



Down Syndrome Training & Support Service

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

October 2023

اطلاع عام JustGiving™

OCTOBER FAMILY SATURDAY SESSION AND

ANNUAL GENERAL MEETING

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

Our next family Saturday session will also incorporate our Annual General Meeting (AGM).

All of our usual activities will take place in the hall at Bingley Methodist Church and between 10.30 and 11.30am our AGM will take place in an upstairs room followed by refreshments. Transport available to families who would otherwise struggle to attend. Please contact the office.



Annual General Meeting

All company members have recently been posted out our Progress Report for the year and an invite to the AGM. If you are a company member please can you let us know if you are able to attend the meeting or not as it is vital that we have enough people to attend so that we can legally undertake the business of the AGM. This involves accepting our reports and accounts for the year and electing Directors. Thank you

ANNUAL PROGRESS REPORT Our annual progress report is now available to download from our website. Just click [here](#) or visit our home page:

www.downsyndromebradford.com

For a copy of our accounts please contact the Office.

LAUNCH OF OUR INDEPENDENT LIVING SKILLS PROJECT

During our AGM Wendy Uttley will present details of our new Independent Living Skills programme. The programme of activities will be delivered one day per week between 10am and 2pm and 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.



TWO NEW VACANCIES IN OUR 'I CAN WORK' PROJECT

We would like to recruit 2 new candidates for our 'I Can Work' scheme. The scheme is open to any young adult aged 18+ and involves gaining work experience at our centre one/two days each week, fully supported by a member of staff.

Job related skills covered by the project:

- Basic office skills
- Workplace conversations
- Time keeping
- Money awareness
- Appropriate dress
- Appropriate personal care skills
- Managing feelings
- Using the telephone
- Going to the local shop
- Using public transport
- Personal reading and number skills

All aimed at increasing: confidence, independence and everyday work and life skills.

All candidates must apply and take part in an initial assessment. For more details please visit our [website](#) or contact the office.

DAD'S NIGHT OUT

On Friday 20th October we have planned a night out for dads at the Shama, Bingley.

The restaurant serves soft drinks but you are welcome to bring your own alcohol. Please let us know if you would like to attend so that we can confirm numbers.



OCTOBER EVENING COURSE: SIGNING & DOWN SYNDROME

Our signing course was due to start in September. However only a few people had booked so we decided to move the course to run over two evenings in the hope that this will better meet needs.

Weds 4th Oct, 6.30 to 8.30pm

Thurs 12th Oct, 6.30 to 8.30pm

Please contact the office should you wish to book.

THERAPY DAY - save the date: 30th November

We are planning a training day aimed at parents and professionals covering:

- Physiotherapy
- Occupational therapy
- Speech & language therapy

More details next month.

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STAFFING AT OUR CENTRE

The beginning of term brought a reduction in our staffing team with both Louise Hobley and Wendy Rhodes taking long term leave due to personal commitments. In July we had already said a fond goodbye to Ruth Beers and early in the term Izzi Ashman made the decision to focus her working life on her new position as manager in an early years setting.

As you can imagine things are currently a bit of a struggle at the centre as we re structure staffing. Over the next few months we hope to recruit staff and volunteers to help ensure we maintain the support our members are used to.

We are recruiting a new member of staff to help with our early support and deliver training.

VOLUNTEERS NEEDED

We are also seeking volunteers to help with the delivery of our monthly family Saturday sessions and to support young adults in our 'I Can Work' project and our 'Independent Living Skills' project. Please contact the office for details.

EARLY YEARS PRACTITIONER, FAMILY SUPPORT & TRAINER (16 HOURS PER WEEK term time only)

We wish to recruit another member of staff to support in the delivery of our Early Development Groups, training courses and consultancy work.

The ideal candidate should have a background in teaching, have experience of supporting children with Down syndrome and their families and be comfortable delivering training to a range of professionals.

Salary £34632 pro rata.

The main objectives of the post are:

- To provide training and consultations to schools and other setting to support the education and development of a person with Down syndrome
- To provide observations and assessments of children with Down syndrome and produce a written report
- To prepare, deliver and evaluate early intervention group sessions for children with Down syndrome and their parents/carers
- To raise levels of understanding and to promote a positive image of Down syndrome

For full details and an application form please contact the office.

FREE ONE TO ONE COUNSELLING

SESSIONS AVAILABLE ONLINE WITH OUR COUNSELLOR TARA FOX

Are you in need of some counselling?

We currently have some funding 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.

EARLY DEVELOPMENT GROUPS

At the beginning of term we made a few changes to groups and staffing. We split the green year 4 group to create a new group, the white group, providing additional spaces for children aged around 5 years.

Three places are now available for children across these two groups. All other groups are full.

We currently have 8 groups and 4 one to one sessions running with Wendy Uttley and Laura Hempel.

Laura has taken over the red group from Izzi Ashman, who is now working in an early years setting in Ilkley. We wish her all the best.

All families involved in the sessions will be sent reminders via WhatsApp or messenger the day before their session.

Thank you



SIBZ ZONE

The next session is Saturday 14th October, 10am to 12pm, at our centre in Bingley (to coincide with our family Saturday session at Bingley Methodist Church). Elanor Murray will be leading the session with help from Zahra and Maaria. For more details please visit our website:

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



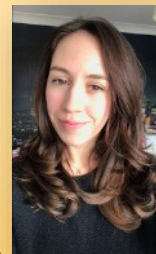
SPEECH & LANGUAGE GROUP SESSIONS

from age 5 to adulthood

OCTOBER SESSIONS

JESSICA FOLEY: Groups will run Saturday 7th October. All groups, except the adult group, will take place at the centre. The adult group will be taking place at the cafe in Myrtle Park, Bingley. Meet at the café for 2.30pm and bring some spending money for coffee/drinks/ice cream. A link to a consent form for the trip out is below :

https://form.jotform.com/wendy_uttley/SLcafe



LAUREN DRAKE: All groups will run Sunday 15th October at the centre

Funded by Birkdale Trust for Hearing Impaired.

TRAINING IN THE SPECIFIC NEEDS OF PEOPLE WITH DOWN SYNDROME

A full programme of training for the autumn term and beyond is now available to download from our website.

COURSES OCTOBER/NOVEMBER

Let's make it visual — using visual resources to develop the language, communication and literacy skills of children with Down syndrome

Wednesday 11th Oct, 9.30 to 12.30

The morning will cover why the written word is used as a visual tool to develop language skills. Methods to develop clarity of speech, grammar, vocabulary, and lengthen sentence utterance will be discussed and illustrated.

It will also detail See & Learn (DSEI), visual timetables, conversation diaries and ideas to develop reading, writing and spelling skills.

COST: £60 per professional (£15 for second person from same school)/£15 per family member.

Digital download or memory stick of resources available £10

- Very useful to be given lots of ideas on a range of resources
- I liked the real examples of school work and the video clips

Teaching basic number skills to children with Down syndrome and other learning difficulties using the Numicon approach

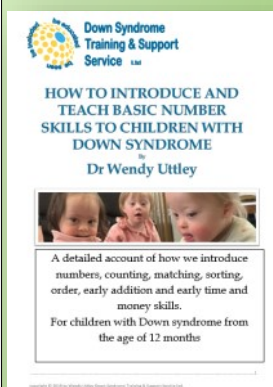
Wednesday 18th Oct, 9.30 to 12.30

Basic number skills are vital to enable everyday social inclusion and independence. The training will commence with an overview of the learning profile of a child with Down syndrome; exploring working memory and how this impacts on learning numbers. It will detail how children learn basic number skills – recognising numbers, saying number names, counting to find 'how many?' and early hands on addition. It will explore the challenges faced by children who have Down syndrome and other learning disabilities and demonstrate how the use of Numicon as a visual representation of number can help to overcome these difficulties and lead to increased understanding and confidence.

COST: £60 per professional (£15 for second person from same school)/£15 per family member.

Digital download or memory stick of resources available £10.00

- It is going to be invaluable for me and my setting to support our children and develop them to their maximum potential.
- Very thought provoking - good examples shown to understand the difficulty maths presents to children.
- Despite not having used Numicon before I found it easy to follow and flexible. It was very helpful.



Book available to purchase £5

'How to introduce and teach basic number skills to children with Down syndrome'

This book gives a detailed description of how we teach basic number skills in our Early Development Groups and the activities we use.

NOVEMBER COURSES

Reading, Language Intervention for children with Down syndrome

Wednesday 8th & 15th Nov, 9.30 to 12.30 both days.

Transition Evening for parents and carers of children with Down syndrome

Monday 20th Nov, 7pm to 9pm

Teaching number skills beyond 10, time & money

Wednesday 22nd Nov, 9.30 to 3.00pm

FOR FULL DETAILS PLEASE VISIT OUR WEBSITE:

[Training | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](http://Training | Down Syndrome Training and Support Service Ltd (downsyndromebradford.com))

RESOURCES TO DOWNLOAD FROM OUR WEBSITE

[Buy resources | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](http://Buy resources | Down Syndrome Training and Support Service Ltd (downsyndromebradford.com))

Visit our 'buy resources' page on our website for a wide range of electronic downloads and hardcopy books to purchase.

Programmes and activities to support teaching of:

- Signing & Down syndrome (book)
- Signing & SRE (book)
- Teaching basic number skills (book)M
- Money programme
- Time programme,
- Reading books (two sets of 10 books—hard or e copy)
- Language and speech sounds resources
- Me: my body, my life, my friends - resources and activities to teach sexuality relationships education
- Down syndrome and a pathway through education (book)
- Down syndrome and a pathway through health (book)

ALL PRE RECORDED TRAINING NOW AVAILABLE TO DOWNLOAD AT £5 PER TIME

[Buy resources | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](http://Buy resources | Down Syndrome Training and Support Service Ltd (downsyndromebradford.com))

Many of our courses were recorded during lockdown. These are still available to download from our website at a cost of £5 per download.

It may be a good option for school staff who cannot manage to attend the courses currently on offer.

Courses include:

- Introduction to Down syndrome,
- Signing and Down syndrome - 3 downloads
- Let's make it visual,
- Teaching basic number skills using the Numicon approach
- Expectations of behaviour
- Reading Language Intervention Programme - 2 downloads

Consultations, observations and assessments

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

Please visit [Consultations | Down Syndrome T&SS \(downsyndromebradford.com\)](http://Consultations | Down Syndrome T&SS (downsyndromebradford.com))

to book or for details.

Twirly21s



TWIRLY21s

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.

NEW TEE SHIRTS

We are excited to be ordering teeshirts for the dancers. Please let Claire know your size when you next attend. As children leave our early development groups, aged around 5 to 6, parents can often feel the loss of their regular contact and the opportunity to share experiences and offer mutual support. The class meets weekly and while the children are dancing parents can regain this opportunity over a cup of tea/coffee.

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.



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WISH CLUB

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, X box, 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.

GOING OUT CLUB

(part of the WisH Club, age 11 to 25, plus adults aged 25+)

On 22nd September 9 young people went to the Shama, Bingley for a curry. We had a brilliant evening.



BOWLING AND FOOD OUT

Our next outing is in October half term to Hollywood Bowl, Bradford on Friday 27th October, 4pm. we are going out for a game of ten pin bowling followed by food. Booking is essential. Cost will be £10 And places are limited to 18. Volunteers will be present to help but if one to one supervision is required we suggest booking a carer onto the evening. Thank you.

https://form.jotform.com/wendy_uttley/goingoutclub_bowling



FUTURE OUTINGS—save the date

15th DEC - CHRISTMAS PARTY at Chapter 2, Bingley, 50 places.

OCCUPATIONAL THERAPY & PHYSIOTHERAPY



On Thursday 12th October Holly Dunn will be at the centre for physiotherapy and on Thursday 19th October Wendy Scafe will be with us for occupational therapy. There is a waiting list for physio but places are available for OT. Both therapists have capacity to see 4 children for a 45 minute one to one consultation. Attendance will be followed up with a programme of activities 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.**



News and articles from elsewhere

Coleman Training Development Ltd. (CTD).

[SEND Programmes](#) | [Inclusive Learning for All](#) | [Coleman Training Development Ltd](#) | [Coleman Training Development](#)

This is a new provider and from September they will be offering pre internship and the supported internship placements.

For more details contact:

E: info@colemantrainingdevelopment.com

E: Roxie@colemantrainingdevelopment.com

T: 07495051046

New 50 Things website has launched!

Take a tour of the new website and have a look at the new printable resources!

<https://bradford.50thingstodo.org/app/os#!/welcome>

50 Things to Do is based on the simple notion that quality time with family, indoors and outdoors, is a great way to support children's development at little or no cost.

PARENT FORUM FOR BRADFORD & AIREDALE

PFBA held a Spotlight on Services event where Charlie Lowe, SEND Team Service Manager, Integrated Assessment Team, gave a presentation and answered parent questions. There were more questions than time permitted. Below are links to the questions parents asked, many of them around insufficiency of school places and the answers from the SEND team.

- [The questions parents asked](#)
- [The response from the SEND team](#)
- [Responses about social care](#)



BRADFORD SEND NEWLETTER

[SEND Partnership Newsletter - September 2023 \(govdelivery.com\)](#)

Full of information and opportunities for families caring for a child/young person with additional needs.

- The Flying Dalesman: Airedale Hospital opens an exciting new family space in a retired Pacer train. The train is fitted with a private sensory room, Nintendo Switch, children's books, bean bags and the driver's cab at the front of the train. Great fun.
- Healthcare and the learning disabilities register. GP practices have a learning disabilities register so that reasonable adjustments can be made as part of people's healthcare. GP practices can offer an annual health check every year from age 14.

CONSULTATION ON IMPROVING THE LIVES OF PEOPLE WITH DISABILITIES

[Disability Action Plan 2023 to 2024 - GOV.UK \(www.gov.uk\)](#)

This consultation is aimed at anyone with an interest in the action the government will take during 2023 and 2024 to improve the lives of disabled people. Disabled people and disabled people's organisations may be particularly interested but anyone, including any organisations or individuals, may respond.

FAMILY HUBS, BRADFORD

There are now four Family Hubs across Bradford

- East Family Hub, Barkerend Road BD3 8QX
- West Family Hub, Farcliffe, Toller Lane BD8 8QH
- South Family Hub, Reevy Hill, Bedale Drive BD6 3ST
- Keighley/Shipley Family Hub, Rainbow Family Hub, Braithwaite Grove BD22 6JB

Each Hub offers supportive family events and parenting programmes

[Bradford to benefit from Family Hubs and Start for Life funding | Bradford Council](#)



BACK TO SCHOOL ISSUE OF THE 321 MAGAZINE

(Canada's Down Syndrome Magazine)

I know it's the other side of the world to us but Canada are excellent at inclusion and the magazine is always worth a browse. There are articles for:

- Educators about advancing inclusion in the classroom and effectively supporting learners with Down syndrome.
- Parents, offering advice for handling difficult school situations and tips for helping your child make meaningful friendships with classmates.
- Students, with chats about back-to-school nerves and their goals for the year.

[321-Magazine-Canadas-Down-Syndrome-Magazine-FALL-2023-BackToSchool-Issue.pdf \(cdss.ca\)](#)

SEND Short Breaks Assessment and Specialist Inclusion Team

The SEND Short Breaks Assessment Team has merged with the Special Inclusion Project to create an inclusive short break service for children and young people with a special educational need or disability (SEND). The team offer short break services for children and young people aged from birth to 18. This includes after school, evening, weekend, and school holidays. They can also offer funding for 1:1 support in the community for activities of your choice.

Accessing a short break is done on an assessment of need which highlights the most suitable activity to meet the needs of each child and young person. Read more about the Assessment and Specialist Inclusion Team. [Bradford Local Offer | SEND Specialist Assessment & Support](#)

You can also ring the office on 01274 435750 or email: SENDshortbreaksteam@bradford.gov.uk

Community Through Inclusion Garden Group

Wednesdays 10am-4pm St John's Church, Bolling Road, Ben Rhydding, Ilkley, LS29 8PN

The group are a registered charity with qualified staff and a team of fantastic volunteers who provide adults with learning disabilities training and skills in gardening and horticulture. They have a beautiful big allotment and an indoor space when the weather gets very wild!

For more information, email Caroline:

carolinecti2000@outlook.com or

Visit <https://www.cti2000.org/>



CONSTIPATION RESOURCES AVAILABLE

[NHS England » Constipation resources](#)

The link takes you to a wealth of resources for people with a learning disability and those who care for them.

It includes short animations, posters, leaflets, social media posts and much more. All created to help prevent, recognise and treat constipation in people with a learning disability.

fundraising news

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

Total raised September we raised £2115.57 total to date 2023, £48551.23. Monthly target £5800, yearly target £70 000.

Hazra Ali, collection tin, £35.04
Plan To Share Ltd, company donation, £796.16
Easy Fundraising, £26.80
Give as you Live, £22.28
Engine Room, Bingley, collection tin, £84.14
Susan Uttley, sale of walking books, £15
Louise Lawrence, £10
Carmen Crossdale, £10
Intrim hairdressers, £104.31
JustGiving, Gerry's Challenge, £905.84
Open House Huddersfield/South Leeds, £82

REGULAR MONTHLY DONORS

John Cain, £25
G Sweaney, £5
Peter Todd, £25
Mrs P Fletcher, £15
G Martill, £10
Jo Morgan, £10
E & P Sutherland, £16

DONATED GIFTS. Thank you to:

Ruby Franz, donation of toys for youth club
Doidy feeding cups donated by Safina Parveen

Total raised
in 2023
£48551

Paypal Donate

You can now make a one off donation or set up a monthly gift to our charity using Paypal - just click on the link above.

Also when paying for items using PayPal you can select to donate £1 to us at checkout.

Just visit [Donate with PayPal Giving Fund](#) and set us as your favourite charity.

Thank you

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JustGiving™

We are now registered to raise funds through JustGiving. Follow the link below to the fundraising page on our website

[Fundraising | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](#) or click on the logo to donate direct. Thank you

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/>

GERRY'S CHALLENGE

All the very best on your second attempt

[Gerry Hughes is fundraising for Down Syndrome Training and Support Service Limited \(justgiving.com\)](#)

Gerry Hughes is currently in Spain striving to finish her amazing pilgrimage...just a mere 500 miles.

Please follow the link and share with all of your friends, family and work colleagues...let's make this a real cracker of a fundraiser.

Gerry writes:

So I have arrived in Leon. A Beautiful city xxx Walked in the pouring rain this morning starting at 6am. Dark wet and cold. Lots of big thunderstorms at the moment. So now only 194 miles to go.!!!! 🙏😭 sadly my Camino has been touched with sadness and grief as my lovely Mother in law Jean has deteriorated and is now dying. I must finish for her now as well as Finn. Thank you again for love and support xxxxx 🙏🙏🙏❤️❤️❤️



COOP CHARITY OF THE YEAR

We are currently one of the Coop charities of the year. If you shop at your local Coop you can donate to us every time you shop.

First you need to become a member. You can join using the link below. Then select our charity and for every £1 you spend on Co-op branded products and services, 1p will go directly to us.

Joining Co-op membership costs £1.

<https://membership.coop.co.uk/causes/69175>



Stephen helping to open the new Coop in Saltaire

ebay FOR CHARITY

SELL ON EBAY AND DONATE DIRECT TO OUR CHARITY

[Down syndrome training & support service Ltd | eBay for Charity](#)

VISIT ALADDIN'S CAVE OUR ONLINE CHARITY SHOP NOW LIVE

<https://www.facebook.com/profile.php?id=100087542357302>

KEIGHLEY LIBRARY SEND INCLUSIVE SESSION

First Wednesday of every month 3.30 to 4.30pm. Next session is 4th October. Talking books, sensory books, support for parents/carers and much more.

CONTACT Wendy Uttley or Heidi Grosvenor

Website: www.downsyndromebradford.com

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