



Down Syndrome  
Training & Support  
Service Ltd



September  
2026  
NEWSLETTER

## September Family Saturday Session

All family members welcome

Saturday 12th September  
10am to 12pm



GOOD RHYTHM  
DRUMMING CIRCLES  
ARE COMING THIS  
MONTH FOR A  
DRUMMING  
WORKSHOP!

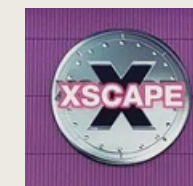
COME AND JOIN US FOR  
AN INTERACTIVE AND  
SENSORY EXPERIENCE

Bingley Methodist  
Church, Herbert Street,  
Bingley, BD16 4JS.

Transport available -  
please contact us.



## SUMMER TRIP



On Thursday 29<sup>th</sup> August our planned summer trip to Bridlington was abandoned due to heavy rain. Families were disappointed but happy to change the trip to an indoor location.

Ten, rather than sixteen families joined us for a day out at Xscape, Castleford.



Many took part in arcade games, crazy golf, lazer quests, trampolining, go karting, exploring the large indoor activity areas, however, these activities were very expensive and we are aware that this presented a challenge to some of our families.

We were unfortunate not to receive funding towards this trip and next year our aim is to go to the seaside a little earlier in August, gain funding and ensure everyone who wants to has a great day out!

Pamela Sunter Centre, 2 Whitley Street, Bingley, BD16 4JH  
Registered Charity Number 1130994 Company Number 6915555

# VOLUNTEERS NEEDED

We \* REALLY \* need volunteers to staff our Chromosome Rocks charity shop in Keighley as this is a great source of funding for us when it is open. Can you help now the children are back at school?



Could you spare a few hours a week?

TEAM UP!

Thanks to those who have donated items for us to sell!



## Lord Mayor of Bradford DINING CLUB

We attended the Lord Mayor's Dining Club in August and had a great evening, with wonderful curry, at the Balti House in Keighley.



We encourage you to come and join us at the next Dining Club on 23<sup>rd</sup> September, at Aldo's Italian in Bradford.

For £25pp you can have a two course meal and contribute to our amazing charity!

Email: [lordmayorsappeal@bradford.gov.uk](mailto:lordmayorsappeal@bradford.gov.uk) to book your place - pay £25 on the evening.



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## OUR AGM



It's that time of year again when we gather together to accept our annual reports and elect Directors.

Join us on 10<sup>th</sup> October at 10.30am for our AGM.

If you are interested in joining our Board of Directors please contact the Office for an informal chat.

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 aims.

# Love to dance?



Dance21 is our older dance group for young people aged 13+ who love to dance!

It runs from 6-7pm on a Thursday and is £3.50 (by donation)

Dance classes take place at Footsteps Theatre School, Idle, Bradford BD10 8PY  
[Dance Brochure here!](#)



Twirly21 is our younger dance group for dance-loving children aged 5-12 years

This class runs on a Saturday from 2.30-3.30pm and is £2 (by donation)

Tea and coffee facilities for parents to chat whilst the children dance



Classes begin again on 5<sup>th</sup> September



## CONGRATULATIONS!



Sarah Best and Robert Dixon were lucky enough to perform at Northern Ballet's Expressions dance festival in July, and they were fabulous! Well done!



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# Weekly Activities

# FOR YOUNG ADULTS



Our weekly gym club continues at Pinnacle Performance Fitness Studio, Nelson St, Bradford BD1 1LA, Tuesdays 4.30 to 5.30pm.

£5 per session, by donation.

Group activities, weights, circuits, games and fitness.

Lots of fun with an expert trainer!



## PLANS FOR SEPTEMBER

4th Sept - Home making skills  
11th Sept - Taster session with dance21  
18th Sept - Keeping safe when out  
25th Sept - Positive Relationships

The Club is open EVERY Friday 6 to 9pm, for young people aged 11 to 25.  
You can [find out more here](#)



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## GOING OUT CLUB!



WE'RE GOING TO THE PANTO!

SATURDAY 14TH NOVEMBER

[BOOK YOUR TICKETS HERE!](#)

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# Opportunities FOR YOUNG ADULTS

We have places available for young adults on two of our programs:

## I CAN WORK

Our 'I Can Work' project currently offers two placements for adults with Down syndrome aged 18+ at our centre. The aim is to provide input and support until they are ready to progress into a work related placement or, ideally, paid employment.

The young people undertake various work-related tasks and projects set at their level of ability, incorporating personal targets in number, time, money, literacy, appropriate behaviours and communication.



Each young person must be willing to travel at least part of their journey to our centre independently or be able to work towards this target.

The placement is one day per week and can be funded by Direct Payments. For more information please download the brochure here:

[I Can Work](#)

## INDEPENDENT LIVING SKILLS

This course covers a range of skills needed in the kitchen, bathroom, bedroom and living room, for example, what is the difference between toilet cleaner and body wash?



How to use a microwave, wash, iron, shop for and cook a meal.

Homework tasks are provided each week in order to consolidate skills.

The placement is one day per week at our centre and can be funded by Direct Payments. For more information you can download the brochure here:

[I Can Shop, Cook and Clean](#)



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# Call for **FEEDBACK!**



Dear Parent and young adult with Down syndrome...

**DANCE21**

**WISH CLUB**

**GYM CLUB**

**I CAN WORK**

We offer various  
services for young  
adults with Down  
syndrome:

**COUNSELLING**

**GOING OUT  
CLUB**

**ADULT SPEECH  
AND LANGUAGE  
GROUPS**

**INDEPENDENT  
LIVING SKILLS**

If the young person you care for attends  
any of these services, we would love their  
feedback, as well as yours!

This helps us to improve our offer and also  
provides necessary feedback to our funders

Please complete the forms below:

Young Person's  
Form

Parent Form



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## EARLY DEVELOPMENT GROUPS

Early Development Groups are back from Monday 7<sup>th</sup> September, with sessions taking place for our new and existing groups of children.



*"My son has picked up so many skills by attending every fortnight for example being able to communicate and being able to follow instructions"*

Want more info? You can find it here alongside our Evaluation Report: [Early Intervention](#)

If you haven't yet confirmed your place for this year's group, please contact us to do so as soon as possible.



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## GRADUATION

Our Red and Yellow Groups have now finished their Early Intervention program and celebrated their Graduation in July, with the Lord Mayor of Bradford presenting their certificates. We are very proud of all 8 of our Graduates!



CLASS OF  
= 2026 =  
♥

THANK YOU TO THOSE  
WHO CAME TO THEIR  
CELEBRATION EVENT!



BOOK NOW

# Train with Dr Wendy Uttley

## DOWN SYNDROME EDUCATION, DEVELOPMENT & INCLUSION



24 weeks of online CPD accredited training and consultation for professionals and parents in the specific learning needs of a child born with Down syndrome.

### WEEKLY SESSIONS BUILD SLOWLY TO GIVE ATTENDEES A WIDE RANGE OF KNOWLEDGE AND STRATEGIES

Every week for 24 weeks, from 10am to 11am.  
Sessions will be recorded and available to download and watch at a later date so whilst attendance is recommended, it is not compulsory.

*'The training was very informative and I really enjoyed the delivery, was very relaxed with plenty of opportunities to ask and share thoughts'*

[DOWNLOAD THE TRAINING BOOKLET HERE](#)

### THE FIRST TWO TOPICS ARE:

#### Part 1: Introduction to Down syndrome:

The learning profile of someone with Down syndrome, with practical ideas across signing, communication, reading, numeracy and behaviour

#### Part 2: Signing and Down syndrome

Training will cover why we use signing, then the alphabet, manners, animals, food, family and other people, signs for the home, school day, colours, descriptions, some/days, questions and connective/link words.

### AIMING TO BETTER MEET SCHOOL STAFF AVAILABILITY

Offering our training via online weekly sessions enables more schools to access the training needed to fully educate and include a child with Down syndrome. From feedback, this removes the time for travel and enables school to better plan cover.

*'Amazing course! Learnt a lot and feel more confident about working with my pupil in September'*

Training is mainly aimed at teaching staff; teachers, SENCos, teaching assistants. However parents are also welcome to attend.



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# Train with us

## INTRODUCTION TO DOWN SYNDROME

Wednesday 23rd September  
9.30am-12.30pm

**In person training with Laura at our centre.**

**An ideal opportunity for professionals and families  
to learn more about Down syndrome.**

**EXPECTATIONS - LEARNING PROFILE - MEDICAL ISSUES**

*'Excellent course, very  
informative. I feel  
more confident in  
going back to school'*

*'A real awareness  
raiser. It reminded me  
of the purpose and  
strength of inclusion'*

For more info & to book, visit: [Intro to Down Syndrome](#) | [Down Syndrome T&SS](#)



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## SIGNING AND DOWN SYNDROME



Thursday 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> Oct, 5<sup>th</sup> Nov  
10am-11am



**Four 1 hour sessions will include practice of useful  
phrases and familiar children's songs, followed by a  
consultation session on 12<sup>th</sup> November.**

## WILLS AND TRUSTS ONLINE INFORMATION EVENING

**We have scheduled an online information event for  
Monday 12th October from 7-9pm with AWB  
Charlesworth Solicitors Limited**

**For more info & to book any of the above, email  
[office@downsyndromebradford.co.uk](mailto:office@downsyndromebradford.co.uk)**

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# Dates for the Diary

## SPEECH & LANGUAGE SESSIONS



Jessica - 12<sup>th</sup> September

Lauren - 13<sup>th</sup> September

All groups will be at the centre.

If you would like a place for your child, you can sign up here if you haven't already:

**S&L REGISTRATION FORM**

*"It is rewarding and fulfilling to see my son improve with his communication and listening skills"*



**You can read our Speech and Language Evaluation report here!**

## FUNDRAISING EVENTS

### RAWDON LADIES CHARITY FASHION SHOW! 24.09.2026

Rawdon Golf Club are hosting a Charity Fashion Show with a third of every ticket sold going directly to our charity!



Each ticket includes a seasonal cocktail and snack, as well as your donation. Guiseley's very own 'Little Black Dress' are kindly providing the clothing which will be available to purchase on the evening.

Please email  
[valcattrell@icloud.com](mailto:valcattrell@icloud.com)  
for tickets

# SUPPORT & INFO *From Elsewhere*

**Bradford SEND  
Local Offer - Sept  
2026**

An Introduction to the Dual Diagnosis of  
Down's Syndrome and Autism



DOWN'S  
SYNDROME  
ASSOCIATION

The DSA are offering  
two webinars on dual  
diagnosis. More info  
here: [DSA Link](#)



Affiliated  
Groups  
Network

The government have introduced a new service which  
allows you to check the rate and length of your benefits  
award and download proof of entitlement. Use the link:



**Get proof of your benefits  
and State Pension - GOV.UK**

Bradford Council have updated their Personal Assistant  
Directory so it's easier for people to find the right  
support if they receive care through a personal budget  
or direct payment. You can access this here:



**Bradford PA Directory**



SENDiVERSE will be back  
in October half term to  
celebrate young people  
with SEND across  
Bradford and Keighley!



**CALL FOR  
RESEARCH!**

They are looking for  
children aged 7 to 16 with  
Down syndrome to take  
part in the study.

Researchers from King's College  
London are conducting a research  
project to better understand how to  
support language development in  
bilingual children who have Down's  
syndrome. The child does not have to  
be bilingual to participate.

**More info here!**



The DSA have published a  
handy checklist for  
preparing to go back to  
school. This can be  
downloaded here:

**DSA Back to School**



The NDSPG are  
launching a  
campaign  
calling for more  
progress with  
regards to the  
Down Syndrome  
Act. You can  
support this  
campaign by  
asking your MP  
to support it.

It's easy to do this by following this link: **Email your  
MP** which creates a pre-written letter that you can  
send. Turn the Act into action!



Join the Parents' Forum,  
the Assistant Director of  
SEND Bradford and other  
parents/carers, to share  
your voice.

To register by 9th Sept,  
complete the form **here**



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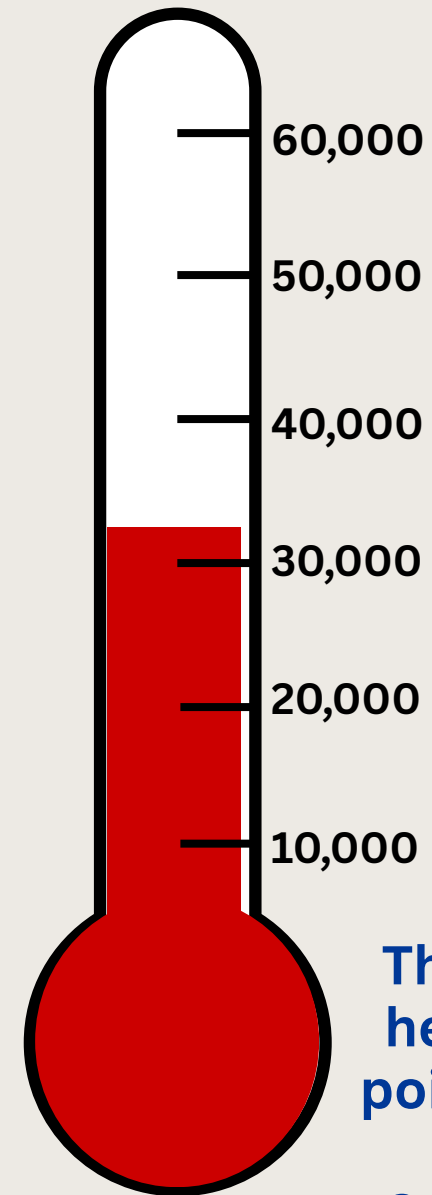
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# Funding UPDATE

## DONATIONS & COLLECTIONS

We are not up to date with donations over the summer, but will be shortly so these can be reported in next month's newsletter.

Thank you to everyone who has continued to host a Collection Tin, to all of our regular donors and to everyone else who has supported us over the summer with donations!



*We have tipped the half way point!*

Thank you to everyone who has helped us to reach our half way point! If you would like to help us reach our next milestone of £40,000, you can [Donate here!](#)



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**CAN YOU JOIN US TO FUNDRAISE  
IN ASDA, KEIGHLEY?**

**On Tuesday 29<sup>th</sup> September, we  
will be at ASDA in Keighley from  
10am-12pm.**

**We would love it if we had people  
with us to encourage the shoppers  
to donate!**

**PLEASE**

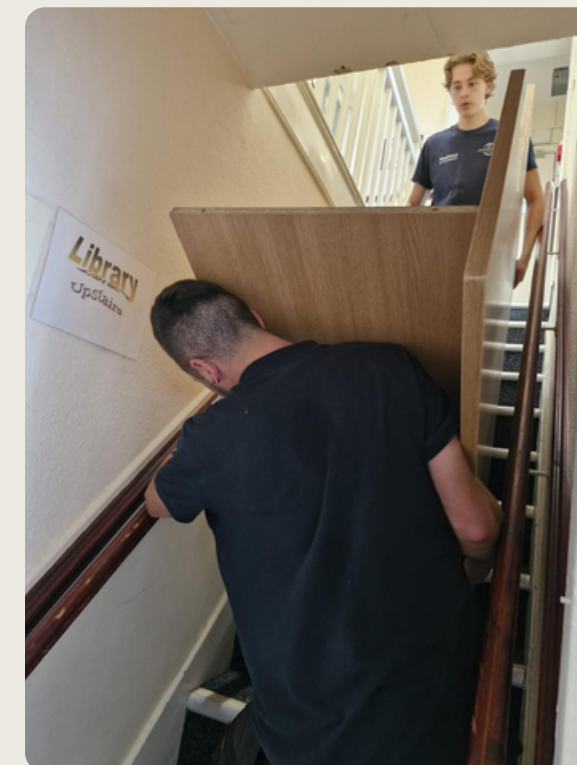
**THANK  
YOU**

# KAREN

Our wonderful Family Support Worker, Karen, left our service over the summer as she is embarking upon a new life in North Yorkshire. Karen has supported many families over the years and whilst we are sad to see her go, we wish her all the best for the big move!



# PICKERSGILL REMOVALS



We are very grateful to Michael Heaton and to the team at Pickersgill Removals, who volunteered to relocate our offices to the groundfloor of our centre. They even got themselves in the T&A for their efforts! [T&A Article](#)

# WENDY UTTLEY



After 26 years of round the clock commitment since founding the charity back in 2000, Wendy is now taking well deserved semi-retirement and reducing her hours to 15 hours per week.

With HUGE boots to fill, Jenn Casper-Smith will now be taking on the management of the service on a full time basis.



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