimed at supporting individual attendees around the needs of a named child.

The workshops are limited to 7 cases. This means that parents and staff representing 7 different children can attend. We call these a 'team around a child' so that all adults involved in the care and education of a child can work together to help modify unwanted behaviour, tackle toilet training, sleeping issues or work to ensure good sexual relationships education is in place.

These workshops will be run confidentially online and each session will be 2 hours long over several weeks.

COST & DATES

- **Expectations of behaviour - £100 per team around a child (2 hours per week for 6 weeks). Wednesdays 10am to 12pm, 10th, 24th Feb, 3rd, 10th, 17th, 24th March 2027**
- **Sexuality Relationships Education. ME: my body, my friends, my life - £100 per team around a child (2 hours per week for 5 weeks). Wednesdays, 10am to 12pm, 21st, 28th April, 5th, 12th, 19th May 2027**
- **Sleep - £60 per team around a child (2 hours per week for 3 weeks). Thursdays, 10am to 12pm, 27th May, 10th, 17th June 2027**
- **Toilet training - £60 per team around a child (2 hours per week for 3 weeks). Thursdays, 10am to 12pm, 24th June, 1st, 8th July**



YOUR TRAINER

Wendy Uttley, BSc (Hons), DPhil.

Wendy is currently the Manager and Trainer for the Down Syndrome Training & Support Service Ltd, based at The Pamela Sunter Centre. She is a Doctor of Mathematics with 15 years teaching experience, mainly in Further Education, but also in Secondary School.



Since the birth of her son Sam, who is now 28 and has Down syndrome, she has devoted her life to the development and education of children with Down syndrome.

In September 2000 she initiated the formation of the Down Syndrome Training & Support Service Ltd and in 2005 she left her teaching position and became employed by the charity. Her role as Manager and Trainer includes developing and delivering training for both professionals and parents, consultation, observations, assessments and early intervention for children with Down syndrome.

Wendy has considerable understanding about the development, education and inclusion of children with Down syndrome and over the last 26 years has delivered over 970 training sessions to over 14,500 adults!



Expectations of behaviour

6 week workshop limited to 7 cases

2 hours per week for 6 weeks.

**Wednesdays 10am to 12pm, 10th, 24th Feb, 3rd, 10th, 17th,
24th March 2027**

All family members and school staff are welcome to attend in a bid to provide a consistent approach. This group of people will be called a 'team around a child'.

The course will cover an overview of the learning profile of a child with Down syndrome looking at how difficult behaviours may develop. Participants 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. Each week opportunities will be offered to discuss progress and learn from each other.

- *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*

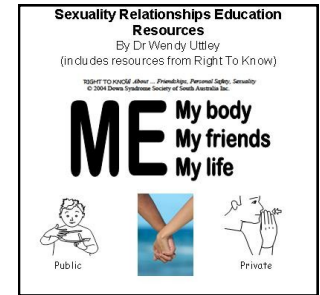




ME: My body, my friends, my life

5 week workshop limited to 7 cases

2 hours per week for 5 weeks



Wednesdays, 10am to 12pm, 21st, 28th April, 5th, 12th, 19th May 2027

All family members and school staff are welcome to attend in a bid to provide a consistent approach. This group of people will be called a 'team around a child'.

The workshop will provide knowledge and activities to enable parents and school staff to teach children & young people with Down syndrome about their bodies, keeping safe, privacy, puberty, social boundaries, feelings and self help skills. It will cover:

- How important such training is for young people with learning disabilities. Names for body parts.
 - Privacy. Public and private body parts, actions, places, touch and conversations
 - Puberty for girls, puberty for boys,
 - Feelings, personal hygiene, self help skills.
 - Touching, hugging, affection, friendships, appropriate greetings
 - Safety in the community. Assertiveness. Abuse prevention strategies. How do we become our own protector?
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- *Very good for all people working with young people with learning difficulties*
 - *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.*



Improve your child's sleep

3 week workshop limited to 7 cases.

2 hours per week for 3 weeks.

Thursdays, 10am to 12pm, 27th May, 10th, 17th June 2027

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, from observation, aim to set an action plan to help improve the bedtime routine, settling to bed, staying in their own bed, and sleeping through the night.

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





Toilet training workshop

3 week workshop limited to 7 cases. 2 hours per week for 3 weeks. Thursdays, 10am to 12pm, 24th June, 1st, 8th July

Do you need help toilet training your child/pupil?

All family members and school staff are welcome to attend in a bid to provide a consistent approach. This group of people will be called a 'team around a 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.

- *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.*





Contact us for

- Family support, information and guidance
- Monthly newsletter
- Activities including Saturday Sessions, Youth Club and Dancing
- Training for parents and professionals in the specific learning needs of people with Down syndrome
- Speech & Language group sessions
- Early development group sessions for children aged six months to six years
- Library of information
- Occupational therapy
- Physiotherapy
- Counselling
- Our work and independent living skills programme for young people aged 18+