



# Down Syndrome Training & Support Service

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

# April 2024



## APRIL FAMILY SATURDAY SESSION

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

Saturday 13th April, 10am to 12pm

Although Easter will have well and truly finished by 13th April our plan is to still celebrate with an Easter pass the parcel and draw our Easter/world Down syndrome day raffle. The draw will take place at 11am and tickets will be available to buy on the day (or beforehand online using the link across).

In addition to our pass the parcel we will be doing some spring based crafts and delivering our usual circle singing and signing activities.

Transport available if required, please contact the office.

We had a really wonderful time at our March Saturday session when Twirly21s performed, the children created Mother's Day cards using hand prints and great fun was had exploring our new piece of climbing equipment.



## SIBZ ZONE

Our next Sibz Zone will take place ONLINE on Thursday 11th April, 6.30 to 7.30pm with Elanor Murray. Please contact the Office for the Zoom link.

Our Sibz Zone is for siblings aged 6 upwards. For more details please visit our website:

[Support activities | Down Syndrome Training and Support Service Ltd](#)



## EASTER RAFFLE

- 1st prize - Luxury case of wine
- 2nd prize - Afternoon tea for two at Tallulah's Wine Bar
- 3rd prize - Molton Brown Gift Set
- 4th prize - Mason and Rose Luxury Candle
- 5th prize - Wine and Chocolates
- 6th prize - Bundle of learning resources by Down Syndrome Training and Support Services
- 7th prize - Salt Pots £15 Potter Painting Voucher
- 8th prize - Large Easter Egg
- 9th prize - Vegan Soaps
- 10th prize - Bundle of Easter Goodies



**BUY YOUR TICKETS HERE £1 per ticket. Draw to take place Saturday 13th April.**

[https://form.jotform.com/wendy\\_uttley/charity-fundraiser-world-down-syndr](https://form.jotform.com/wendy_uttley/charity-fundraiser-world-down-syndr)

Thank you to everyone who has donated prizes for this amazing raffle.

## PLANNING FOR THE FUTURE FOR CHILDREN WITH SPECIAL NEEDS

*A wills & trust evening at our Centre on Wednesday 10th April, 7 to 9pm.*



If you have a child with special needs, there's always plenty to think about.

Worrying about future finances and how your child will be looked after, after your death can add to that load. But with careful planning, many of those concerns can be alleviated.

Michelle Harrison and Lois di Vito' legal financial advisors, will be joining us at our Centre on Wednesday 10th April, 7 to 9pm for a free evening of information. All welcome to attend.

AWB Charlesworth Solicitors and Eccles Greenwood Financial Planning are experts in this field, and have a personal connection to this area, having experienced this challenge first hand.

Please contact the Office to book your place.

## CURRENTLY 3 FREE ONE TO ONE COUNSELLING SESSIONS AVAILABLE ONLINE WITH OUR COUNSELLOR TARA FOX

Are you in need of some counselling?

We currently have three places available for one to one sessions with our highly experienced counsellor Tara Fox. Please email the [office](#) or ring 01274 561308 for more details or to book.



## NEW COUNSELLING SERVICE FOR ADULTS WITH DOWN SYNDROME:

We are now able to offer counselling for adults with Down syndrome with Gill Iley. Please contact the office for more details.

**Could you commit to pledging £5 every month?**







### PHYSIOTHERAPY with HOLLY DUNNE

Holly has a specialist interest in working with babies, children and young adults whom have a diagnosis of Down syndrome. She is keen to support parents and carers to help their babies develop and progress with their gross motor milestones for example rolling, sitting, crawling, standing and walking.

As children progress with their gross motor skills they may have also difficulties with balance and coordination and as a physiotherapist she can support children to improve these skills with advice, tips, activities and exercises.

Young adults that have achieved their gross motor milestones may suffer with aches and pains which are often caused by their flexible joints. She can help by recommending exercises to strengthen, techniques to help reduce pain and also promote a healthy and active physical lifestyle.

#### 25th APRIL APPOINTMENTS with HOLLY

On 25th April Holly has capacity to see 4 children for a 45 minute one to one consultation. Attendance will be followed up with a programme of activities tailored to individual needs Appointments cost £10 (by donation, we do not wish to exclude anyone due to cost). Please contact the Office to book. **Funded by the National Lottery.**

### OCCUPATIONAL THERAPY with WENDY SCAIFE



#### WHAT DOES AN OCCUPATIONAL THERAPIST DO?

An OT looks at all the things that occupy someone's time – the everyday things that they need to do and the things that they might want to do. These fall into the categories of self-care (e.g. eating, dressing, sleeping), productivity (e.g. writing for school work, household chores, jobs) and play / leisure

(e.g. playing with cause and effect toys, ball skills, riding a bike).

#### SENSORY NEEDS

Wendy Scaife has a particular interest in sensory issues which can make it difficult for individuals to pay attention, engage in self care activities and find appropriate things that they like to do.

#### EQUIPMENT

Wendy also works part-time at the William Merritt Disabled Living Centre in Rodley, Leeds. They run regular clinics for individuals who require special needs car seats, buggies and trikes so, if you are interested in these pieces of equipment, please let her know.

#### 18th APRIL APPOINTMENTS WITH WENDY

On 18th April Wendy Scaife has capacity to see 4 children for a 45 minute one to one consultation. Attendance will be followed up with a programme of activities tailored to individual needs to help in developing motor skills and address sensory issues experienced by many of our children.

Appointments cost £10 (by donation, we do not wish to exclude anyone due to cost). Please contact the Office to book. **Funded by the National Lottery.**



### SPEECH & LANGUAGE GROUP SESSIONS with LAUREN DRAKE

**APRIL SESSIONS - Sunday 14th April at our centre**  
**Funded by David Solomon Trust and Sovereign Health Care.**

Lauren is a Consultant Speech and Language Therapist, whose experience's has allowed her to work extensively across many areas within Speech and Language Therapy. She has a special interest in Down syndrome, TBI, neurological impairment, genetic disorders, SEN, dyslexia, dyspraxia, and ASD and has taught communication interventions for all ages, and trained countless professionals and carers. She has been highly commended for her work within this area and is passionate about encouraging and developing communication.

### THERAPY & DOWN SYNDROME TRAINING DAY

**Occupational, physio and speech & language therapy**

**FRIDAY 17TH MAY**

**VENUE:** Eldwick methodist Church, Otley Road, Eldwick BD16 3EQ  
**COST:** £20 (includes lunch and refreshments at breaks and lunchtime)

**TO BOOK:** Visit our website where you can book and pay online:  
[www.downsyndromebradford.com/event-details/therapies-down-syndrome](http://www.downsyndromebradford.com/event-details/therapies-down-syndrome)

#### SCHEDULE FOR DAY:

Arrive from 9am for refreshments.

9.30 to 10.30 Holly Dunne, physiotherapist will talk about the physical needs of children with Down syndrome, importance of good physiotherapy and offer general strategies to help. The session will be followed by a 15 minutes question and answer session.

10.45 break

11.00 to 12.00 Wendy Scaife, occupational therapist (OT) will talk about what OT is, the needs of children with Down syndrome and offer ideas and strategies to help. The session will be followed by a 15 minutes question and answer session.

12.15 to 1.00 lunch (provided)

1.00 to 2.00 Lauren Drake, speech & language therapist will talk about what speech and language therapy is and why it is so important for individuals with Down syndrome, as well as a brief overview of adult-child interaction to support parents. The session will be followed by a 15 minutes question and answer session.

2.30 Finish



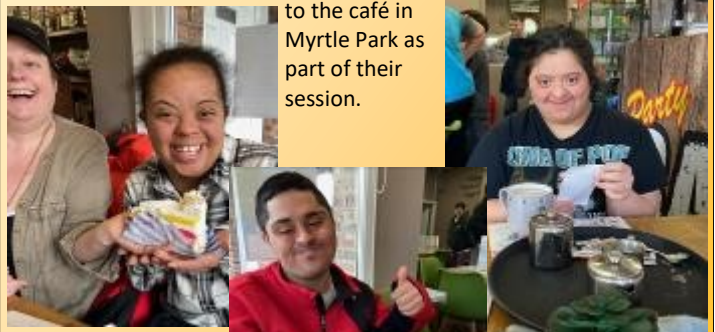
### SPEECH & LANGUAGE GROUP SESSIONS with JESSICA FOLEY

**APRIL SESSIONS - Saturday 20th April at the centre**

**Funded by David Solomon Trust and Sovereign Health Care.**

Jess delivers our adult speech & language groups for people aged 18+ and several of our younger groups. Jess works in the Doncaster children's team and supports children aged between 2 and 19 who have a range of speech, language and communication difficulties. In March her adult group went

to the café in Myrtle Park as part of their session.



**SPEECH & LANGUAGE GROUPS EVALUATION**

[https://form.jotform.com/wendy\\_uttley/speech--language-questionnaire-spri](https://form.jotform.com/wendy_uttley/speech--language-questionnaire-spri)





## TRAINING IN THE SPECIFIC LEARNING NEEDS OF PEOPLE WITH DOWN SYNDROME

### INTRODUCTION TO DOWN SYNDROME

This course is scheduled to run Wednesday 17th April, 9.30 to 12.30pm. There is no charge for this course. **FULL**

Another session has been scheduled for 26th June. **PLACES STILL AVAILABLE**

[Introduction to Down syndrome FREE | Down Syndrome T&SS \(downsyndromebradford.com\)](https://www.downsyndromebradford.com)

This session will introduce Down syndrome to people who have little experience of working with children and young people who have Down syndrome. It will cover society's view of Down syndrome, health implications, inclusion, the specific learning profile of people with Down syndrome and strengths and weaknesses in the classroom; outlining ways to ensure your teaching meets their learning needs. Promoting positive behaviour and managing behaviours will also be discussed. Vital training for all involved in the education, inclusion and development of a person with Down syndrome.

COST: FREE

Refreshments provided

- *Fabulous course – given me some real insight. Will definitely amend/tweak practice*
- *Thank you a very interesting morning. I feel that I have learned so much and want to find out more! Great presentation.*
- *Very interesting and educational. Also thought provoking. Really enjoyed this course.*

### ME, my body, my friends, my life

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

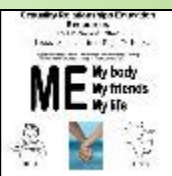
This course is over two Wednesdays: 22nd May & 5th June 2024, 9.30am to 3.30pm

The course covers:

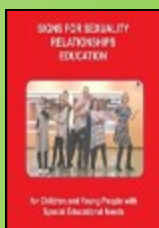
- How important such training is for young people with learning disabilities. Names for body parts.
- Privacy. Public and private body parts, actions, places, touch and conversations
- Puberty for girls, puberty for boys,
- Feelings, personal hygiene, self help skills.
- Touching, hugging, affection,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

COST: £60 per professional / family members £30.

Refreshments provided but please bring own lunch.



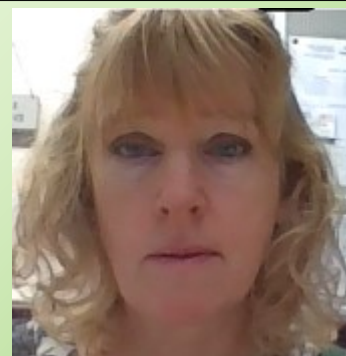
The signs for this topic are also covered and available in a book —SRE and Down syndrome cost £6. A digital download of resources & activities is available to buy at a cost of £10.



Visit: [ME, my body, my friends, my life | Down Syndrome T&SS \(downsyndromebradford.com\)](https://www.downsyndromebradford.com)

- *Enjoyed meeting other people and being able to talk openly about issues and facts of life*
- *It's given me the confidence to talk about the changes my child will go through and most of all helped me to prepare and be aware of what is to come.*

## NEW MONTHLY ONLINE FOLLOW UP MEETINGS with Dr Wendy Uttley



Following any training either attended at our centre, online or downloaded you will be

invited to attend our new monthly online meeting. This will take place the last (term time) Friday of every month. It will be one hour long and cover a scheduled topic (30 minutes) followed by a question/answer session. Questions can be submitted beforehand. This online meeting will be free to attend but will need to be booked.

**OUR NEXT ONLINE SESSION IS:**

**FRIDAY 26th April, 1.00 to 2.00pm**

### SIGNING COURSE: Signing & Down syndrome

The course will run 24th April and 1st May, 9.30 to 11.30am both mornings. Places are still available. It can be booked by visiting our website: [Signing and Down syndrome | Down Syndrome T&SS \(downsyndromebradford.com\)](https://www.downsyndromebradford.com)

Details:

Session 1 will cover why we use signing with children with Down syndrome and the signs for manners, animals, food, family and other people, and the alphabet.

Session 2 will cover signs for the home, school day, colours, descriptions, time/days, questions and connective/link words. Followed by a discussion on how behaviour can be addressed through introducing signing.

Both sessions will include practice of useful phrases and familiar children's songs. A book "Signing and Down syndrome", covering the signs in this course is available for £7.

COST: £80 per professional (£20 for second person from same school)/£20 per family member.

- *A very useful course. Was good to be able to practice the signs straight away.*

### CONSULTATIONS OBSERVATIONS ASSESSMENTS

**Consultations** can be offered face to face or online, via Zoom, and include discussions on EHCPs, concerns over school placement and behaviour.

**Observations** are offered in school. We can come into school and observe for 1 to 2 hours, preferably while the child is doing some literacy and number work, within their usual timetable. It is also good to observe interactions with other pupils and staff, moving round school and general inclusion. This is then written into a detailed report which includes suggested targets.

**Assessments** are offered at our centre. A child can be assessed across maths, reading, language, speech and general development. This usually takes one hour. This can be followed up with a detailed report and suggested targets.

COST: £60 PER HOUR



## EARLY DEVELOPMENT GROUPS

Our Early Development Groups are for infants and young children with Down syndrome aged 12 months to 5/6 years of age. Babies are also welcome to join in the second part of our youngest group. Laura, Mel and Wendy currently deliver 7 group sessions and 4 one to one sessions. One to one sessions are for children with additional complex needs.

### FEEDBACK NEEDED PLEASE

We are currently evaluating these sessions. Please can you use the link below to give us your comments. We use these to monitor progress and also ensure we are meeting the needs of the parents and children involved.



**FUNDING** These groups are currently funded by the National Lottery. We received five years funding in March 2020 and it is due to expire March 2025. Where does the time go?

We will be using your feedback to help us apply for further funding. Please can you take 10 minutes to

complete the questionnaire. Thank you

### EVALUATION LINK

[https://form.jotform.com/wendy\\_uttley/early-development-group-evaluation](https://form.jotform.com/wendy_uttley/early-development-group-evaluation)



### 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.



Our year 4 group is working on number up to 8

## WISH CLUB



### Going Out Club event—no upper age limit

Friday 5th April - Pizza and cinema afternoon, 3 to 7pm - open to all.

To book: [https://form.jotform.com/wendy\\_uttley/going-out-club-movie](https://form.jotform.com/wendy_uttley/going-out-club-movie) Or contact our office.

### WISH CLUB PLANS FOR APRIL

12th April - Healthy minds - What are my feelings?

19th April - Earth day activities

26th April - Flower Planting

**The club** runs every Friday, 6 to 8pm, for young people aged 11 to 13 years and 6pm to 10pm for teenagers and adults up to age 25.

It's 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.

Young people are welcome to bring along a friend or sibling age 11+ to the club. We charge £2 subs every week and also run a tuck shop so please ensure your young person has a little cash on them. It all helps towards developing money skills. Thank you.

### PUBLIC & PRIVATE TRAINING SESSIONS FOR YOUNG PEOPLE ON FRIDAY 3rd May

This second training session for young people will take place Friday 3rd May, 6.30 to 7pm for girls and 7.00 to 7.30pm for boys. During the session we will be discussing private personal touch and hygiene using models of female and male genitalia to help demonstrate and explain. A message will be sent out via the WhatsApp group the week before for you to confirm attendance. If your child/young person is not a member of the WisH Club they are very welcome to attend. A full lesson plan is available and will be posted to all families wishing to be involved.

**TRAINING FOR PARENTS WILL TAKE PLACE IN MAY** (see page 3 and also our website)

[Me, my body, my friends, my life | Down Syndrome T&SS \(downsyndromebradford.com\)](#)

### WISH CLUB EVALUATION

Please can you let us have your feedback on the sessions. Thank you  
[https://form.jotform.com/wendy\\_uttley/wish-club-feedback-form](https://form.jotform.com/wendy_uttley/wish-club-feedback-form)



Performing at our March session. For more photos and videos visit our FB group [\(12\) Down Syndrome Training & Support Service Ltd | Facebook](#)

### TWIRLY21s

The Twirly21s now have their very own tee shirts displaying their logo. Join them 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 £2 on entry to practice their money skills.

This is our youngest dance group for children aged 5 to around 12 years of age and is wonderful for developing social skills and offering the opportunity for parents to continue to meet up once children have moved on from our early development groups.





## ADULT SERVICES

We are pleased to now offer an increasing number of services to support adults with Down syndrome. These include:

- Our WisH Club for young people aged 11 to 25, running every Friday 6 to 10pm at our centre.
- The Going Out Club—running once per half term. No upper age limit. We have been out for a meal, to the theatre, to the gym and this month we are having a pizza and cinema afternoon.
- Dance21 - our dance troupe for young people aged 12+. There is no upper age limit, The group meet weekly on a Thursday at Footsteps Theatre School.
- Our adult speech & language group - this meets every month. One month the young people practice a skills, the following month the put that skill into real life practice - go on a train/bus/to the café.. Again no upper age limit.
- I Can Work - we currently have one young adult on placement at our centre and one young adult working in the community. We now have three members of staff, Claire, Catherine and Nicky working hard to establish further 'real work' placements and develop this service along with our Independent Living Skills service.
- Our Independent Living Skills project—I Can Shop, Cook & Clean. This project is ready to go. To date we have not had any young person sign up. Please see details opposite.
- Counselling for adults with Down syndrome with Gill Ilys



Emerson did an amazing job at our open day 21st March serving customers and making teas and coffees.

### OPEN DAY

Our Open Day raised £128.20 from sale of gifts, refreshments and tombola. Thank you to everyone who donated gifts and their energies to support this event.

## SAVE THE DATE—SATURDY 13TH JULY CHARITY GIG AND FUNDRAISING DAY

On Saturday 13th July 1pm to 6pm we are holding our second large fundraising day at Keighley Rugby Union Football Club. There will be 3 live bands playing, live performances from dance21 and Twirly21s, gift stalls, various tombolas, children's play area, bouncy castle, fire engine, food stalls, cake stall and ice cream....we are still planning ..but hoping its going to be BIG, BIG, BIGGER than last year!

## INDEPENDENT LIVING SKILLS PROJECT

### I Can Shop, Cook & Clean

We are delighted to finally launch our Independent Living Skills course. The course will be based at our centre and run one day a week over 10 weeks.

A leaflet detailing the content of the course is available. Briefly it will cover 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.

If you are interested in securing a place please contact the Office and we will send you a registration form and initial assessment form (just to gather initial information on your young person).

Initially we will be taking on just two young people – but as we progress and learn from each other we hope to offer more places.



Emerson went shopping as part of his work placement. His mission: to source a new vacuum cleaner that was light enough and easy to use as part of this project.

## DANCE21

Our older dance group, for young people aged 12+ dances every Thursday, 6 to 7pm at Footsteps Theatre School, Idle, BD10 8PY.

Dancers are asked to pay £3.50 on entry to practice their money skills.

Classes are delivered by Claire King, alongside Kim Booth, one of our most experienced dance21 members.

Dance21 will be performing at EXPRESSIONS Northern Ballet in July.



## SHOUTING OUT A BIG THANK YOU TO OUR VOLUNTEERS.

We could not deliver the standard of service we provide without the support of our amazing volunteers. This month we would like to say a big thank you to Safia who has been helping out at our monthly family Saturday sessions for 13 years!!!! Thank you Safia.



# News and articles from elsewhere

## PROJECT SEARCH - APPLY FOR A PLACE THIS SEPTEMBER

This is a Supported Internship for young people aged 18 to 24 and supported by Bradford College and Bradford Royal Infirmary.

[Project SEARCH \(bradfordcollege.ac.uk\)](http://bradfordcollege.ac.uk)

## BRADFORD SEND NEWSLETTER

Download a copy here: [SEND partnership newsletter - March 2024 \(govdelivery.com\)](#)

## CARERS RESOURCES NEWSLETTER - CHOICES

[CR-Choices-Newsletter-Issue-126-March-2024.pdf \(carersresource.org\)](#)

Loads of local clubs and outings for carers are listed in this newsletter.

## IPSEA ONLINE TRAINING DAY SEND LAW AND YOUNG PEOPLE (post 16)

[SEND law and young people \(post-16\): 25th April | \(IPSEA\) Independent Provider of Special Education Advice](#)

The training covers:

- What your local authority and education setting should be doing to help
- The framework of the Children and Families Act 2014, including SEN support, EHC needs assessments, content of EHC plans and annual reviews
- How the Mental Capacity Act 2005 may apply
- Social care duties, including the transition from child to adult social care
- Transport duties relating to those over compulsory school age

## PARENTS FORUM FOR BRADFORD & AIREDALE NEWSLETTER

[Easter 2024 Newsletter - PFBA](#)

With news of the recent parental survey into SEND across the district—interesting reading. 317 parents responded to questions about EHCP, reviews, training for schools, where to go if things go wrong....



## FITNESS INSTRUCTOR NEEDED

We are seeking a qualified fitness instructor to deliver a weekly one hour session to young people and adults with Down syndrome aged 13+ .

The session will be based in the downstairs smaller gym at Keighley Leisure Centre.

Pay: £20 for the hour plus any travel expenses.

INTERESTED? Please contact the office for more details and an application form.

## UNDERSTANDING BEHAVIOUR

Free resources to download to help understand, manage and modify behaviour.



[Understanding Behaviour - Downs Syndrome Association \(downs-syndrome.org.uk\)](http://downs-syndrome.org.uk)



**DOWN SYNDROME CLINIC TO YOU**

[DSC2U: A personalized care plan](#)

DSC2U is an online clinic run by leading Down syndrome researcher and Director of the Down Syndrome Program at the Massachusetts General Hospital, Dr. Brian Skotko.

Brian writes: very few families who have loved ones with Down syndrome live in an area where they can visit a Down syndrome specialty program like the one at Massachusetts General Hospital/Harvard Medical School. Brian created Down Syndrome Clinic to You (DSC2U) to bring the best of health and wellness information about Down syndrome to caregivers and primary care physicians around the globe. (Yes you have to pay but costs starts around \$49). I have not used this service but it would be interesting to hear from anybody who has.

Brian has a younger sister with Down syndrome and he has devoted his life to researching and improving medical practice for people with Down syndrome and their families. I have been lucky enough to hear him speak live twice and his enthusiasm and energy is inspiring.

The article in the Spring Issue of 3.21 Canada's Down Syndrome magazine ([321-magazine-Bridging-The-Knowledge-Gap-Spring-2024.pdf \(cdss.ca\)](#)) reports his current research (along with Frank Buckley, UK, and Gert De Graaf, Netherlands) into the number of babies born with Down syndrome across various countries across the world and goes on to discuss elective terminations. It makes very interesting reading.

Wendy

## COUNCIL FOR DISABLED CHILDREN March newsletter

[Your March newsletter is here! \(mailchi.mp\)](#)

Or visit the website and subscribe to their newsletter [Council for Disabled Children](#)

- Sign up to for free e-learning courses:
  - SEND Basic Awareness Training Level 1 and 2
  - The role of CAMHS in the EHCP process
  - Expert Parent Programme
  - Holistic Outcomes in Education, Health and Care Plans
  - Social Care and SEND
- Read examples of good practice in EHCPs
- Watch the new 'Let Us Learn Too' video as part of the access to education for all campaign
- Complete the Speech & Language UK survey for families of children/young people with a disability



# fundraising news

## A BIG THANK YOU TO EVERYONE WHO RAISED AND DONATED FUNDS DURING MARCH

Total raised in March £2282.25. Our target for 2024 is £70 000. Thank you.

- Engine Room, collection tin, £18.50
- Holland & Barrett Ilkley, collection tin, £16.98
- Intrim Hairdressers, collection tin, £119.18
- Peacocks, Bingley collection tin, £20.25
- Main Street Deli, collection tin, £36.50
- Tambourine Coffee Shop, collection tin, £7.40
- Half Moon Café, collection tin, £16.14
- CAF donation, £232.52
- Sum UP donation, £31.46
- Eyes on the Fries, £50
- Funds raised on our open day £128.20

### REGULAR MONTHLY DONORS

We now have 9 regular monthly Donors. Total raised in March £105.12 Thank you.

### OUR AIM

Our aim is to attract 100 regular donors to donate £5 each month and thus generate £6000 each year. Wouldn't that be fantastic!?

### GRANTS

Barrett Community Fund, £1500

### DONATED GIFTS. Thank you to:

Thank you to the following people for their donation of gifts for our raffles, tombolas and gift stalls:

Heidi Grosvenor bottle of gin for raffle and toys for youth club.



Barratt Community Fund awarded us £1,500

## 21 THINGS FOR WORLD DOWN SYNDROME DAY

We're still gathering news and funds from all of the amazing children, schools, families and colleagues who undertook 21 things to raise £21. Here's a few...more next month.



Lilly did 21 laps of her garden and build Jenga up to 21 level.

George read 21 books.



Camilla did 21 star jumps.



Cora decorated 21 socks.



All of these children are from Menston Pre-school which raised in total a fantastic £828.



Could you commit to pledging £5 every month?



### KEEP UP TO DATE WITH EVENTS ON SOCIAL MEDIA

**PUBLIC FACEBOOK PAGE** <https://www.facebook.com/DownsyndromeTSS/>  
For more general and 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/DownsyndromeTSS>

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

### CONTACT Wendy Uttley or Heidi Grosvenor

Website: [www.downsyndromebradford.com](http://www.downsyndromebradford.com)

The Pamela Sunter Centre, Down Syndrome Training & Support Service Ltd,

2 Whitley Street, Bingley, Bradford, BD16 4JH

Tel 01274 561308

Mobile 07816465845 /07512346717

[office@downsyndromebradford.co.uk](mailto:office@downsyndromebradford.co.uk)

I hope you are enjoying Easter and managing to find a little sunshine.

Some dates to note:

5<sup>th</sup> April – Going Out Club does pizza and cinema

10<sup>th</sup> April – Wills & Trust evening at our centre – FREE – but need to book

11<sup>th</sup> April – online Sibz zone

13<sup>th</sup> April – Family Saturday session + draw of our Easter raffle (have you bought your tickets yet??)

14<sup>th</sup> April – S&L with Lauren

17<sup>th</sup> April – Introduction to Down syndrome course (full)

18<sup>th</sup> April – OT with Wendy Scaife – places available

20<sup>th</sup> April – S&L with Jessica

24<sup>th</sup> April – signing course starts with Wendy Uttley

25<sup>th</sup> April – Physio with Holly – places available

26<sup>th</sup> April – online support session with Wendy Uttley

Plus all of our fortnightly early development groups, weekly dance classes, weekly youth club and much, much more.....



## EASTER RAFFLE

- 1st prize - Luxury case of wine
- 2nd prize - Afternoon tea for two at Tallulah's Wine Bar
- 3rd prize - Molton Brown Gift Set
- 4th prize - Mason and Rose Luxury Candle
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- 8th prize - Large Easter Egg
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- 10th prize - Bundle of Easter Goodies

**BUY YOUR TICKETS HERE £1 per ticket. Draw to take place Saturday 13th April.**

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Thank you to everyone who has donated prizes for this amazing raffle.

Buy your tickets now....use the QR code or visit our website [www.downsyndromebradford.com](http://www.downsyndromebradford.com) and click on our world Down syndrome page. Thank you

