

## APPOINTMENTS

Wendy and Holly will be at the centre once a month to offer advice, assessments and programmes of activities to help in developing fine and gross motor skills and address sensory issues experienced by many of our children.

Appointments will be one to one, 45 minutes long and will cost £10 (by donation).

## DATES

Please see our monthly newsletter or contact the office for dates.

## TIMES

Appointments start at 9.30am, 10.30am, 11.30am and 1pm

**SUPPORT STAFF:** If you want to bring along a support assistant you are very welcome.

**HOMEWORK:** Suggested activities for use at home will be provided with the aim of enabling the parent to continue input at home. Only by consistent and continuous input can progress be made.

**ABSENCE:** If you are unable to attend please contact 07512346717 by phone/text. Otherwise you may be charged the full amount for the OTs time.

## REPORTS

If you require a report following an assessment this will not be subsidised and will need to be arranged with the therapist.

## Venue

The Pamela Sunter Centre  
Down Syndrome Training & Support Service  
Ltd  
2 Whitley Street, Bingley,  
Bradford, BD16 4JH

## Telephone

01274 561308/07512346717

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

## Web

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



# Independent Occupational Therapy & Physiotherapy

including sensory issues



## Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994  
Company Number 6915555

## WENDY SCAIFE

### Occupational Therapist



Hello Everyone! I'm Wendy Scaife and I have been an Occupational Therapist (OT) working with toddlers, children, adolescents and young adults since 2005. I have always worked with individuals with Down

syndrome. As OTs, we look 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). If someone is struggling with any of these activities then we try to find ways to help them overcome their difficulties. This can mean doing things by a different method, learning a new skill or using a special piece of equipment. The needs of the individual's family - parents / carers and siblings are also taken into account. For younger children, their main occupation in life is considered to be play and all our interventions are play-based.

### SENSORY

I have 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.

Someone's sensory preferences can be a very powerful tool for motivating them to do things that they otherwise might not be interested in. For example, someone who might not like colouring in might prefer it if they rest their paper on coarse sand paper so that they get a pleasant "bumpy" feeling when their coloured pencils move across the paper. If they like noise then attaching a bell to the end of their pencil can also help.

I currently work part-time at the William Merritt Disabled Living Centre in Rodley, Leeds. We run regular clinics for individuals who require special needs car seats, buggies and trikes so, if you are interested in these pieces of equipment, let me know and I can put you on the waiting lists for the clinics. I hope that I can be of service to you!

## HOLLY DUNNE

### Physiotherapist



Hello Everyone! My name is Holly Dunne and I am a Physiotherapist. I have 13 years' experience as a physiotherapist working with babies, children, adolescents and young adults with development delay, complex needs and physical disabilities.

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

Many children with Down syndrome will have a delay with these skills as they may have low muscle tone and flexible joints making it much harder for them to develop these skills. I can provide advice and activities to help parents and carers help their little ones to improve their strength.

As children progress with their gross motor skills they may have also difficulties with balance and coordination and as a physiotherapist I 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. I can help by recommending exercises to strengthen, techniques to help reduce pain and also promote a healthy and active physical lifestyle.



Our crawl tunnel