



Down Syndrome Training & Support Service Ltd

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

MARCH Newsletter



MARCH FAMILY SATURDAY SESSION

All family members welcome

Saturday 14th March, 10am to 12pm at Bingley Methodist Church, Herbert Street, Bingley, BD16 4JS.

Transport available if required. Please contact the Office.



We will be flower arranging in celebration of Mother's Day. Abass from The Bloom will be joining us with flowers and instructions. Come along and make yourself or your loved one a bouquet of flowers.

Sibz Zone

The Sibz Zone will take place in the small room at Bingley Methodist Church with Elanor. All siblings aged 6+ are welcome to come along for crafts, games and chat.

WORLD DOWN SYNDROME AWARENESS

It's March and that means it's time to raise awareness of Down syndrome. We have planned a sponsored canal pub walk from Gargrave to our centre in Bingley on Saturday 21st March. The total distance is about 16 miles but you can join us for any of the 4 stages:

Starting at the Old Swan Inn, Gargrave at 9.30am to the Herriot Hotel, Skipton (about 11.30), then the White Lion, Kildwick (about 1.30pm for picnic lunch), then the Marquis of Granby, Riddlesden (about 3.30) finishing at our centre in Bingley for celebrations and refreshments.

Each section is approx. 4 miles.



For full details read our funding news here:

[Sponsored canal pub walk from Gargrave to Bingley](#) It would be

really great to have families join us and help to raise awareness and funds.

NATIONAL LOTTERY SUCCESS

From Day One: Enabling a life of inclusion

We are delighted to let everyone know that we have been SUCCESSFUL in our funding bid to the National Lottery. The funding will start 1st June 2026 and fund our Early Intervention services for FIVE years. The total awarded is £200,757, so roughly £40,000 each year, for a project we have called 'From Day One: Enabling a life of inclusion'.

The main objective of Down Syndrome Training and Support Service Limited is to provide training, support and guidance to children with Down syndrome, their families and the professionals who work with them in order to improve education, development and inclusion.

'From Day One: Enabling a life of inclusion's' aim is that a child born with Down syndrome today is provided with the intervention and opportunity to grow up included, educated, and be on a progressive route to living and working in a mainstream society.

The project builds directly on 25 years of proven work, experience and partnerships, supporting children, young people and their families at every stage of their journey. It fits directly with the overall aim of the charity, supporting children with Down syndrome and their families from birth and aligns directly with the Reaching Communities funding mission 'helping children and young people thrive by developing positive social and emotional skills'.

The funding outcomes:

- Babies with Down syndrome and their families are enabled to come together and feel like they belong from the very beginning.
- Parents feel supported to move from uncertainty to confidence, from fear to celebration of their child's potential, and from isolation to belonging in a strong community.
- Families feel they belong and are supported from diagnosis onwards.
- Children build the foundations for learning and are prepared for inclusion in mainstream school.
- Children with more complex needs are supported to make progress towards small targets that will enhance their life and wellbeing.
- Parents are equipped with practical tools and confidence.
- Schools and professionals are empowered with strategies to meet needs effectively.

There will be ongoing evaluation against these outcomes.



Support services for young people



PLANS FOR MARCH

6th Listening skills- Listening and recall games.
13th People who are important to us- Mother's Day crafts
20th Feelings- talking about and sharing feelings appropriately
27th Easter- Easter themed craft and egg hunt
As we say goodbye to Charlotte, Jake and Sarah will continue to run the Youth Club. We also welcome Fran Shaw onto the team. Fran has been volunteering with us since July 2025



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](#)

OPENING TIMES

The Club is 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+

READ THE [FEEDBACK REPORT](#) HERE

ALL THE BEST TO CHARLOTTE

At the end of February we said a fond fairwell to Charlotte Roscoe-Mitchell. Charlotte has been with us since September 2019, originally a job coach as part of our 'I Can Work' team she soon increased her role to become Youth Club Coordinator in February 2020 supporting the WisH Club throughout lockdown.



During this time, July 2020, she also took on the role of Finance Officer and continued in both roles, successfully generating £1000s through funding bids for over 5 years. She will be greatly missed by the team and youth club. Charlotte's new job is full time as a probation officer. We wish her all the very best.

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.



GOING OUT CLUB NEWS HALF TERM GYM TASTER SESSION

On Wednesday 18th February, 8 young people enjoyed a fantastic taster gym session at Pinnacle Performance Fitness Gym, Nelson St, Bradford.

Our Gym Club runs weekly every Tuesday. See below.



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, Tuesdays 4.30 to 5.30pm.

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

We are delighted to have received further funding from Bingley Bubble to continue these sessions in 2026.



'I CAN WORK' PROJECT & INDEPENDENT LIVING SKILLS PROJECT - PLACES AVAILABLE

Both our adult support projects 'I CAN WORK' and INDEPENDENT LIVING SKILLS ('I can shop, cook and clean') have places available.

Both services can be funded through direct payments. Please click on a leaflet to download or contact the office for more information.

Both support schemes involve travel training.



WEEKLY ONLINE TRAINING

With Dr Wendy Uttley

This month we finish our online weekly training course. The course has been running every Wednesday since September 2025. A total of 22 sessions have been delivered covering: Introduction to Down syndrome, signing, literacy and language, number, time, money and reading.



ACCREDITATION

We are in the process of accrediting this course which will re-run from Sept 2026.

The course will be called

***'Down Syndrome –
Education, Development & Inclusion'***

Our plan is that this will be an accredited course of teaching staff working with a child with Down syndrome with 22 hours of CPD

BOOKINGS NOW BEING TAKEN

PLEASE CONTACT THE OFFICE TO RESERVE YOUR PLACE.

Cost will increase to £120 per school. This includes all 22 live online sessions/consultation, handouts and recordings.

Expectations of behaviour – places still available

6 week workshop limited to 7 cases, 2 hours per week for 6 weeks

starts 25th March 2026 [Six week behaviour workshop- online |](#)

[Down Syndrome T&SS](#)

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

The cost for this workshop is £100 per team around a child. This means parents, family members and school staff all supporting the same child are invited as part of a team for £100.

INTRODUCTION TO DOWN SYNDROME FOR EARLY YEARS AND PRIMARY SCHOOL

with Laura Hempel & Jenn Casper-Smith

Free or pay by donation (£50)

Wednesday 22nd April 2026, 9.30 to 12.30pm

Bookings now being taken. Visit:

[Introduction to Down syndrome - 0 - 12 | Down Syndrome T&SS](#)

The course introduces Down syndrome to people who have little experience of working with children with Down syndrome and covers society's view of Down syndrome, health implications, strengths and weaknesses in the classroom and outlines ways to address the specific learning needs and manage behaviours.

· Excellent course, very informative. I feel more confident in going back to school and including the little girl we have with Down syndrome in class

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

· I would highly recommend ALL support services and schools undertake this training.

COST: Suggested donation £50 but if this precludes attendance school staff are welcome to attend for free

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.**

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&SS \(downsyndromebradford.com\)](#) to book or for details.

REPORTS FOLLOWING ASSESSMENTS OR OBSERVATIONS COST £120.

FINANCE OFFICER NEEDED

We currently have a vacancy for a Finance Officer, 15 hours per week, term time only.

Interested?

Please contact the Office for details and an application pack.

EARLY DEVELOPMENT GROUPS

We are delighted that the National Lottery have chosen to fund our Early Development Groups for the next 5 years.



Just think how many more babies and their families will benefit. Our aim is to support more children into mainstream primary school providing guidance, intervention and training for all involved. We will have to do quite a lot of monitoring to help us demonstrate progress and we love progress!



The project will be called
FROM DAY ONE:
Enabling a life of inclusion

SPEECH & LANGUAGE GROUP SESSIONS

MARCH SPEECH & LANGUAGE GROUPS

- Jessica's groups are currently being delivered on a Sunday by Lauren until March/April. Jessica's groups will take place on Sunday 15th March.
- Lauren's groups will take place Sunday 1st March



Lauren's adult group visited All Saints Church in Bingley for their February session. The young people enjoyed asking lots of questions about the history of the church



PICTURES FROM OUR FAMILY SATURDAY SESSION IN FEBRUARY WHEN GEORGE WEBSTER JOINED US FOR THE MORNING



DANCE21



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

FIXTURES FOR 2026

Our aim every year is to showcase our dancers and raise awareness through various public performances. Events around world Down syndrome day in March, our Chromosome Rocks event in July, our AGM, plus Expressions (as seen above) and Bingley Creates are all such wonderful opportunities.

We ask parents to support their young person to enable them to perform and Karen will be in touch with dates very soon. Thank you

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.



VOLUNTEERS NEEDED

We need your help please?

Our aim is to keep the charity shop 'Chromosome Rocks' open throughout the week, but we need more volunteers to enable this. Please contact the Office if you are to help in any way. Thank you.

News, training and support from elsewhere



Family Fun Day Nell Bank



Access via booking only: Please email Tracey.mcphie@bradford.gov.uk
Fun Days on April 2nd, May 26th, August 3rd & 28th and Oct 26th 2026, 11am-3pm

SEND Short Breaks - Specialist Inclusion Team and Nell Bank Charitable Trust are delighted to invite you to our Family Fun Days!

If you are a family of any shape or size living in the Bradford District, with a child who has a disability and no social care package in place, we would love you to come along for a day of fully inclusive fun in nature. The site is fully accessible with a hygiene suite available for use.



Down Syndrome Act: Draft Consultation

The Government has started its consultation on the statutory guidance required under the Down Syndrome Act 2022. The consultation has been extended and now closes on **30th March 2026**.

It is essential that we have our say and feedback on the guidance. There are some useful hints here on how to break down the guidance and how to provide feedback on it: [Down Syndrome Guidance - National Down Syndrome Policy](#)



Mencap are hosting 2 **community forums** across **Bradford & District** focussed on making Bradford a happier, healthier place for people with a learning disability: **Keighley**: Tue 3 March 1-3pm and **Ilkley**: Tue 10 March 1-3pm. If you are interested in attending, email alex.craddock@mencap.org.uk



Recently had maternity or neonatal care from Bradford or Airedale NHS?

We are service users working with the NHS to shape how care is provided.

Please help us by sharing your experiences of maternity care, and getting involved with our service user groups.

We'd love to hear from you!

www.engagebdc.com/mvp



The National Investigation into Maternity and Neonatal Care needs your help!

They are reviewing the quality and safety of the maternity and neonatal care delivered to women, babies and families across England. Bradford Teaching Hospitals NHS Trust is one of the Trusts they are seeking feedback from. Can you help? There are two virtual panels coming up at 12-1.30pm or 5-6.30pm on 9th March. You can either scan the QR code above or find info here:

[Maternity and Neonatal Voices Partnership | Engage Bradford District & Craven](#). Your voice is welcomed!

LEARN ABOUT SEND LAW WITH IPSEA

[E-learning | \(IPSEA\) Independent Provider of Special Education Advice](#)

E-learning courses give parents, carers and professionals the opportunity to learn about the special educational needs and disability (SEND) legal framework at a time and pace that suits you.



Cricksoft are offering free access to this software package for 6 weeks! This program is often used in schools to help support literacy skills and can be used to produce books. You can see it in action here: [Clicker Tutorial](#). Email info@cricksoft.com for more information on this.



Voices of children and young people in the SEND reforms

The White Paper - Every Child Achieving and Thriving is open for consultation. The Council for Disabled Children wish to hear the voice of children and young people with SEND up to the age of 25. Follow the link for more details: [Voices of children and young people in the SEND reforms](#)

BRADFORD SEND NEWSLETTER

[SEND News - January 2026](#)



★ WE HAVE OUR OWN ONE MINUTE GUIDE!

A One Minute Guide - Down syndrome

The information shared is correct as at February 2026 and will be periodically reviewed. With thanks to Down Syndrome Training and Support Service Ltd for their involvement in creating this guide.



What is Down syndrome?

We are proud to have contributed to Bradford's series of very helpful One Minute Guides. Feel free to read our guide to Down syndrome and share it far and wide! The full range of guides, are accessible here: [Bradford Local Offer | One minute Guides](#)



Special Olympics
Great Britain



The Special Olympics returns to Bradford!

Special Olympics GB's National Summer Games gets underway in May with the National Cycling Competition at Wyke Community Sports Village. From there, 7 further National Championships will take place across the UK ahead of the Games in Birmingham at the end of August. Find out more here: [Special Olympics GB unveils National Summer Games](#)



[PFBA February Newsletter](#)

One Plan Conversation with Dan Careless (Assistant Director of SEND & Inclusion) – online, Friday 13th March 10am to 12pm. This session needs to be [booked](#):

This is an opportunity for parents to talk about their child with SEND and what's happening in Bradford.



[Eyecare for adults and getting older - A webinar with Professor Maggie Woodhouse - Downs Syndrome Association](#)

[Support Group for Families of People with Down's syndrome aged 40+ - Downs Syndrome Association](#)

FUNDING UPDATE

This list of donations includes funds received during February 2026. A total of £2,947.62 from donations! Bringing the total for this year to £8360.62. Our new annual fundraising total is £60,000 meaning we need to generate £5000 each month to reach our target.

Charity shop: £1421.63

JustGiving: £128.24

Regular donors: £277.75 from 20 donors

M Choudary: £1000 donation

St Michael's Church, Foulridge: £120

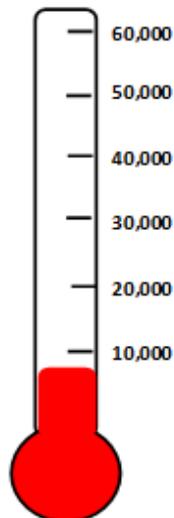
Our BIG 60,000K Fundraiser (Yes, you read that correctly!)

We have decided that in light of our **INCREDIBLE** commitment from the National Lottery, we are able to **reduce our fundraising target to £60,000** as the £40,000 each year from the National Lottery fund will top us up to our £100,000 target.

If you would like to contribute or organise an event to help us reach our target, then please contact us. There are lots of ways to support us!

We are aiming to raise £5000 a month in order to reach our target. You can join an event, set up your own event, create a social media fundraising post or donate/volunteer in our charity shop if you would like to help.

**BIG £60,000
fundraiser
£8,360**



CELEBRATE WORLD DOWN SYNDROME DAY WITH US!



**Gargrave to
Bingley
Sponsored
Canal Pub Walk**

Join us for this sponsored walk, either for all or some of the way, to help with our fundraising challenge!



Saturday 21st March 2026



Start 9.30am

More details here: [sponsored walk leaflet 2026.pdf](#)

OTHER FUNDRAISING EVENTS PLANNED FOR 2026

Monday 27th April: Curry and Quiz night!



Join us at 6.30pm at Shama, Bingley for an evening of food and (fun)draising! Tickets are £20 which includes a £10 charity donation, curry and entry to the quiz. Book tickets [here](#).

SPRING RAFFLE

Curry and Quiz night will also be when we draw our SPRING RAFFLE, so make sure you have your tickets! Use the link to look at our range of fabulous prizes and be in with a chance to win! [Spring 2026 Raffle](#)

DOWNLOAD OUR FUNDRAISING NEWSLETTER HERE:
[Fundraising 2026 - our plans and how to get involved](#)

United Nations for World Down Syndrome Day 2026.



Monday 23 March 10:00 AM to 5:00 PM (New York time) - The event will be livestreamed on UN Web TV to watch from anywhere in the world.

[15th World Down Syndrome Day Conference - Home](#)

DO YOU SHOP AT THE CO-OP? ARE YOU A CO-OP MEMBER?

**We are one of the Co-op's
charities of the year!**



If you become you are a member you can help raise funds for us every time you shop, just by scanning your membership card. It costs £1 to set up, but by being a member, you also get other perks such as £1 off your shop each week.

Sign up using the link below, then choose our charity:
<https://coopapp.onelink.me/ftOk/dbbb4fmv>

KEEP UP TO DATE WITH EVENTS ON SOCIAL MEDIA



PUBLIC FACEBOOK PAGE for general info:
<https://www.facebook.com/DownsyndromeTSS/>
CLOSED FACEBOOK GROUP for info on day to day activities:
<https://www.facebook.com/groups/DSTSS/>
CHARITY SHOP FACEBOOK PAGE: [\(5\) Facebook](#)



FOLLOW US ON INSTAGRAM:
<https://www.instagram.com/downsyndrometss/>

CONTACT Wendy Uttley or Heidi Grosvenor

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