



**Down Syndrome
Training & Support
Service Ltd**



October 2026

NEWSLETTER

**Upcoming Events • Training • Support
Fundraising Updates**



**Down Syndrome
Training & Support
Service Ltd**

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Company Number 691555
Registered Charity Number 11309954

Pamela Sunter Centre
2 Whitley Street Bingley, BD16 4JH



October Family Saturday Session

**Autumnal Halloween Themed
activities and Sibz group**

**Saturday 10th October
10am to 12pm**

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



Contact us if
you need transport

Our September Family Saturday Session was a hit!

Michal from Good Rhythm Drumming
Circles joined us and delivered a
workshop that we all got involved in!



JOIN OUR AGM

**It's that time of year again
when we need to accept our
annual reports and re-elect
Directors!**

The meeting will take place
upstairs during our Family
Saturday Session at Bingley
Methodist Church on Saturday
10th October at 10.30am. You are
welcome to join online, so if this is
preferred then please contact us.
All Company Members have been
sent full details and a copy of our
annual reports. If you are not a
Company Member and would like
to be one then please let us know!

WILLS AND TRUSTS EVENING

We still have spaces available
for those wanting to join.
**Contact the office to sign up.
Mon 12th October, 7-9pm online**

PROGRESS REPORT

Our Annual Progress Report
and service evaluations have
now been uploaded onto our
website. You can read about
everything we've achieved as a
result of your help, [here](#)



**Down Syndrome
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Registered Charity Number 1130994 Company Number 6915555

Training and support

We offer a range of different training options to suit schools, families and other professionals:

DOWN SYNDROME EDUCATION, DEVELOPMENT & INCLUSION



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

Training covers the learning profile of someone with Down syndrome, with practical ideas across signing, communication, reading, numeracy and behaviour. [More info here!](#)

Sessions run every Thursday from 10am to 11am, starting later this month. Sessions are recorded and available to download and watch at a later date, so whilst attendance is recommended it is not compulsory. Training is mainly aimed at teaching staff; teachers, SENCos and TAs, but parents are also welcome to attend.

SIGNING AND DOWN SYNDROME

Four 1 hour sessions which include practice of useful phrases and familiar children's songs, followed by a consultation session.

Thursdays across November and December, 10am-11am

FREE PRE-RECORDED TRAINING & RESOURCES TO DOWNLOAD

There are a number of discounted resources available to download on our website, some are even free! [Browse them here](#)



**Down Syndrome
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Can you help with Lauren's research

"ASSESSING PARENTAL PERSPECTIVES ON SUPPORT NEEDS FOR CHILDREN WITH DOWN SYNDROME: A SURVEY-BASED STUDY."

The study is being carried out by **Lauren Drake**, **Consultant Speech and Language Therapist** at our charity, as part of her medical degree at **Chester University**. It aims to better understand parents' and carers' experiences of the support their child receives from the NHS and specialist services, and their views on where further support may be needed.

Your experiences and perspectives are incredibly valuable and will help inform this research.

 **Please complete the survey as soon as possible – it is only open until 30 October.**

Thank you for taking the time to share your experiences and support this important piece of research.

WE ARE INVITING ALL PARENTS TO USE THE LINKS BELOW AND TAKE PART. YOU WILL NEED 20 TO 30 MINUTES. DEADLINE 30TH OCTOBER

[Click here to access the survey,](#)
[thank you](#)



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Services for Young People



OCTOBER

2nd Oct: Using electrical appliances safely

9th Oct: Fire safety

16th Oct: Gross motor skills

23rd Oct Fire and First Aid

30th Oct: Halloween and Bonfire Night

The Club is open EVERY Friday 6 til 9pm, for young people aged 11 to 25.



[Find out more here](#)

GYM CLUB

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

DANCE 21



6-7pm every Thursday

Ages 13+

£3.50 by donation

Footsteps Footsteps Theatre School, Bradford BD10 8PY

No session on 29th October

GOING OUT CLUB



WE'RE GOING TO THE PANTO!

Saturday 14th November

We still have tickets remaining

**BOOK YOUR
TICKETS HERE!**



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Opportunities for Young Adults

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.

Download the brochure

The placement is one day per week and can be funded by Direct Payments. For more information please contact us!



INDEPENDENT LIVING SKILLS



The placement is one day per week at our centre and can be funded by Direct Payments.

[More info here](#)

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 shop for and cook a meal.

Speech and Language Sessions

Jessica's Groups

Saturday 17th October

Please note the dates for future sessions:

21st Nov
12th Dec

All sessions at our centre.

Lauren's Groups

Sunday 4th October

All sessions at the centre, except the *Adult Groups* who are going to Lidl - please complete the consent form

Please note the dates for future sessions:

15th Nov
13th Dec



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A Life of Inclusion



TWIRLY 21

If your child loves to dance, then Twirly 21s is the group for them!

Saturdays from 2.30-3.30pm

Footsteps Theatre School,
Bradford, BD10 8PY

£2 (by donation)

No session on 24th October



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

EARLY DEVELOPMENT GROUPS

We have spaces available in some of our Early Development Groups, where we work with babies and children to support them in developing the skills they need prior to starting school.

[Find out more here!](#)



Upcoming fundraising events



**CURRY
FOR A CAUSE**



**Curry and
quiz is back!**

Tickets selling
fast - get
yours here

Tuesday 3rd November

£10 from every £20 ticket sold is donated to our charity.
Come and support us!



**Down Syndrome
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Upcoming fundraising events



Santa's Grotto

This year we are running the Santa's Grotto in the Airedale Shopping Centre, Keighley.

Can you donate presents for Santa's sack?



Please share with friends & family!

We have set up an **Amazon Wishlist** for people to be able to donate gifts which Santa can give out during December. If you were able to purchase something off the list, it will come to our office and go straight into Santa's sack!

You can find our wishlist here or scan the QR code above:
[DST&SS Xmas Wishlist](#)



LORD MAYOR'S DINING CLUB

Tuesday 27th October

Alhambra Restaurant 1914



£25pp includes a donation to our charity as we are one of the charities of the year. To book, contact lordmayorsappeal@bradford.gov.uk



Can your school take part in Rock Your Brightest Socks Day?

Everyone pays £1, with half of this going to your school PTA and the remaining 50p being donated to our charity. More info on the fundraising section of our website!



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Support from Elsewhere



STRENGTH IN NUMBERS

Celebrate the importance of being heard and the power in finding your people.

From 2nd - 7th November, Mind The Gap are opening their studios for you to experience our multi-artform installation, Strength in Numbers. We'll be taking group bookings during the week and the Installation will be open to the public on 7th of November.

[More info and to book, here!](#)

SENDiVERSE FESTiVAL 2026

SENDiVERSE Festival is back this October half-term, with 71 activities taking place across Bradford District from Saturday 24th to Saturday 31st October.

[SENDiVERSE Info here](#)

KEIGHLEY BID

Powered by Businesses

Magic Show

- Taylors On The Green 10th October 7-10pm

Halloween 31st October:

- Face Painter and Wizard Show at Keighley Market
- Halloween Crazy Golf at Airedale Centre
- Wednesday Addams Walk Around the Town Centre

Bradford Local Offer - October

Download the newsletter to find out more about SEND friendly events and support across Bradford.



Common Eye Conditions in Children and Eyecare

Wed 14 Oct | 12noon – 1.15pm | FREE

A webinar with Professor Maggie Woodhouse, for parents and family carers. Maggie will talk about children's eyecare and common eye conditions in children who have Down's syndrome.

[Sign up here](#)

Halloween events and half-term across Bradford

There are lots of events across the area this month and during the school holidays. [See what's on here!](#)



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Funding Update

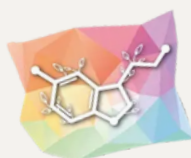
A huge **THANK YOU** to **Rawdon Ladies Golf Club** and **Little Black Dress**, for hosting a fashion show earlier this month to raise money for our service. It was a fantastic event which was well attended. Thanks to Val for organising! We will update you on the total as soon as we know!



THANK YOU

High Speed Training for donating 15 Level One Safeguarding courses

All Things Therapy Centre



THANK YOU

to All Things Therapy Centre in Skipton, who donated £154 to cover the cost of our new baby pack folders.



LAUREN IS RUNNING THE CHESTER MARATHON FOR US!



One of our wonderful Directors and Speech and Language teachers, Lauren, will be running the Chester Marathon on 11th October to raise vital funds for our service. So far, she has raised 50% of her fundraising target - can you help spur her on by donating to her JustGiving page?



LAUREN'S
JUSTGIVING PAGE

CLICK HERE!



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Funding Update

DONATIONS JULY-SEPT



Regular Donors: £825.33

Charity Shop: £3190.39

JustGiving: £256.86

Give As You Live: 39.54

Yasmin Akhtar: £100

World of Books Trade In: £77.52

Catherine Bartle Art Cards: £76.50

Rawdon Ladies Golf Club: £297

All Things Therapy Centre: £154

PayPal Giving Fund: £260.75

Collection Tins: £230.43

This takes our total raised to **£38753.32**, which we are incredibly grateful for, however we need to raise **£5000 a month** so are **£10,000 behind our target** for this point in the year 😞

CAN YOU HELP US?

- Make a donation
- Volunteer your time at our shop
- Buy from our Amazon Wishlist
- Come to our curry and quiz event



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