



Down Syndrome Training & Support Service

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

April '25 newsletter



CELEBRATING EASTER

12th APRIL FAMILY FUN SATURDAY SESSION

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

Saturday 12th April, 10am to 12pm

ALL FAMILIES WELCOME

Both the family Saturday session

and Sibz Zone will take place at the church hall where we will be celebrating Easter with an Easter egg pass the parcel and Easter egg hunt. Our Easter/Spring raffle will also be drawn on the day.

All of our fun games, singing and circle activities will also be on offer.

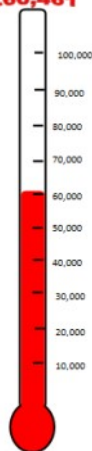
ALL FAMILY MEMBERS WELCOME TO JOIN IN THE FUN.



OUR BIG £100K FUNDRAISER for 2025

We're thrilled to let readers know that we are smashing our target. We have passed the half way mark with the total passing £60,000 during March.

BIG £100,000 fundraiser
£60,461



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

www.downsyndrometrainingandsupport.com
01274 561308
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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:

Thanks to everyone involved in various world Down syndrome events the money is rolling in. Visit and keep an eye on our total:

<https://www.justgiving.com/campaign/dstss100k>

Let's keep the momentum going and reach the £100K to secure our charity and its services for the next 12 months.

WHAT A WONDERFUL WEEKEND

On Friday 21st March Johnny, father of three, including Leo, who has Down syndrome, and over 80 supporters, all wearing yellow tee shirts walked 18 miles along the canal from St James's Hospital, Leeds to our centre in Bingley. THEY RAISED OVER £53,000 (and rising) to be shared between our charity and Melanoma Focus.

Johnny has terminal cancer and



is determined to support us so that we can continue to support his family when he is no longer around to do so.

Celebrations at the end of the walk were beautiful.

Visit his [JustGiving page](#) and give what you can to support him.

Thank you

CELEBRATIONS AT OUR CHARITY SHOP 'CHROMOSOME ROCKS'

On Saturday 22nd March the Voices of Yorkshire choir filled the Airedale shopping centre Keighley with their wonderful voices, followed by a brilliant performance by dance21. The shop sold Stand Out Socks, George Webster's books and a wealth of Down syndrome related merchandise raising £593. Thank you to everybody involved.



PLEASE BUY A RAFFLE TICKET IN OUR SPRING RAFFLE

Draw to take place Saturday 12th April. £1 a ticket.

- 1st Prize: Easter hamper
- 2nd Prize: handmade leather handbag
- 3rd Prize: signed copy of 'George and the Mini Dragon'
- 4th Prize: signed copy of 'This is ME!'
- 5th Prize: Men's Eternity set + chocolates
- 6th Prize: Fuzzy Duck shower kit



[Click here to enter the draw](#)

IBRAHEEM'S WALK

Ibraheem, supported by his family, will be doing a sponsored walk around Lister Park over the Easter break. His JustGiving page that is doing incredibly well; he's raised over £10,000 including Gift Aid so far! **His target is £15,000 which would fund our early development groups for a year.** Let's help him to reach his target. Follow the link below:

[Ibraheem's Page is fundraising for Down Syndrome Training](#)



ways you can help

TESCO IN-STORE VOTE

We are delighted to announce that we have been successful in our bid to take part in the Tesco Stronger Starts customer vote to raise money for our Family Support Sessions. The project with the highest number of votes will receive £1,500, 2nd £1000, 3rd £500.

VOTING STARTS 1ST APRIL AND FINISHES 30TH JUNE

STORES WHERE YOU CAN VOTE:

- Bradford Peel Centre Superstore BD1 4RB
- Crossflats Bingley Express BD16 2DY
- Northcliffe Shipley Express BD18 3HH
- Bradford Sunbridge Road Express BD1 2AY
- Baildon Otley Road Express BD17 7HE



To vote, you will need to make a purchase within store of any value. You will receive one token per transaction.

JOIN OUR MAY SPONSORED WALK

On Sunday 18th May we are holding a sponsored walk. The walk will offer 3 levels.

- For families a 1.5km along the riverside, Ilkley Park, 11am.
- Along the Dales Way for 4 to 5 miles starting in Ilkley Park, 11am.
- Along the Dales way for 10 miles, starting in Ilkley Park 11am.

Where possible the walks will finish with a picnic in Ilkley Park around 1pm.



SIGN UP NOW

To sign up for the walk please visit our BIG 100K campaign page which has a link to the walk:

[BIG £100K for 2025 - JustGiving](#) and click on the orange box.

Or contact the [office](#) should you wish to use a sponsor form and collect sponsors the 'old' way. All walks will be led by experienced leaders.

ROB BURROWS LEEDS HALF MARATHON 11th MAY 2025

Alan McCulloch, Jake Scott and Tony Cooper are all running the Leeds Half Marathon in May to raise funds for us.

Visit their Just Giving pages here:

- [Alan McCulloch is fundraising for Down Syndrome Training and Support Service Ltd](#)
- Tony Cooper: [Crowdfunding to fund Down Syndrome Training and Support Service Ltd. on JustGiving](#)
- Jake Scott: [Crowdfunding to fund disability support on JustGiving](#)



more celebrations

IN THE TELEGRAPH & ARGUS AGAIN!

The T&A are supporting our £100K campaign. They were excited to learn and report that we had passed our half way stage...we're looking forward to the celebrations when we hit £100K



['Things now looking good' for Bingley-based charity | Bradford Telegraph and Argus](#)

THANK YOU TO MENSTON PRE-SCHOOL WHO UNDERTOOK THE #Challenge21

Children and staff at Menston Pre-School rose to the #21 challenge in March and raised £556 through PayPal fundraising.

The children came up with some wonderful and imaginative things to do to fundraise, from naming 21 countries to trying 21 new foods!

WHAT A FANTASTIC AMOUNT!

£2343 RAISED BY MENSTON PRIMARY SCHOOL ON WORLD DOWN SYNDROME DAY

Pupils and staff at Menston Primary School held numerous stalls selling a range of items they'd created and raised £2343.23. On 31st March Wendy went into school to personally thank the children and deliver an assembly about Down syndrome.



SUPPORT US LONG TERM BY BECOMING A REGULAR DONOR

Thank you to everybody who has pledged to donate a monthly amount to our charity. The monthly total now stands at £199.32 from 18 regular donors, that's £2391.84 per year. This will fund one early development group for one year! It's really easy to help set up and, if you are a UK tax payer, we can claim Gift Aid and boost your donation by 25% - at no extra

[Use Paypal to make a one off or regular donation](#)

cost to you.

[Use Justgiving to make a one off or regular donation](#)

[Set up your own standing order from your bank](#)

Visit our fundraising page to learn about all the ways you can help us

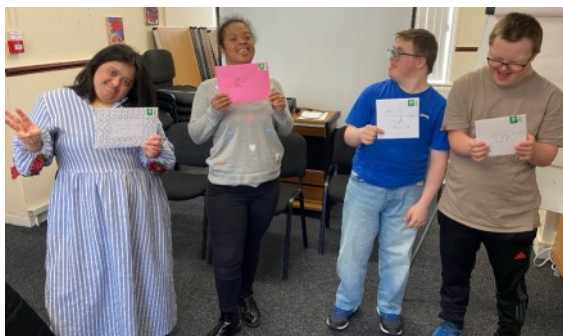
CIRCUS STARR TICKETS FOR JUNE

We again have a number of free tickets for the amazing Circus Starr magical show on Friday 20th June at 4.45pm and 7pm at LIFE Centre, Wrapping Road, Bradford, BD3 0EQ. Please contact the office to reserve your ticket



Our regular support sessions

SPEECH & LANGUAGE GROUP SESSIONS



Both adult groups ventured out into Bingley for their March speech & language sessions. Jessica's group went to the Card Factory to buy Mother's Day cards, then took them back to the centre to address. Lauren's group went out to a local café and ordered their own food and drinks.

In April all sessions are at the centre.

JESSICA'S GROUP SESSIONS Saturday 26th April

LAUREN'S GROUP SESSIONS Sunday 27th April

Heidi will be in touch with reminders

SOME PLACES STILL AVAILABLE - PLEASE CONTACT THE OFFICE FOR DETAILS. Funded by Awards 4 All until June 2025



EARLY DEVELOPMENT GROUPS

Dates for next term are now available and messages will be sent to all families via WhatsApp.

USING WORDS IN PRINT TO DEVELOP SPEECH AND READING SKILLS

We introduce words in print from age 3 by word to word matching and as the

children begin to learn these 'black on white' squiggles mean something we begin to use them to support speech. Here's Orla using a sentence strip to ask for biscuits at snack time and Ethan using signing and word recognition to read an early book.

Wendy recently presented at the Down Syndrome Research Forum sharing videos to celebrate the success of the children we work with.

We are very proud of our early development groups and the children who attend them in preparation for school.

PRIVATE FACEBOOK GROUP

Are you a member of our Early Development Group private FB group?: [Early Development Groups for children with Down syndrome | Facebook](#) . If you would like a link to join please email the office.

These group sessions are now being funded by our reserves. We continue to seek funding for them.

I CAN WORK

Charlie and Emerson are making great progress on our 'I Can Work' project. Both spend time working at the centre and also at the charity shop learning office skills and shop skills. They will both be undertaking travel training as part of the project.



Our regular activity sessions



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 on entry to enable the dancers to practice their money skills. Classes are delivered by Claire King, alongside Kim Booth, one of our most experienced dance21 members. On Saturday 22nd March they performed several routines outside our charity shop 'Chromosome Rocks' in Keighley and helped to raise £593. Thank you to all involved. **NO DANCE UNTIL 24th APRIL**



WEEKLY GYM CLUB FOR YOUNG PEOPLE WITH DOWN SYNDROME aged 13+

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.

Please book by contacting Karen: 01274 561308

NO GYM 8th & 15th APRIL



karenbarron@downsyndromebradford.co.uk

Visit the Facebook page [Pinnacle Performance Fitness Studio](#)



PLANS FOR APRIL

4th April, 7 til 9pm : friendship building activities

16th April, 7 til 9pm - WEDNESDAY - Easter celebrations; egg hunt.

OPENING TIMES

After Easter we will be reviewing the opening times of the club. Once staffing is in place the aim is to re-open every week. The Club currently runs fortnightly on a Friday, 7 to 9pm for young people aged 11 to 25. Young people are welcome to bring along a friend or sibling age 11+.

GOING OUT CLUB

We had a fab time at the Shama Bingley in March when 9 young adults took the place by storm. It was a wonderful night out.



TWIRLY21s

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

This group is specifically for children with Down syndrome aged 5 to 12.

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. **NO DANCE UNTIL 26th APRIL.**



TRAINING AT OUR CENTRE IN BINGLEY NEXT TERM

ME: my body, my friends, my life

Workshop with Dr Wendy Uttley

(Sexuality relationships education for people with Down syndrome and other learning disabilities)

How to teach children & young people with Down syndrome about their bodies, keeping safe, privacy, social boundaries and self help skills.

This training is over two full days. The first part of this was delivered in November 2024 but due to Wendy's accident the second part was postponed.

We have decided to rerun the full course in April 2025.

Session 1, Wednesday 23rd April, 9.30 to 3pm

Session 2, Wednesday 30th April, 9.30 to 3pm

This course covers:

- How important such training is for young people with learning disabilities.
- Names for body parts. Privacy.
- Puberty for girls, puberty for boys,
- Feelings, personal hygiene, self help skills.
- Touching, hugging, affection, friendships.
- Safety in the community. Assertiveness. Abuse prevention strategies. How do we become our own protector?

The signs for this topic are also covered and available in a book —SRE and Down syndrome cost £6.00.

A Memory stick/digital download of resources & activities is available to buy at a cost of £10.00.

If you were originally booked on the November course you will be transferred to this course. Heidi will be in touch to confirm. Bookings now being taken. [Me, my body, my friends, my life | Down Syndrome T&SS](#)

SIX WEEK BEHAVIOUR WORKSHOP Online with Wendy Uttley

Six week behaviour workshop for parents and school staff.

1st, 8th, 15th, 22nd May, 6th, 12th June, 9.30 to 11.30am

PLACES LIMITED TO 7 teams around a child.

The course starts with an overview of the learning profile of a child with Down syndrome looking at how difficult behaviours may develop. Parents/school staff will then be encouraged to focus on a specific behaviour they wish to modify and will be supported to develop a positive behaviour plan focussed on a wanted behaviour. Methods to develop self help skills using task analysis will also be taught and each week opportunities will be offered to discuss progress and learn from each other.

COST: £100 per family/carer/school staff, ie team around a child TO BOOK [Six week behaviour workshop- online | Down Syndrome T&SS](#)

· 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

· The behaviour of my child has improved and our relationship as parent/child has become closer

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&SS](#)

INTRODUCTION TO DOWN SYNDROME

Vital training for schools

• *Secondary school and beyond*, Wednesday 4th June, 9.30 to 12.30 with Dr Wendy Uttley

• *Birth to 12 years*, Wednesday 11th June, 9.30 to 12.30 with Laura Hempel

Bookings now being taken, just click [here](#).

Payment by donation. We are asking for a donation upon booking but if this precludes attendance school/organisation staff are welcome to attend for free. Please contact the office.

THREE WEEK 'TOILET TRAINING FOR ALL AGES' WORKSHOP

Thursdays, 19th June, 26th June, 3rd July, 10am to 12pm

Online or in person at the centre.

Places limited to 7 'teams around a child'. This includes family and school staff.

COST £60 per 'team'.

Booking now being taken. [Toilet Training for all ages | Down Syndrome T&SS](#)

Consultations, observations and assessments

Are available at an hourly rate of £80, either online, in school or at our centre.

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

REPORTS FOLLOWING ASSESSMENTS OR OBSERVATIONS £120

NEW MATHS RESOURCE by DR WENDY UTTLEY

Down Syndrome & a Pathway Through Mathematics

The resource comprises of teaching notes, activities, worksheets, videos and visual resources to print off. Aimed at ability level rather than age, the resource will help you to understanding how and why children with Down syndrome find maths a challenge, how they learn to understand numbers, count and calculate and learn about time and money. Throughout the resource there are lots of examples of tried and tested effective teaching activities from early to adult years.

A short 6 minute video explaining the resource can be viewed by clicking on the link below

[Down Syndrome & a Pathway Through Mathematics NEW RESOURCE by Dr Wendy Uttley](#)

FREE ONLINE TRAINING FOR EMPLOYERS LEARNING ABOUT DOWN SYNDROME

Our new free training video for employers

Below is the link to a 45 minute training video aimed at employers and employees supporting an adult with Down syndrome in the work place. It is free to download and use.

[I Can Work - training for work placement | Down Syndrome T&SS \(downsyndromebradford.com\)](#)

Visit our fundraising page to learn about all the ways you can help us

RESEARCH INTO EARLY MATHS SKILLS and DOWN SYNDROME

Researchers at the University of Oxford, University of Surrey and UCL are looking for volunteers (4-9 years old) with

Down Syndrome to join a study that aims to better understand numeracy education. They hope that this study will help to develop an understanding of the educational supports and thinking skills that support children with Down Syndrome and other genetic syndromes to learn mathematics.

The study involves classroom observation and 1-1 math activities at your child's school over two visits. They will also ask for parents and teachers to answer some questionnaires. No travel will be required. Interested in taking part? The team have produced a video to introduce themselves: <https://vimeo.com/1001119216> and there is an info sheet with more details at https://oxfordxpsy.az1.qualtrics.com/jfe/form/SV_0ufAQOon4NbF06G. You can contact them at MathMIND@psy.ox.ac.uk with any questions.



TRAINING & INFORMATION FROM THE DSA



[Supporting People with a Dual Diagnosis of Down's syndrome and Autism](#)

Thursday 10 April 2025 | 10.30am – 12 noon | FREE

[Early Feeding Webinar with Gwendolina Toner](#)

Thursday 14 May 2025 | 1.30 – 2pm | FREE

[Transition to Adulthood 14-25 Guide FINAL 18.03.25](#) This is a new comprehensive guide produced by the DSA it covers

- Education - transition planning from year 9 (14 yrs)
- Education - from year 11 (16yrs)
- Education - age 18+
- Social care, transition planning, from age 16/17
- Benefits from age 16
- Annual health checks from age 14
- Decision making from age 16
- Health - consent and decision making from age 16
- Adult social care - 18+
- Adult health - 18+
- Managing money and benefits - 18+

PBFA PARENTAL SURVEY RESULTS



[Annual SEND Survey Results!](#)

The report is very interesting and easy to read. It reflects the voices and lived experience of 367 parent carers about their child or young person with Special Educational Needs and/or Disabilities living within the Bradford Local Area. Most parent carers in this survey are caring for children and young people with a diagnosis, or on a waiting list, for Autism and ADHD. However, there was good representation from children with medical conditions, visual and hearing impairments and in total, over 50 different disabilities and impairments; the diagnosis of Down Syndrome was represented by (4.8%) approx.17 families.

TRAINING WITH IPSEA

[EHC plan masterclass - existing plans | 24 April | £65](#)



For parents and carers who already have an EHC plan in place for their child, this session looks at the information a plan should contain, through to how to achieve that through annual reviews, re-assessments and appeals to the SEND Tribunal

[SEND Tribunal hints and tips | 29 April | £65](#)

For parents and carers of children with SEND who are currently going through appeals against the contents of an EHC plan, or the school named in the EHC plan.

TRAINING WITH DSUK

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



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

LEARN AND THRIVE NEWSLETTER



[Newsletter Issue 6 — Learn and Thrive](#) With news of their new Growing Up and Keeping Safe series with pre-cut resources to use to teach this vital topic. And much more.....

FREE ONLINE COURSE

'Moving up to secondary school for children with additional needs'

Aimed at parents and carers of children in year 5 and year 6, a FREE online course is available from In Our Place, to help parents and carers support their child with additional needs to get ready for the move up to secondary school.

Developed by a team of NHS Educational Psychologists, Clinical Psychologists and Child Psychotherapists and informed by experience, the course is also a support for the emotional wellbeing of parents and carers of children with additional needs.

For more information about this course and the full library of courses (17 courses are available) visit [Free wellbeing online courses in Bradford – inourplace](#).

KIDZ TO ADULTZ MAGAZINE

[Our new KtoA Magazine is out now!](#)



Canadian Down Syndrome Society

CDSC LIBRARY OF LEARNING WEBINARS FREE TO DOWNLOAD

[Community Learning Webinar Library - Canadian Down Syndrome Society](#)

The webinar libraries most popular webinars are:

- Building a health mind set
- Nutrition and meal planning
- Managing your mental health
- Finding paid employment
- Building a social network.

MIND THE GAP EVENTS IN APRIL

12th April - The Wonderland Garden, a magical musical storytelling experience for babies and young children. Tickets on sale.

16th April - auditions for their One Day courses - a wonderful opportunity for people with learning disabilities and autism to discover their creative potential in theatre, dance, and music.

To read their newsletter [click here](#).

Visit our fundraising page to learn about all the ways you can help us

Thank you

During March we have raised £30,573.27 - incredible!!

Regular donors, thank you to our 18 monthly donors, total raised £199.32

Donations received from JustGiving towards BIG £100K:

To date £16533.83 + £469.20 collected as cash during Johnny's walk.

In memory of loved ones:

In Memory of Jean Hughes, £15

Give As You Live: £29.84

Paypal Giving Fund, £14.50

Charity Shop, £2311.94

Thank you for your donation:

Noami Kenningham, £30

CAF £23.52

B coleman £50

M & S Qureshi, £1,000

Yarun Khatun, £10

ASDA staff raffle, £130

ASDA collection, £96.41

Menston Primary School, £2343.23

GRANTS

Morrisons charitable trust £6780 towards training workshops

Worcester Bosch Charity, £60 towards new boilers

South and West Bradford Stroke Group, £500

Donation of goods for charity shop -

A massive thank you to everyone who keeps donation toys and unwanted gifts to our charity shop. The shop is going from strength to strength.

thank you



COLLECTION AT ASDA KEIGHLEY FOR WORLD DOWN SYNDROME DAY



Thank you to Asda Keighley for their support. Nicky, Sam, Jenn and Orla held a collection at the supermarket on Thursday 20th March and collected £96.41. ASDA staff also held a raffle and raised £130 for us.



Eid Mubarak



During Ramadan we have run a fundraising page on Launchgood. The page has raised £438.

Thank you to every-

one for their donations.

[Helping children with Down syndrome | LaunchGood |](#)



PHYLECIA'S BIRTHDAY FUNDRAISER



Thank you to Phylecia, Eva and her family and friends who raised £409.35 including Gift Aid.

BEN, EISA AND FLOS'S SPONSORED WALK

Last month Ben, Eisa and Flo undertook a walk round Myrtle Park raising a whopping £1856.25 including Gift Aid via their JustGiving page

[shabana Aslam is fundraising for Down Syndrome Training and Support Service Ltd](#)And there's still time to sponsor them.

Thank you



GEMMA & LACEYS #Challenge21

During March Gemma and Lacey undertook a '21 Sing and Sign Challenge'. They posted a song a day on social media and raised £195. Their Just Giving page is still open. Visit:

[Gemma-Marie Fawcett is fundraising for Down Syndrome Training and Support Service Ltd](#)

HELEN BOSTOCK'S FUNDRAISER

Helen is raising funds for us on Just Giving.

Visit: [Helen's £500 fundraiser](#)

WE NEED VOLUNTEERS TO HELP STAFF OUR CHARITY SHOP 'CHROMOSOME ROCKS' IN KEIGHLEY

Please, please can you help - grandmas, grandads, aunties, uncles, older siblings - the shop is a great source of income but some weeks we are only managing to open one or two days a week.

PLEASE LET US KNOW IF YOU CAN HELP.

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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