



Down Syndrome Training & Support Service Ltd

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

APRIL Newsletter



APRIL FAMILY SATURDAY SESSION

All family members welcome

Saturday 11th April, 10am to 12pm at Bingley Methodist Church, Herbert Street, Bingley, BD16 4JS.

Transport available if required. Please contact the Office.



We will be celebrating Easter with a Easter egg hunt, an egg pass the parcel and having lots of fun rolling eggs.

In March our mums had a wonderful time arranging flowers with Abbas and Rukhsar from The Bloom.



We also celebrated our National Lottery success. Read all about it in the Telegraph & Argus

[Bradford charity secures five year National Lottery funding | Bradford Telegraph and Argus](#)



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.

FUNDRAISING THIS MONTH

CURRY & QUIZ NIGHT

On Monday 27th April we are holding a 'Curry & Quiz' night at the Shama, Bingley. Tickets are £20 per head and this includes a three course meal and entry to the quiz. You can bring your own alcohol and soft drinks are available to buy.

£10 of every ticket sold will go direct to us.

Tickets are available here or via the QR code.

<https://www.downsyndromebradford.com/event-details/curry-and-quiz-night>



SPRING RAFFLE

Our Spring raffle is now live and the draw will take place on the same evening, Monday 27th April at the Shama.

Tickets at £1 each and can be bought by following the link below or the QR code.

[Spring 2026 Raffle](#)



- 1st prize: handmade leather and suede duffel bag
- 2nd prize: Why Not? By George Webster – signed hardback
- 3rd prize: Cuddly Lion
- 4th prize: Byliss & Harding products
- 5th prize: Cushion covers
- 6th prize: Paw Patrol walkie talkies
- 7th prize: Seagull fabric containers

WORLD DOWN SYNDROME AWARENESS

We had a wonderful time on Saturday 21st March raising funds and awareness as we walked along the canal from Gargrave to Bingley on our epic sponsored walk.

Mums, dads, grandparents, children, service staff, dogs, all joined, some for the whole 19+ miles others for a section between one of the several public houses we visited along the way.

Our final total has yet to be confirmed but last count it was over £5000.

RUNNING, SELLING, DANCING

We know of several other fundraising events with people running, dancing and selling items to raise funds for us. Please see back page. Full amounts raised will be confirmed next month.

A MASSIVE THANK YOU TO YOU ALL



FEEDBACK ON OUR FIRST 22 WEEK ONLINE TRAINING COURSE With Dr Wendy Uttley

Last month we finished our 22 week online course aimed at equipping school staff with the knowledge to include and educate a child with Down syndrome. Feedback includes:

This course has been so valuable in supporting us to develop our curriculum. This will definitely impact provision and therefore progress for the pupil.

MORE ONLINE FROM SEPTEMBER 2026

'Down Syndrome – Education, Development & Inclusion'

The 22 week online course will run again starting mid Sept 2026. It will be called

'Down Syndrome – Education, Development & Inclusion' and should hold up to 22 hours of CPD accreditation.

BOOKINGS NOW BEING TAKEN

PLEASE CONTACT THE OFFICE TO RESERVE YOUR PLACE.

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

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.

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.



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.

IN NEED OF HELP WITH YOUR CHILD'S SLEEPING? THREE WEEK ONLINE SLEEP WORKSHOP JUNE 2026

Due to demand we have decided to run our three week online sleep workshop in June.

Sessions will take place Wednesday mornings 10am to 12pm on 3rd, 10th, 17th June.

Places will be limited to the needs of 7 children. All adults involved with a child are encouraged to attend. This will be called a 'team around a child'.

The workshop

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.

The cost of the workshop per team is £60.

Bookings: [Sleep & Down syndrome - online | Down Syndrome T&SS](#)

EARLY DEVELOPMENT GROUPS

During March five new children joined the groups, one in year one, two in year 2, one in year 3 and one in year 4. This means all groups are currently full.

We are currently providing intervention for 48 children which is fantastic.

As children begin nursery and school, we are keen for school staff to attend the groups in a bid to share our best practice. We are also keen to encourage schools to attend training in the specific learning needs of a child with Down syndrome to enable the best inclusion and education.

If any parent needs support or has any concerns around their child's provision please get in touch.



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.

SESSIONS RETURN AFTER EASTER 11TH APRIL



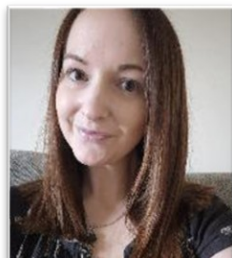
WELCOME TO OUR NEW STAFF

This April Georgina Edwards will join our team as Finance Officer, 15 hours per week, term time only. We also welcome Kate Coates, 5 hours per week, term time only, as Social Media Officer.

Georgina Edwards



Kate Coates



SPEECH & LANGUAGE GROUP SESSIONS

APRIL SPEECH & LANGUAGE GROUPS

• Jessica's groups are currently being delivered on a Sunday by Lauren until April/May. Jessica's groups will take place on Sunday 26th April.

• Lauren's groups will take place Sunday 19th April

ADULT GROUP OUTINGS

Both adult groups will be going out to a café in Bingley during their April sessions.

We are in the process of developing an *outing v targets* scheme for these sessions so that parents can be aware of targets and help their young person be undertaking similar activities.



DANCE 21



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 booked for 2026 are Bingley Creates, 7th June and Expressions at Northern Balley, July. Both are wonderful opportunities to showcase the dancers and raise awareness.

We thank parents who continue to support their young person to enable them to perform.

SESSIONS RETURN AFTER EASTER 16TH APRIL

Support services for young people



PLAN FOR APRIL

- 1st April – Going Out Club goes out for a curry to the Shama
- 10th April – Teamwork – games to build cooperation
- 17th April – Promoting personal hygiene
- 24th April – building memory skills through games

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



GOING OUT CLUB

EASTER TRIP TO THE SHAMA, BINGLEY

On Wednesday 1st April we are GOING OUT to the Shama in Bingley 6pm to 9pm. The evening is for all young people and adults with Down syndrome aged 11+. Any young person below the age of 14 MUST



be accompanied by a parent/carer, however the aim will be to encourage independence; parents and carers who choose to stay will be sat on a separate table. Please ensure your young person has enough spending money for food and drinks so that they can pay for themselves. Thank you. Book here: [Going Out Club - Shama, Bingley](#)

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.



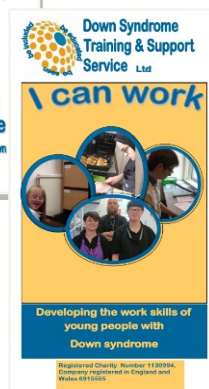
'I CAN WORK' & INDEPENDENT LIVING SKILLS PROJECTS

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. In March Joshua joined us for the week. Josh attends Titus Salt School and came along for a week of

work experience. He helped out at the centre and our charity shop and did a little travel training. Well done Josh.



[BIG 60K 2026 – sponsor us here - JustGiving](#)



The Down's Syndrome Association are providing an interactive workshop for parents and siblings who support a person with Down syndrome age 40 and over. The group will involve facilitated discussions on relevant issues with occasional guest speakers. Sign up here: [Support Group 40+](#)

Thur 2nd April
10.30-11.30
Free



Online Support Group for Families of People who have Down's syndrome aged 40+

Research Request: Online Experiences Project

A PhD student from the Centre for Neurodiversity and Development at Durham University is seeking participants for a research study on the online experiences of children and young people with Down syndrome (aged 9-25).

Parents and carers are asked to complete a short survey (around 20 min) about their child/young person's online experiences, including online vulnerability.

If you're able to help, please complete: [this survey](#)



BRADFORD SEND NEWSLETTER

[SEND Local Offer News - April 2026](#)



SEND Reforms HM Government

The Government's [Schools White Paper](#) sets out proposed reforms to the education system in England. **These reforms have significant implications for children and young people who have Down's syndrome, their families, and the professionals who support them.**

The [consultation about the proposed SEND reforms](#) runs until 18 May 2026. The DSA have an info page where you can read about the reforms, proposed action and associated webinars here: [Schools White Paper - Downs Syndrome Association](#)



SEND drop-in events at your local Family Hub on the last Monday of every month.

Family Hubs SEND Marketplace events:

Monday 27th April at 9.30 am - 12.30 pm at Farcliffe Family Hub, 56 Toller Lane, Bradford. BD8 8QH (Bradford West). There will be specialist services available, providing advice, information and emotional support. Stalls include SEND Local Offer, SENDIASS independent advice service, Carers Resource.



BetterPoints is an app which rewards people for walking, wheeling, cycling and using public transport across Bradford. You can download it by searching 'BetterPoints' in your app store, and you get financial rewards for the distances you travel. These can be spent in high street stores.

NSPCC Navigating puberty and sexual development for 'Learning' young people who have a learning disability

Children and young people who have a learning disability can experience increased challenges before or during puberty, from understanding the changes in their bodies to expressing their feelings and managing the difference between public and private behaviours. The NSPCC have created a set of resources for parents to use in order to help with this: [Navigating puberty and sexual development | NSPCC Learning](#) Alternatively, Wendy runs workshops on Sex & Relationship Education for parents & young people. Get in touch with the office for more info.

Babble Play is a study run by the University of York which aims to support babies with Down syndrome in their speech & language development. It uses an app to help encourage speech sounds and interest, with the aim of improving language skills. The incentives to participate in the study will also help support your child, so to find out more you can: [Register interest here](#)



Online webinar for DLA Support Would you like some support with applying?

There are pre-recorded information videos but also some online drop-in sessions during April. Link here: [DLA Support Service](#) Alternatively, our very own DLA and PIP Guru, Karen, is happy to assist you with your queries! Call the office on 01274 561308 or email karenbarron@downsyndromebradford.co.uk for help!

The People's Care Movement are popping up in the city centre this April to create a space for care, art and action!
A new, community-created space
The Leisure Unit, One City Park, BD1 1SD

Spring Gatherings

Tuesday 31st March 12-4pm - Stories and Games
Using stories and games to understand, empower and create together!

Saturday 4th April 12-4pm - Belonging
How do we create more caring and inclusive communities?

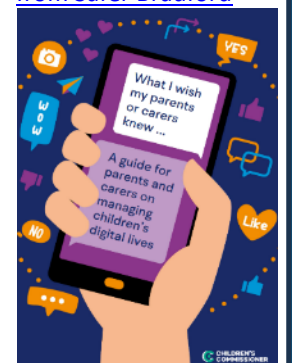
Tuesday 7th April 12-4pm - Health and Wellbeing Equality
Discover how inequality affects our health, and how to take care, together

Saturday 11th April - 12-4pm Creativity, Care, and Thriving
Get creative to make a world where we can all thrive, together!



Free lunch (donations welcome) • Childcare provided for children eligible for HAF (booking essential) • Wheelchair-accessible venue
• Option to join online for selected sessions • Travel costs available (arranged in advance) • More details and booking available on Eventbrite (scan QR code), or simply turn up!

Safer Bradford have produced a newsletter with advice on how parents can support children being safe online: [Online Safety from Safer Bradford](#)



FUNDING UPDATE

This list of donations includes funds received during March 2026. A total of £5,394 from donations! Our new annual fundraising total is £60,000 meaning we need to generate £5000 each month to reach our target.

Charity shop: £1055.12

JustGiving: £2636.91

Regular donors: £269.32 from 21 donors

Give as you live: £17.69

Paypal Giving: £495.48

CAF, £23.52

Maureen Wakelin, £40

A Scotland, £1.00

Jayne Mitchell, £197

Rawdon Golf Club (charity of the year), £334.41 to date

Sale of paintings by Catherine Bartle via Wilsden Watercolours, £113

Galos collection tin, £33.41

Intrim Hairdressers, £77.59 + £48.17 collection tin

Eric Goddard, £4.45

Costa, Keighley collection tin, £19.86

Family Saturday collection tin, £27.25

GRANTS

Co-op Community Fund, (we are charity of the year), £500 towards the youth club.



The start of our walk in Gargrave

There's still time to sponsor us visit: [BIG 60K 2026 - can we do it again? - JustGiving](#)

WORLD DOWN SYNDROME DAY FUNDRAISERS

A massive thank you to everyone who raised funds for us during March. Donations are still coming in and being counted, so final totals will be included in our May newsletter: **THANK YOU TO:**

- Craven College. Noah and Alice raised funds and awareness with a bake sale and tombola.
- Andy Hibbert pushed a wheelbarrow containing 21kg (Leo), 21miles. To date he has raised £4713
- Gemma-Marie Fawcett has been raising awareness and cash at Inspiration Nursey – total yet to be confirmed
- Jakey – running man ran 20 miles in 2 hours 59minutes raising £1132 to date
- Becky Hogg and Dancing Dolphins danced to raise funds
- Our sponsored walk, Gargrave to Bingley – to date has raised £5236.

ANDY, LEO AND THE WHEELBARROW!!



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

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.

So far, Down Syndrome Training and Support Service has been selected by 945 Co-op Members. How amazing is that. Thank you

Sign up using the link below, then choose our charity:

<https://coopapp.onelink.me/ftOk/dbbb4fmv>

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



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/>

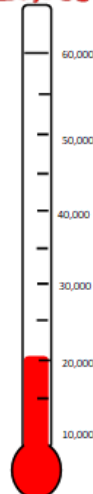
CHARITY SHOP FACEBOOK PAGE: [\(5\) Facebook](#)



FOLLOW US ON INSTAGRAM:

<https://www.instagram.com/downsyndrometss/>

**BIG £60,000
fundraiser
£20,789**



THANK YOU TO FOOTSTEPS THEATRE SCHOOL

Dance students at Footsteps Theatre School donated their socks and raised £85.



CONTACT Wendy Uttley or Heidi Grosvenor

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