



# Down Syndrome Training & Support Service

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

## December 2025 & January 2026 newsletter

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### IT'S CHRISTMAS PARTY TIME FAMILY SATURDAY SESSION

*All family members welcome*

Saturday 13th December, 10am to 12pm at Bingley Methodist Church, Herbert Street, Bingley, BD16 4JS.

Transport available if required. Please contact the Office. Christmas party food, Christmas magic bag, songs and signs, pass the parcel and, of course, Father Christmas. Please bring a wrapped and clearly labelled present for your child(ren) ready for Santa's sack.

FOOD: This year we will be providing food but if you want to bring along a sweet or savoury contribution you are welcome. Please let us know so that we can plan the catering. Thank you.

### Sibz Zone

The December Sibz Zone will take place in the small room at Bingley Methodist Church with Elanor.



### JANUARY SATURDAY

#### FAMILY SESSION AND SIBZ ZONE

Please note that there will be no Saturday session or Sibz Zone in January.

### CHRISTMAS RAFFLE NOW OPEN

- 1st prize - Luxury Christmas Hamper
- 2nd prize - Handmade Luxury Leather Handbag
- 3rd prize - My First Remote Control Car
- 4th prize - Children's Classic Book Collection
- 5th prize - Gin & Tonic Gift Set
- 6th prize - Baylis & Harding Gift Set
- 7th prize - George Webster signed 'Why Not' Book

TICKETS £1 EACH  
AVAILABLE ONLINE  
[HERE](#)

DRAW TO TAKE  
PLACE AT OUR  
CHRISTMAS PARTY  
SATURDAY 13TH  
DECEMBER



### OUR CHARITY SHOP 'CHROMOSOME ROCKS'

Robbie Moore, MP for Keighley visited the store last month to show his support.

On the run up to Christmas we are asking for donations of toys and unwanted gifts. We are also in need of more volunteers so that



we can open the shop every weekday and every Saturday. Work experience placements are also welcome.

If you would like to donate, volunteer or establish a work experience placement for someone you know, please get in touch.

Visit the charity shop Facebook page [here](#).

### GOING OUT CLUB - CHRISTMAS PARTY

We're going out to Maverick's again to celebrate the end of term and Christmas on Friday 20th December, 6 to 9pm.

The night club will be just for ourselves and other young people with SEND.

Follow the link to book your place. Payment will be £5 on the door.

[https://form.jotform.com/wendy\\_uttley/party](https://form.jotform.com/wendy_uttley/party)





## WEEKLY ONLINE TRAINING TACKLES BASIC NUMBER SKILLS with WENDY UTTLEY

In December we make a start on **teaching basic number skills to children with Down syndrome** using Numicon as a visual, hands on teaching support. The course will run 10th, 17th December and 7th January (starting a week later than planned).

*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.*

This will be following in January with the course ‘**Teaching number skills beyond 10, time and money**’ on 14th, 21st and 28th January.

*Tackling numbers beyond 10 will cover:*

- Rote counting in 10s, 5s, 2s, teens and counting through decades up to 100
- Recognising 2 and 3 digit numbers, place value and order
- Counting to find how many – beyond 10
- Adding up and taking away – methods to success

**Time:** *This workshop will equip participants with a structured programme of activities and resources, developed and written by Wendy Uttley, to help teach the passage of time and then how, step by step, to teach a child how to tell the time.*

**Money:** *We will detail a programme written by Wendy Uttley which consists of 120 finely graded activities to help teach a person with Down syndrome or other learning disability to understand and use money. From the early stages of learning the names for the coins to working with pounds and pence this programme is suitable to use with a child from approximately 5 years of age.*

### SESSIONS WILL REFER TO THE RESOURCE ‘DOWN SYNDROME AND A PATHWAY THROUGH MATHEMATICS’

Which includes training videos, resources and activities covering all of these basic topics.

[Down Syndrome & a Pathway Through Mathematics | Down Syndrome T&SS](#)

## WORKSHOP: SEXUALITY RELATIONSHIPS EDUCATION

**ME: My body, my friends, my life—5 week online workshop**

[ME: my body, my friends, my life | Down Syndrome T&SS](#)

Due to demand this workshop has been moved to start 22nd January 2026. It will be delivered over five, 2 hour weekly sessions and, in order to provide consistency, both parents and professionals will be encouraged to attend.

The workshop will provide knowledge and activities to enable parents and school staff to teach children & young people with Down syndrome about their bodies, keeping safe, privacy, puberty, social boundaries,

feelings and self help skills. It will cover:

- 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?
- *Very good for all people working with young people with learning difficulties*
- *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.*
- *Understand now the importance of starting this work in primary schools and practical ways of doing this*

The cost for this workshop is £100 per team around a child. This means parents, family members and school staff all supporting the same child are invited as part of a team for £100.

## OVERVIEW OF ONLINE TRAINING

- ◆ There are 22 sessions in total and these can be booked individually at £5 per session, or as a bundle for £80.
- ◆ The sessions run EVERY WEDNESDAY, 10am to 11am during term time.
- ◆ Sessions are recorded so that you don’t need to miss any.

Read more here [Training | Down Syndrome Training and Support Service Ltd](#)

### ONLINE TRAINING FOR PROFESSIONALS AND PARENTS IN THE SPECIFIC LEARNING NEEDS OF A PERSON BORN WITH DOWN SYNDROME with Dr Wendy Uttley



All course are divided into several one hour online sessions. Topics covers are:

- Introduction to Down syndrome
- Signing and Down syndrome
- Teaching basic number skills to children with Down syndrome and other learning difficulties using the Numicon approach
- Teaching number skills beyond 10, time & money
- Let’s make it visual - using visual resources to support speech, language, communication and literacy skills
- Reading, Language Intervention for children with Down syndrome

Each topic will be followed with an online consultation for participants. In total 22 sessions spread over the first 2 terms. Sessions will run **EVERY WEDNESDAY MORNING** 10am to 11am.

VISIT: <https://www.downsyndrometrainingandsupport.co.uk/training> or follow the QR code

## 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.**



# Support services for young people



## DECEMBER PLANS

5th Dec, decorating the WisH Club ready for Christmas and Christmas crafts

12th Dec, making cards and presents

19th Dec, club closed -Christmas party at Mavericks

## JANUARY PLANS

2nd Jan, making our New Year resolutions

9th Jan, looking after our bodies and building friendships

16th Jan, WisH Club café, taking orders and making food for parents

23rd Jan, winter crafts and working on fine motor skills

31st Jan, sensory session—making stress balls

## 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+

## 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](#)

[FEEDBACK](#)

[REPORT](#)



## FASHION SHOW AND 25TH ANNIVERSARY CELEBRATIONS

On Wednesday 19th November we held a wonderful Fashion Show fundraiser at Keighley Rugby Union Football Club. The room was packed out with eager supporters and buyers. Eve, Emma and Macey-Jean modelled for us, their makeup done by Shaheen Bridals. Along with raffle, tombola, merchandise and handbag stall we raised just short of £1000.

A light buffet was included in the ticket price and everyone thoroughly enjoyed the evening, which also celebrated our 25th anniversary.

Thank you to Abass of The Bloom for his donation of flowers for our first and second prizes, and to Colours Fundraising Fashion Shows for helping us to plan and delivering the event, and their donation of a £50 voucher towards our raffle.

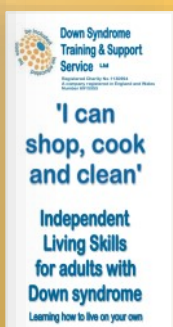


## WEEKLY ADULT SUPPORT SERVICES - PLACES AVAILABLE

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.



## EXPRESSIONS

A CELEBRATION OF INCLUSIVE DANCE



## DANCE21

Our older dance group, dance21, for young people aged 12+, dances every Thursday, 6 to 7pm at Footsteps Theatre School, Idle, BD10 8PY. Cost is £6 per session (by donation) on entry to enable the dancers to practice their money skills.

**DANCE SESSION FINISH FOR CHRISTMAS 11th December and recommence Thursday 8th January 2026**

## 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 the New Year.

**CHRISTMAS PARTY - 16th December , 4.30 to 6.30pm.**



## 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.





## EARLY DEVELOPMENT GROUPS

Wendy and Laura are currently delivering six groups and five one to one sessions for children with more complex needs.

All children are making good progress and it is great to have so many school staff involved in the older group sessions.

### NEW OLDER GROUP

In the new year we will be starting a new group for children who are a little older and, for reasons various, are not currently in school. This will be called the red group and will be delivered by Laura.

These groups are currently funded from our reserves and an award from the Freemasons.



## BOUNCY CASTLE AND BALL POOL A BIG HIT

In October we hired a bouncy castle and ball pool for our Family Saturday session. They were thoroughly enjoyed by everyone. *How many children can you spot in the balls? There are 4!*



## 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.

**Last dance class of the year 29th Nov, return in the New Year 10th January 2026.**



## SPEECH & LANGUAGE GROUP SESSIONS

### DECEMBER SPEECH & LANGUAGE GROUPS

- Jessica's groups will take place Saturday 6th December. From January 2026 Jessica will be on maternity leave. We wish Jessica all the best.
- Lauren's groups will take place Sunday 7th December. Lauren's adult group will be going out to a garden centre to buy Christmas gifts.

**FUNDED BY THE HEALTH LOTTERY**



## IPSEA TRAINING ON THE LAW AND EHCPs

FREE WEBINAR ON ANNUAL REVIEW, THE PROCESS AND YOUR RIGHTS  
<https://www.ipsea.org.uk/webinar-annual-reviews-the-process-and-your-rights>

Further training on the law in January:

[SEND law training for parents and carers](#)

And their letter to the Education Secretary on the government's plans for SEND reform:

[Our letter to the Education Secretary on the Government's plans for SEND reform](#)

## FUNDRAISING TARGET SMASHED

Congratulations to all of us!

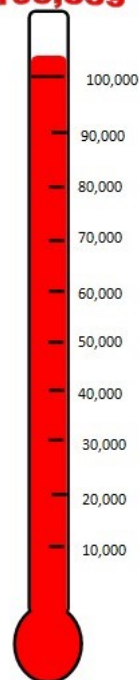
Our efforts have all been worth it. Our last fundraising event, the fashion show, brought our BIG 100K total to £103,839.50

Along with our recent funding grant successes the amount ensures we have enough reserves in place for 2026.

In the New Year we will set a new target to ensure funds keep coming in. We are aiming to do another big sponsored walk, Johnny's Walk, in March 2026 and another Chromosome Rocks event in July 2026.

Details available soon.

**BIG £100,000 fundraiser**  
**£103,839**



## BRADFORD SEND NEWSLETTER

With lots of relevant news from across the district including an article on the creation of 450 new SEND places across Bradford and news on EHCPs for transitions to reception and year 7.

<https://content.govdelivery.com/accounts/UKBMD/bulletins/3fc6dab>



Bradford Family Hubs have SEND specific groups available to support families of, and children with, SEND. There are a range of activities and training courses available across different areas of Bradford, which can be found via this link: [SEND support in Family Hubs | Bradford Families and](#)



## ANNUAL SEND SURVEY 2025

Created by the Parents' Forum for Bradford & Airedale

### JOIN THE CONVERSATION!

If you:

- ☒ Are a parent carer to someone aged 0-25 with additional needs/disabilities and live in the Bradford District.
- ☒ Have accessed educational, health, social care or short breaks services for your child or young person.
- ☒ Passionate about parent/carer voice influencing and helping improve local SEND services for Bradford families.

Win a £30 Amazon Gift Voucher

Visit <https://forms.gle/VRkNtm8kfFq5PYz8A> or scan the QR code to fill in the survey.

Deadline: 19th December 2025  
Questions? Contact [mahum@pfba.org.uk](mailto:mahum@pfba.org.uk)



## Shape the Down Syndrome Act!

Draft Statutory Guidance has now been published and the consultation period is now open. The Department of Health and Social Care are asking for responses from people with Down syndrome, their families and carers as well as health, social care and education professionals. This is an opportunity to have your say on the draft proposal. To do so, click here: [Down Syndrome Act 2022 draft statutory guidance - Department of Health and Social Care](#) it is advisable to read through the consultation page beforehand.

## BETTER BIRTHS BRADFORD

If you have given birth in the last 2 years, Bradford Maternity & Neonatal Services would like to hear from you. In the next session, they are looking for feedback about your experience of the infant feeding journey in order to help improve their service. If you are interested in contributing, the details are below:

Tuesday 9<sup>th</sup> December 2025 at 1.00 – 2.15pm

Online, by following this link: <https://nhs.uk/bth-parent-education>

## MAKING OURSELVES HEARD - COUNCIL FOR DISABLED NEWSLETTER

### [Making Ourselves Heard](#)

With lots to read about the proposed SEND reforms.

## BRADFORD SEND NEWSLETTER

[SEND News - November 2025](#)



## THE DOWN'S SYNDROME ASSOCIATION (DSA) TRAINING AND RESOURCES

### Wellbeing Wednesday

A 30 minute online relaxation session designed for parents and carers of someone with Down syndrome. Sessions take place weekly and are free! You can book here: [Well-being Wednesday for Parent /Carers - Downs Syndrome Association](#)

### Supporting the wellbeing of adolescents and adults who have Down syndrome

Thursday 15th January, 10.30-11.45am. If you think this is something which may be of use, you can book this for free here: [Supporting well-being of people who have Down's syndrome - Downs Syndrome Association](#)

### Early communication webinar with Gwendolina Toner

Wednesday 3 Dec, 1 – 1.30pm, FREE. This webinar is suitable for parents whose child is aged approximately 0-3 years. [Early communication webinar with Gwendolina Toner - Downs Syndrome Association](#)

## Eureka! VIP SENDay

Sunday 14th December

A festive experience specifically for those with additional needs, including breakfast with Santa, festive activities and an annual pass.

[Relaxed SENDay \(with optional Santa\) - Eureka! The National Children's Museum.](#)



## DECEMBER'S HANDY TIPS & GUIDES:

With winter well and truly upon us, our skin often suffers the wrath of the cold. This can be even more of an issue for people with Down syndrome, so this guide should help identify common skin complaints and advises what to do about them: [Skin health series 16.01.25 FINAL](#)

### GP Learning Disability Register reminder:



Anyone who has Down syndrome, regardless of their age, should be registered on their GP's LDR. This means they will be eligible for an Annual Health Check from age 14 upwards. More information can be found here from NHS England: [learning-disability-register-parent-carer-guidance-200223.pdf](#)

## HELP KIDS LEARN—FREE INTERACTIVE ACTIVITY PACK TO USE ONLINE

[Free Christmas Lesson Ideas & Activity Pack for SEN Learners | HelpKidzLearn](#)



## MIND THE GAP DECEMBER NEWSLETTER

[Mind The Gap - December Newsletter](#)





## FUNDING UPDATE, BIG 100K SMASHED!

A massive thank you for your donations this month. A total of £5710.86 has been raised through your efforts. Plus we had another successful funding bid.

Adding this fundraising to our total makes £103,839.50 raised this calendar year.

A massive thank you to everyone who has supported us during 2025, especially Johnny Ratcliffe who initiated the campaign in January. We really didn't think we could do it....but we did!

Charity shop, £2533.42

Justgiving, £38.32

Regular donors, £323.64 from 25 donors

Easy Fundraising, online shopping, £22.88

Holland & Barrett, Keighley, collection tin, £34.50

Saturday session, collection tin, £14.80

Kildwick Primary School, sponsored sign and sign, £1135

Olivia Webster, Manchester half marathon. £750

Fashion Show, (minus expenses), £848.30

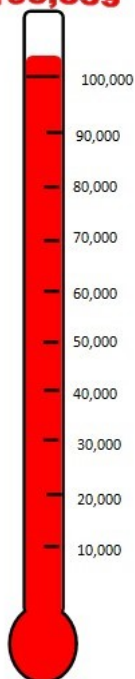
Sally Ellis, £10

### SUCCESSFUL FUNDING BIDS

Bingley Bubble Community Partnership, grant for gym club, £2,200

[BIG £100K for 2025 - JustGiving](#)

**BIG £100,000  
fundraiser  
£103,839**



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**DRAW TO TAKE PLACE  
AT OUR CHRISTMAS  
PARTY SATURDAY 13TH  
DECEMBER**



## CHRISTMAS SHOPPING ONLINE?

**DONATE EVERYTIME  
YOU SHOP BY USING  
GIVE AS YOU LIVE**  
Click [here](#) to get started.

Shopping online this festive period? Raise free donations for Down Syndrome Training And Support Service Limited when you shop 6,000+ stores online using Give as you Live Online!

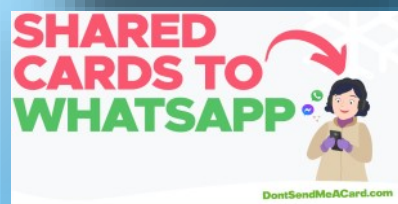
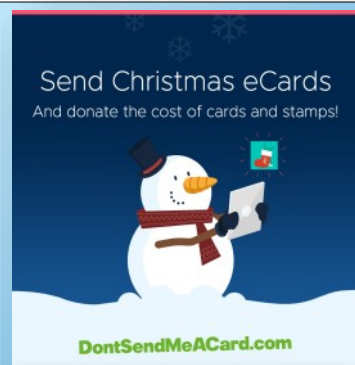


## SEND E-CARDS FOR CHRISTMAS AND HELP RAISE FUNDS FOR US

Make an end-of-year donation of what you would have spent on Christmas cards and stamps via [Down Syndrome Training and Support Service Ltd eCards](#) | [DontSendMeACard.com](#) and send up to x100 Christmas e-cards in support of our charity!

**Want to send your  
Christmas cards via  
WhatsApp?**

This is much easier than you think. Donate to us on our page via [DontSendMeACard.com](#), and you can:  
-Share up to 100 eCards to WhatsApp or Messenger  
-Tailor each message to your contacts  
-Upload your own custom photo



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

We are current one of the Co-op's charities of the year and once you are a member you can help raise funds for us every time you shop. Just use the link below to sign up. You will need to pay £1 to become a member. You then need to choose charity.

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

**CHOOSE US  
AS YOUR  
LOCAL CAUSE**

Co-op Members can help us receive a share of £5m from the Local Community Fund.

Choose us on the Co-op App or at [coop.co.uk/membership](https://coop.co.uk/membership)



Then every time you shop remember to use your card or app, Thank you

## KEEP UP TO DATE WITH EVENTS ON SOCIAL MEDIA

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

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

## CONTACT Wendy Uttley or Heidi Grosvenor

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