



Down Syndrome Training & Support April 2022 Service

Registered Charity Number 1130994.
Company registered in England and Wales 6915555
Telephone 01274 561308/07816465845

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APRIL FAMILY SATURDAY SESSION AT BINGLEY METHODIST CHURCH

(Herbert St, Bingley, BD16 4JS)

Saturday 9th April, 10am to 12pm

In March we had a wonderful time at our new venue in Bingley. Ten families joined us and we created a golden '21' from the children's handprints. It is on display at our centre. At our April meeting we will be celebrating Easter with a pass the parcel, Easter egg hunt and an Easter egg to take home for everyone.



The session is open to all family members and offers a wide range of fun activities including circle games, singing,

signing, table top activities and large play equipment. Transport is available for families who would otherwise struggle to attend. Please contact the Office if you need help.

For more information just visit our website:

[Support activities | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](http://downsyndromebradford.com)

VOLUNTEERS NEEDED TO HELP ON SATURDAY MORNINGS

We desperately need volunteers to help out at our family Saturday sessions. Follow this [link](#) to read more or contact the office, thank you.



minutes walk from Bingley Methodist Church) All brothers and sisters aged 6+ are welcome to come along and enjoy crafts, activities and opportunities to chat to each other and share experiences. For more information please visit our website: [Support activities | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](http://downsyndromebradford.com)

APRIL SIBZ ZONE

Saturday 9th April, 10am to 12pm at the Pamela Sunter Centre.

Our Sibz Zone coincides with our family Saturday session but is delivered at the Pamela Sunter Centre, (2

WORLD DOWN SYNDROME DAY CELEBRATIONS

Weekend of 26th & 27th March 2022



What a brilliant weekend celebrating our wonderful children together. Several families were unable to join us last minute however we still filled the room, with 42 families partying, sharing a relaxed and supportive evening and 30 staying overnight at the hotel and enjoying breakfast together the following morning.

For more photos please visit our private Facebook group: [\(4\) Down Syndrome Training & Support Service Ltd | Facebook](#)

I CAN WORK - UPDATE

We are delighted to share the news that Ayesha has now moved on from our work scheme and started a 6 month paid placement at a local primary school as part of the Kickstart programme. She is working weekdays 8.30 to 1.30 in the school kitchen and is loving it. Well done Ayesha.

For more information on our work scheme visit:

[i can work flyer 2022
\(downsyndromebradford.com\)](http://downsyndromebradford.com)



FAMILY ACTIVITY WEEKEND AT INGLEBOROUGH HALL

Would you like to join us for an activity weekend at Ingleborough Hall? We have places for about 10 families, Friday 6th to Sunday 8th May . Activities include tree climbing, orienteering, walking, abseiling, bonfires, family games and caving. All food and equipment provided. Transport is available for families who would have no means of travelling. Please contact the office if you are interested.

PLEASE NOTE THAT IF YOU ARE IN RECEIPT OF DIRECT PAYMENTS OR LIVE OUTSIDE THE BRADFORD AREA, THEN YOU WILL **NOT** QUALIFY FOR THIS ACTIVITY.



SOME KEY NOTES/POINTS FROM THE DOWN SYNDROME RESEARCH FORUM, MARCH 2022

Study into signing

Signing key words in a shared book reading activity can result in a five fold increase in signing of these key words. It also increases the child's attention to the book and enables the reader to reduce their language and repeat the utterances more – all good practice when working with a child with Down syndrome.

Developing an integrated NHS therapy pathway for supporting babies and young children with Down Syndrome

In East London there have been lots of new births. The NHS are now using one key therapy worker across physiotherapy, occupational therapy and speech & language therapy. They also have videos of intervention that they can share.

The new RCSLT Clinical Excellence Network (CEN) for Down syndrome

LETS Go have launched a new supervisory group for SLTs.

Join today <https://tinyurl.com/join-DS-CEN>

It is open to SLTs, students and researchers working in speech, language and communication related fields. You can also join as a Friend of DSCEN; this is open to parents, support groups, educators and other researchers and Professionals.

Down Syndrome Toolkit for Paediatric SLT: development, publications and feedback

The Toolkit aims to provide evidence-based guidance to speech and language therapists working with children with Down syndrome from birth to 19 years of age. It includes an overview of the relevant literature on how Down syndrome influences speech and language development, provides guidance on therapy approaches and practical tools for assessment and target setting. This toolkit can be downloaded for free from:

[The Down Syndrome Toolkit for Paediatric Speech and Language Therapists \(down-syndrome.org\)](http://down-syndrome.org/)

Exploring relative strengths in Down syndrome: Spatial thinking and its role in mathematics

People with Down syndrome tend to have good spatial skills. This study looked into whether this could help to support and develop their maths skills. It suggests that more spatial activities need to be included in maths lessons. Things like doing jigsaws, packing your own lunchbox can help.

Research into strengths and differences in social skills among children and young people with Down syndrome and how these may relate to autism traits.

Lauren, based at University of Surrey, is looking for people with Down syndrome aged 4 to 17 years to complete some fun activities both in person and remotely. Parents/carers will also be asked to fill out a survey and complete an interview. Participation will take about 3 hours. You will receive a £20 Amazon voucher and a personalised feedback report for your contribution. Please email l.jenner@surrey.ac.uk for more details.

Teaching mathematics to students with Down syndrome

The study, based at University College London, would like to recruit teachers, parents and teaching assistants working with children with Down syndrome aged 5 to 11. They wish to investigate current teaching practices, strategies and resources, maths targets and the level of confidence of teaching staff supporting pupils with Down syndrome. The survey is online and will take 15 minutes. Please follow the QR code or email e.ranzato@ucl.ac.uk

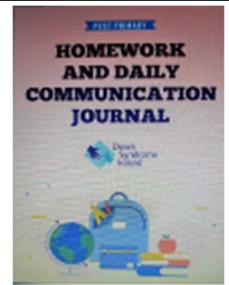


Fundamental mathematical gaps for students with Down Syndrome

Karen McGuigan, Founder and Author of the Maths For Life programme, has developed an assessment criteria and resources to help teach number skills. Visit <https://www.mathsforlife.com/>

The Importance of Parent-Teacher Communication

Down Syndrome Ireland looked into what worked well and what didn't across home /school communication. They have developed a homework/ communication diary and you can download the template from their website: www.downsyndrome.ie/



<https://downsyndrome.ie/parent-teacher-communication/>

Pediatric Assisted Cycle Therapy for Children with Down Syndrome: A Pilot Study for Product Development

Exercise improves cognitive function, fine motor, leisure physical activity, positive exercise perception. A fixed exercise bicycle with a motor was used for the study. It was set at 35% faster than the young person would peddle unaided. After an 8 week programme (30 minutes twice per week) there was improvement in response time, a reduction in heart rate at rest and an increase in grip force. The young people really enjoyed it, seemed to have more energy and a more active brain.

Nystagmus in Down syndrome

Maggie Woodhouse and Nicola Enoch spoke about an online study into the prevalence of nystagmus in children with Down syndrome and its consequences.

Nystagmus (wobbly eyes) is found in 10 to 15% of babies/ young children with Down syndrome. Most cases are diagnosed before 12 months. Vision is significantly lower, yet 1/3 of parents were not told of the impact of the condition and 46% were not offered any support. If a child has nystagmus they must be referred to their local VI (Visual Impaired) Unit, usually based at the LEA.

Breastfeeding a baby with Down syndrome

Positive about Down syndrome (PADs) now have 1700 families online with children aged 5 and under. They have published lived experiences in breastfeeding from an online survey of 329 mums. 46% stated that they were told not to breastfeed by a medical professional and 54% experienced a lack of support around breastfeeding by midwifery.

[The Lived Experience - Breastfeeding a baby with Down syndrome \(positiveaboutdownsyndrome.co.uk\)](http://TheLivedExperience-BreastfeedingababywithDownsyndrome.co.uk)

Post High School Outcomes for Young Adults with Down Syndrome in the United States

The study looked at 101 adults aged 18 to 26:

- 93% were living at home
- 52% were in employment
- 31% were volunteering

52% in employment is very impressive. Types of employment included: cleaning, food prep, greetings, customer services, clerical, stocking shelves, piecework, film and media, outreach for a local Down syndrome group and preschool helpers.

For more details of the presentations visit:

[Programme - Down Syndrome Research Forum 2022 \(downsyndrome.org\)](http://Programme- Down Syndrome Research Forum 2022 (downsyndrome.org))



EARLY DEVELOPMENT

GROUPS

EXCELLENT EVALUATION REPORT

We have recently evaluated these sessions. Thank you to everyone who took the time to complete our online form. Your many wonderful comments on the development of your children and the benefits the sessions bring to yourselves are a real boost to our practitioners. The full report can be downloaded here:

<https://eu.jotform.com/report/22081435776906123>

A brief summary includes:

My child is making progress as a result of these sessions:

100% gave 4 or 5 stars.

Comments include:

'My little boy is learning how to sit still and listen better. He is understanding more instructions. He is starting to make more sounds and can recognise the correct sound card to the sound.'

'He has progressed in all areas but especially due to the involvement of staff from school who attend with him. This means that the EDG approach is being followed in school as every session our sons one to one worker leaves with new ideas to apply at school. As a result, our sons learning is enhanced and reinforced.'

I feel confident to support my child's learning as a result of attending these sessions: 100% gave 4 or 5 stars

Comments include:

'The resources we are given to take home reiterate what we do in the sessions, and the activities we do in the sessions can be replicated at home as they are explained clearly.'

'My little boy has had vital encouragement and support with his sound work and signing. He is 2 years old and is signing already.'

I feel I understand my child's needs and potential as a result of attending these sessions: 100% gave 4 or 5 stars

Comments include:

'The groups have helped him to develop skills that he would not have learnt otherwise.'

My child is developing good listening and concentration skills:

87% gave 4 or 5 stars

Comments include:

'The impact the group has on our little boy with Down syndrome then impacts on the household. Our little boy is learning how to communicate better and learning the importance of the skill to sit still and listen.'

Do you feel supported as a parent/carer by attending these sessions:

94% gave 4 or 5 stars

Comments include:

'Having the early development group for us as a family not just helps our little boy but the whole family.'

'there is enormous benefit for parents' wellbeing, as learning in a group is lovely. Feeling like you are not alone and having a space where all achievements (however small) are celebrated is vital in these early years.'

Do you think that your child will have a better start in life because of these sessions: 100% said yes

Comments include:

'I'm so proud to say, that my child is working at the same level as her peers at school and her number work is above level of her peers at this time. I'm deeply grateful to all involved with the centre.'

Which type of school are you planning for your child to attend:

100% said mainstream

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

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

FUNDED BY THE NATIONAL LOTTERY.

DELIVERED BY WENDY UTTLEY, LAURA HEMPEL AND IZZI ASHMAN.

TEXT REMINDERS WILL BE SENT TO ALL FAMILIES THE DAY BEFORE THEIR SESSION.



SPEECH & LANGUAGE GROUP SESSIONS

PLACES AVAILABLE

We have a number of places available in our monthly speech & language groups for children aged 5 upwards.

Please contact the [office](#) for further information or follow the link to complete a registration form.

[Speech and language enrolment form](#)



EVALUATION TIME

We are currently gathering feedback on these sessions. This can be done digitally by following the QR code on your phone or the link below. Hard copies are also available to complete during sessions.
<https://form.jotform.com/211162724622043>

THE SESSIONS

Sessions run monthly with either Jessica Foley (on a Saturday) or Lauren Drake (on a Sunday).

Further details can be found on our website:

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

APRIL SESSIONS

LAUREN DRAKE: Sunday 24th April at the centre

JESSICA FOLEY: Saturday 2nd April at the centre.

Funded by Baily Thomas and Birkdale Trust for Hearing Impaired.

Transition to secondary school (live workshop)

**save
the
date**

Tuesday 3rd May, 7 to 9pm

This workshop will be aimed at parents of young people with Down syndrome due to transition from primary to secondary school. It will discuss the different secondary school options available, the pros and cons of each setting, planning the transition and detail the types of courses available for your child.

Free to family members, otherwise £20. To book please follow the link or contact the office. [Transition to secondary school | Down Syndrome T&SS \(downsyndromebradford.com\)](#)

**save
the
date**

'The Building Blocks of Communication'

OUR SPEECH & LANGUAGE CONFERENCE FOR

PARENTS & PROFESSIONALS LIVING AND WORKING WITH CHILDREN & YOUNG PEOPLE WHO HAVE DOWN SYNDROME

This will be our first speech & language conference specifically for people working with children and young people with Down syndrome since 2014!

It will take place on Monday 20th June 2022, 9.30am to 3pm at Bradford & Bingley Rugby Club.

The day is for parents of children and young people with Down syndrome from birth to adulthood and any professionals who work to support their development.

It will cover how communication develops, early speech sound development, conversation skills, stammering, oral motor skills, feeding, friendships and appropriate interactions.

COST: family members £25/professionals £50

For full details and a booking form please visit our website:

[The Building Blocks of Communication | Down Syndrome T&SS \(downsyndromebradford.com\)](#) PROFESSIONALS

[The Building Blocks of Communication | Down Syndrome T&SS \(downsyndromebradford.com\)](#) PARENTS/CARERS/FAMILY





TRAINING COURSES AND WORKSHOPS

Download our training booklet [here](#) or contact the [office](#) for your copy.

LIVE TRAINING AT THE CENTRE IN READING, BEHAVIOUR and SIGNING

- **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.

- **FREE Six week behaviour workshop for parents and carers of children with Down syndrome (support staff welcome please ask)**

THREE PLACES STILL AVAILABLE

This workshop was postponed in March and will now commence on Wednesday 27th April. Following dates are:

4th May, 11th May, 17th May, 27th May & 7th June, 10am to 12pm
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 and develop a programme of intervention. 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*

COST: FREE to family members, otherwise £30.

- **Signing and children with Down syndrome**

Wednesdays 18th & 25th May 9.30 to 11.30 am both days.

Sessions cover approx. 300 everyday signs, 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.

- **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 Wednesdays 8th & 15th June 2022, 9.30am to 3.30pm.

FULL DETAILS OF ALL OF THESE COURSES PLUS BOOKINGS CAN BE FOUND ON OUR WEBSITE

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

Please share details with your child's school, thank you.

PRE RECORDED 'BITESIZE' TRAINING AVAILABLE TO DOWNLOAD

Many of our courses are now pre recorded and can be purchased as downloads direct from our website:

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

Consultations, observations and assessments

Are available at an hourly rate, either online, in school or at our centre. Please visit [Consultations | Down Syndrome T&SS \(downsyndromebradford.com\)](#) to book or for details.

WISH CLUB

PLANS FOR APRIL/EASTER

1st April - Music week
8th April - Easter crafts
22nd April - Board games night
29th April - Eid celebrations



EASTER OUTING

BOWLING

On Wednesday 13th April, 3 to 5pm the WisH Clubbers are going out bowling to Go Bowling at Shipley Lanes. If you would like to join us please let us know.

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.

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.



WENDY SCAIFE INDEPENDENT OCCUPATIONAL THERAPIST

Tuesday 26th April, 9.30, 10.30, 11.30 and 1pm

Wendy Scaife, independent occupational therapist will be at the 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 \(downsyndromebradford.com\)](#)

Funded by the National Lottery.

WEEKLY FEEDING GROUP

Our new weekly feeding group is specifically for children with Down syndrome who are currently tube fed but have been given the all clear to eat orally. The aim of the group is to support parents as they work with their child to teach them how to feed themselves. It can be a challenging journey for all involved and we hope the group will help parents gain support from ourselves and each other.



DATES: Fridays 1st, 8th and 29th April, 10.30 to 11.30am. This group will continue after Easter as a fortnightly group.

News and articles from elsewhere

PORTRAGE IN BRADFORD

Bradford Portage is based at Margaret Macmillan Tower and registered with the [National Portage Association](#) www.portage.org.uk

Portage is a home visiting educational service for pre-school aged children with additional support needs and their families. They also run a number of Portage Education Groups around the Bradford District. The Portage Team have an open referral system via a Portage Enquiry Form for parents, carers and professionals.

[Portage referral form](#)

Services include: support for transition into settings, nurseries and schools, social activities, advice and support on DLA, loans of specialist equipment, training, home visits and group sessions.

- Children aged 0 – 2 can receive Portage at home or in an education group.
- Children aged 2 - 3 can receive Portage at home or in an education group if not accessing their early education place. Children who are accessing early education can receive up to 6 Portage sessions.
- Children aged 3 – 5 can receive up to 8 sessions in a Portage education group.

Contact: Bradford Portage Service, Tel: 01274 439500

Portage.Team@bradford.gov.uk



HEALTHY ME, 5 DAY LEARNING HOLIDAYS (APRIL, JUNE & SEPT)



This is an exciting opportunity for people with learning disabilities to be part of a Short Break learning holiday experience at Beamsley, near Skipton. The first holiday starts on 25th April.

The focus of the holiday is to gain an understanding of how to make the right choices in order to lead a healthier lifestyle.

All learning will be fun and interactive with an opportunity to gain new skills.

- Shop healthily on a budget
- Cook a healthy and tasty meal
- Have fun while you exercise
- Learn how to care for your body.

Facilitated by trained and experienced staff. Individuals with additional support needs can bring their own support assistant.

Contact Anita.gray@peoplefirstkc.com

Mobile 07549019327

Each Person will be required to pay £75 contribution.

DANCE CLASSES TWIRLY21S & TEEN21

Currently dance classes for children aged 5 to 11 (Twirly21s) and for those aged 11 to 16 (TEEN21) are amalgamated and delivered by Claire King every Saturday at Footsteps Theatre School, Idle, BD10 8PY. The session runs 2.30 to 3.30pm with the younger group just joining in the first 30 minutes. This is temporary until we have a few more children aged 5 to 11 wanting to be involved in Twirly21s.



NO CLASSES 9TH OR 16TH APRIL

The weekly classes are a wonderful opportunity for parents to share experiences and chat over tea/coffee. It also gives the children an opportunity to meet regularly and build friendships.

Both sessions are funded by Locala Community Fund.

Dance21

Dance lessons take place at Kirkgate Centre, Shipley, BD18 3EH in the small hall. Sessions are delivered by Mati Torres on Mondays 6.30 to 7.30pm and are for young people aged 16+.



For more information please contact our [Office](#). Funded by Sports England.

Special Olympics GB

This summer, for the first time in almost two and a half years, Special Olympics GB is set to return to full-scale competition with the largest celebration of intellectual disability sport in Great Britain with a brand-new format called The Special Olympics GB Summer Series of Sport. Running between June and September 2022, The Special Olympics GB Summer Series of Sport will be made up of a number of single and multi-sport events, providing competition in a minimum of 12 sports, including athletics, swimming and basketball, across Great Britain and will offer the opportunity for at least 1,500 Special Olympics GB athletes, with the support of our volunteers, to take part.

[What is Special Olympics GB](#)

[Learning Disabilities and Autism | Open Forum Events](#)



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 from Bradford Council 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.



Fundraising news

TARGET FOR 2022

Our target for 2022 is £70 000; in March we raised £5245.66

A big thank you to:

Tombola at Eldwick Church, £42.45

Amazon Smile, £82.13

Café event with Dr Jo Buckley, £150.19

Jenn Casper Smith, birthday fundraiser via Facebook, £343.83

Charlotte Roscoe-Mitchell, birthday fundraiser via Facebook, £30

Adele Robinson, birthday fundraiser via Facebook, £140

In memory of Ken Abrahams, £175

J&M Ratcliffe, £20

Sainsburys Bingley, £23.52

Sale of goods on eBay, £50.42

Our raffle and tombolas for World DS Day, £558.12

Izzi Ashman, £50 Town Crier, Ilkley

And another large thank you to our regular monthly donors:

G Sweeney, £5

Mrs Fletcher, £15

Peter Todd, £25

G Martill, £10

John Cain, £25

Grants

Bradford Council, £3000 for counselling

Bradford Council, nominated by Michelle Chapman, £500 towards our I can work project.



FUNDRAISERS FOR WORLD DOWN SYNDROME DAY



Andy Hibbert ran 21 miles on 21st March and has raised £694 to date.

The Ratcliffe boys are busy doing 21 things to raise funds for us. They've been sweeping, weeding, stacking logs, washing cars. To date they've raised over £250. Brilliant work boys.



OUR RAFFLE AND TOMBOLAS AT CEDAR COURT HOTEL RAISED £558.12. Thank you to everybody who donated prizes and bought tickets on the night.

A number of schools have also raised funds. These will be acknowledged next month once we have totals raised.

CONTACT Wendy Uttley or Heidi Shepherd

Website: www.downsyndromebradford.com

The Pamela Sunter Centre, Down Syndrome Training & Support Service Ltd,

2 Whitley Street, Bingley, Bradford, BD16 4JH

Tel 01274 561308

Mobile 07816465845 /07512346717

office@downsyndromebradford.co.uk

FUNDRAISING - EVERY LITTLE HELPS

We now have a fundraising page dedicated to helping raise funds:

Visit: [Fundraising | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](https://Fundraising | Down Syndrome Training and Support Service Ltd (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



facebook social impact

DontSendMeACard.com



National Down Syndrome Policy Group

CHANGING THE NARRATIVE

To read the many presentations at the House of Commons and Lords visit:

<https://www.parallelparliament.co.uk/debate/2022-03-18/lords/lords-chamber/down-syndrome-bill>



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/downsyndrometss/>