



Down Syndrome Training & Support Service

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

March 2024

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JustGiving™

MARCH FAMILY SATURDAY SESSION

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

Saturday 9th March, 10am to 12pm

It's the month of March when we celebrate World Down Syndrome Day, Mother's Day and Easter this year!

This Saturday our younger dance group, Twirly21s, will be coming along to treat us to a short performance and we will be giving out daffodils to parents. There will also be an opportunity to make a card for your mother, parent or carer.

Transport available if required, please contact the office



OPEN DAY AT OUR CENTRE

Thursday 21st March 10am to 2pm

Down Syndrome Training & Support Service Ltd
Registered Charity No: 1130994
Company number 6915555

OPEN DAY
Thursday 21st March 2024

Refreshments and stalls will be served by our 'I can work' trainees.

Help us to celebrate World Down syndrome day and raise awareness

Help us raise funds for children and young people with Down syndrome

Join us at the Pamela Sunter Centre, 2 Whitley Street, Bingley for cakes, buns, scones, teas and coffees, tombola, hand made crafts and gifts, quality second hand toys, books and much more...

Open from 10am to 2pm

WORLD DOWN SYNDROME DAY + EASTER RAFFLE

- 1st prize - Luxury wine case
- 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

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

Everyone is warmly invited to our open day on Thursday 21st March to help us to celebrate World Down Syndrome Day. Refreshments of tea, coffee, cakes, buns and scones will be served by our 'I can work' trainees. There will also be gift stalls, a tombola and our raffle tickets on sale.

VISIT OUR WORLD DOWN SYNDROME DAY WEB PAGE NOW AND START RAISING AWARENESS AND FUNDS

[World Down Syndrome Events | Down Syndrome T&S \(downsyndromebradford.com\)](https://www.downsyntax.com)

Follow the link above to learn access free resources and free training to help raise awareness and understanding across education and health, for example, you can download an assembly for your child's school, book a place on our free 'Introduction to Down syndrome' course in April, sign up to our 'Do 21 things' challenge and raise funds for us, buy some raffle tickets, download a poster and much more...

PLEASE SHARE THIS NEWSLETTER WITH FRIENDS, FAMILY, COLLEAGUES AND CHILD'S SCHOOL AND SPREAD THE WORD ABOUT OUR 'DO 21THINGS' CHALLENGE. THANK YOU.

SIBZ ZONE

Our next Sibz Zone will take place ONLINE on Thursday 14th March, 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](#)

Let's celebrate

UPDATE ON OUR 'I CAN WORK' PROJECT

Emerson is now working every Wednesday at our centre. He is enjoying learning various tasks and beginning to do a little travel training.



Following several meetings with Community Repaint we have established a work placement opportunity for young people to gain experience working in their paint stores.

Ayesha recently started working

there every Wednesday.

ONE MORE PLACE AVAILABLE

If you are aged 18+ and would like a place on our 'I Can Work' scheme please contact the Office.

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

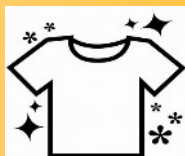
LAUNCH OF OUR INDEPENDENT LIVING SKILLS PROJECT I Can Shop, Cook & Clean

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.

clean clothes



dirty clothes



SAVE THE DATE—THERAPY TRAINING DAY Occupational, physio and speech & language therapy FRIDAY 17TH MAY

Lauren Drake our speech & language therapist, Wendy Scaife, our occupational therapist and Holly Dunne our physiotherapist will be delivering a day of training around their roles and the importance of these therapies for our children.

EARLY DEVELOPMENT GROUPS



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.

We are very excited to welcome so many new babies!

Attendance at our early development groups has recently been reviewed and we are pleased to reassure you that all 10 groups will continue. However we would like to encourage parents to commit to the fortnightly attendance as we know what a fantastic difference this can make to the progress of your child.

There are currently a few places available in our groups for children age 2 to 3 years and 3 to 4 years. Please contact the office if you are interested. Thank you.

SPEECH & LANGUAGE GROUP SESSIONS

from age 5 to adulthood

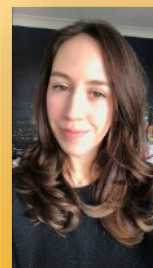
MARCH SESSIONS



JESSICA FOLEY: Groups will run Saturday 23rd March. Her adult group will be meeting at Tarquins Café in Myrtle Park. All other groups will take place at the centre.

LAUREN DRAKE: Groups will run Sunday 17th March at the centre.

Funded by David Solomon Trust and Sovereign Health Care.



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.

NEWS ON OUR TRAINING SERVICES

Following several surveys of our training and workshops across schools and families and a redesign of our website resources page we are ready to share the news of our plans for the future.

All of our consultations, assessments and observations will continue along with our most popular course 'Introduction to Down syndrome'.

The remainder of our training courses will no longer be offered as face to face training at our centre. This is because attendance has continued to be poor and the majority of these courses can be downloaded as pre-recorded training from our website.

Anybody who attends any of our training or downloads any of our training courses will be invited to attend our new free monthly online meeting.

All of our workshops – toileting, sleep, behaviour and sexuality relationships education will continue to be offered either online or face to face and there will be a cost attached to these workshops.

For full details and the results of our surveys please download our training newsletter [here](#).



INTRODUCTION TO DOWN SYNDROME (FREE)

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

[Introduction to Down syndrome FREE | Down Syndrome T&SS \(downsyndromebradford.com\)](#)

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.*

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 VERY FIRST ONLINE SESSION IS:

FRIDAY 22nd MARCH, 1.00 to 2.00pm

LAST SIGNING COURSE: Signing & Down syndrome

The signing course scheduled for 24th April/1st May will run as scheduled. Places are still available. It can be booked by visiting our website: [Signing and Down syndrome | Down Syndrome T&SS \(downsyndromebradford.com\)](#)

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



TWIRLY21s

The Twirly21s now have their very own tee shirts displaying the logo below. 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.

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.



OCCUPATIONAL THERAPY & PHYSIOTHERAPY

On 14th March Holly Dunne (physiotherapist) and 21st March

Wendy Scaife (occupational therapist) will be at the centre.

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 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.**



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. 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.

Partner Practice

St James's Place



MARCH EVENTS AT THE WISH CLUB

1st March - Pancake making

8th March - Mothers day crafts and card making

15th March - Spring activities followed by movies and popcorn

22nd March - Games night

EASTER: Thursday 28th March - 6pm - 10pm - Easter baskets with Shona Featherstone

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.

Bradford City Disability Football Club

turn up and play sessions



- Juniors & Adults Training, every Monday, 5 to 7pm, Bradford Academy, BD4 7QJ, £3 a session
 - Adults only session (lower Levels only), every Wednesday, 1 to 2pm, BEAP Centre, BD8 7JN, £2 per session
 - Juniors & Adults Training Every Thursday, 6:00pm to 8:00pm, Dixons Allerton, BD15 7RJ, £3 a session
 - Junior sessions, every Saturdays 10 00am to 12 00pm , Five Alive , BD8 0HR £3 session.
- Visit: [Bradfordcitydfc.co.uk](http://bradfordcitydfc.co.uk) (<http://bradfordcitydfc.co.uk/>)
Call or text Paul Jubb on 07845568226 for more information.

EVALUATION TIME PLEASE

Its that time of year again when we send out questionnaires to parents to gather feedback on some of our services. Your feedback is important to help us ensure we are meeting your needs and also to help us when we write funding bids and funding evaluations.

EARLY DEVELOPMENT GROUPS

https://form.jotform.com/wendy_uttley/early-development-group-evaluation0



SPEECH & LANGUAGE GROUPS

https://form.jotform.com/wendy_uttley/speech--language-questionnaire-spri



WISH CLUB

https://form.jotform.com/wendy_uttley/wish-club-feedback-form



News and articles from elsewhere

RESEARCH INTO LANGUAGE DEVELOPMENT AND BILINGUALISM IN CHILDREN WITH DOWN SYNDROME

Eloi Puig-Mayenco, a researcher at King's College London, is seeking help with her research project which focuses on understanding parental attitudes and advice related to language development and bilingualism in children with Down syndrome.

Are you a parent who has either considered or has experience of raising children with more than one language?

If so please can you spare 15 minutes to complete this online survey?

<https://tinyurl.com/44kuvtrm>

SHAPE RESEARCH, CHANGE LIVES

Dr Laura Cristescu and colleagues from the Universities of Surrey, London and Oxford want to collect your views on research priorities.

They have devised an online survey aimed at people with Down syndrome ages 10 to adulthood and their parents/carers.

Our charity has been involved in developing this study and we hope that it will help future researchers, research funders and people who make decisions about public services to better shape the lives of people with Down syndrome.

The survey deadline is **10th March 2024**.

Click here to complete the survey: https://surreyfaqs.eu.qualtrics.com/jfe/form/SV_cXURUMrD5rsncA6

Watch a video about the survey here: <https://shaperesearchchangelives.my.canva.site/surveyvds>



NEWS FROM THE DOWN'S SYNDROME ASSOCIATION



Introduction to sleep hygiene for children and teenagers who have Down's syndrome, Thurs 28 March, 10.15 – 11.30am

[Introduction to sleep hygiene for children and teenagers who have Down's syndrome - \)](#)

Supporting adults who have Down's syndrome, Wed 27 March, 10 – 11.30am

[Supporting adults who have Down's syndrome - Downs Syndrome Association \(downs-syndrome.org.uk\)](#)

WORKFIT ONLINE EVENT

<https://www.downs-syndrome.org.uk/online-training/workfit-online-event/>

The WorkFit Online National Conference takes place on Tuesday 12 March, 3-5pm. Join employees, employers, families, professionals and supporters, hear about their experiences and celebrate their success. This is a FREE event, and everyone is welcome!

My Perspective 2023 exhibition will be on display at the Hilton Hotel Leeds, from 4 March to 22 March 2024



Learn and Thrive <https://www.learnandthrive.org.uk/teach-me-too>

A free online library of short educational videos and learning resources designed for children with Down syndrome.

DISABILITY GRANTS

There's a whole list of grants available for families caring for someone with a disability. Visit

<https://www.disability-grants.org/>

Cash for Kids - cost of living grants

Family Fund funding for washing machines, fridges, bedding, specialist toys and much-needed family breaks. It has also provided grants for computers and tablets.

Go Beyond provide breaks for children and young people who face serious challenges in their lives. This may include young carers. Referrals by children's professionals only.

The Ogilvie Charities gives grants to individuals and families in need for the purchase of essential items not supplied by Statutory services. Applications from recognised professionals only.



GIVING PEOPLE WITH A DISABILITY A VOICE IN BRADFORD

On Monday 4th March, 10.30 to 3pm at Margaret McMillan Tower, Bradford there is a meeting of The Co-Production Partnership. The meeting is about giving disabled people a genuine voice in shaping the services they receive across Bradford Council, the NHS and other services that are important to you.

To book your place
Call/text: 07432 264 881

Visit [Co-Production - taking it forward Tickets, Mon 4 Mar 2024 at 10:30 |](#)

FAMILIES AND YOUNG PERSONS INFORMATION

This is a free, impartial service offering advice, information and signposting to children, young people and families within the Bradford district. It is full of information and advice pages for all aspects of family life, a service directory and a guide to local activities and events. [Home | Bradford Families and Young Persons](#)



RELATIONSHIPS MATTER

#seeitthroughtheireyes

The relationships we have with those around us make a big difference to how happy we are, how our children thrive and how we get through the challenges in life we sometimes face.

The course, adapted for SEND families and delivered by Julie Bruce and Adele Jones, is face to face 3 hours per week for 3 weeks. Dates: 6th, 14th & 20th March, 10am to 1pm at the PFBA Office, Carlisle Business Centre, BD8 8BD
Email supportnews@pfba.org.uk



PRIMARK ADAPTIVE UNDERWEAR

[Adaptive Underwear Collection | Primark](#)

Comfort and ease underwear [seamfree adaptive mini brief](#), wireless bralette, plunge lace bralette and adaptive period briefs made from soft fabric with magnetic front fastenings.



fundraising news

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

Total raised in February £23 215.98. Our target for 2024 is £70 000. Thank you.

- Alison Bailey, collection tin, £12.84
- Engine Room, collection tin, £22.96
- Eleana Kayamy, collection tin, £30.54
- Bingley Tea Room, collection tin, £11.12
- Alison Bailey, collection tin, £75.14
- Saltaire Methodist Church, Wives Group, £50
- Give as you Live, £47.15
- JustGiving, online donations, £222.54
- Paypal Giving, £5
- Easy Fundraising, £23.69

REGULAR MONTHLY DONORS

We now have 9 regular monthly Donors. Total raised in February £298. 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

Don Whitley Scientific, charity of the year 2023, £5000
Awards For All, National Lottery, £17 597 for speech & language

DONATED GIFTS. Thank you to:

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

Shona Featherstone, Wendy Rhodes, Sarah Ross, Ruby Franz, Jenny Illingworth, Joanne Morris, Gemma Andre, Chrissy Munro, Alison Bailey, Mirror Mirror (Bingley) express manicure voucher, Bingley Tea Room voucher for afternoon tea for two, Ruth Dawson luxury box of wine for Easter raffle.

Thank you to Medicash and to everyone who voted for us and helped us win £5000 towards training costs.



THREE PEAK CHALLENGE

Jamie Hogg and Odd Fellows Arms F.C are walking the Yorkshire 3 peaks at the end of their football season to raise



funds for our charity. Please visit and share, thank you.

https://www.justgiving.com/page/oddfellowarmsfc1?fbclid=IwAR0sZSA38QpHll_as9kfUc75fH0tityz2BHR9t9HTlm66biV-sGhtLfCtRo

MEMBERSHIP RENEWAL AND BID TO INCREASE THE NUMBER OF REGULAR MONTHLY DONORS

Over the coming months Karen will contact all members, both family and organisational, to renew their subscription. The form is now electronic and very easy to use.

Membership of our charity is free but on the form we ask for a donation towards running costs. This year we are also asking members if they could commit to a monthly donation of £5. If 100 people donated £5 per month this would amount to £6000 and if we could claim Gift Aid on all donations this would increase to £7500 - this would be amazing and could, for example, fund our Wish Club for one year.

Every little helps, thank you.

[WEBSITE LINK TO FUNDING PAGE](#)

[WEBSITE LINK TO MEMBERSHIP PAGE](#)

Could you commit to pledging £5 every month?

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 button 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.

DOWN SYNDROME CATEGORY ON THE SCHOOL CENSUS

“Going even further, we will also be collecting new data about the numbers of children with Down syndrome and where they are educated through changes to the School Census. This helps meet our commitment to improving the life outcomes and opportunities for people with Down syndrome, to identify good practice and shape long term services. This follows on from the Down Syndrome Act 2022 aiming to raise the understanding and awareness of the specific needs of people with Down syndrome.” DEPARTMENT FOR EDUCATION

Read more on the discussion here:

[A separate Down syndrome school census category is unlikely to improve SEND provision—and may have unintended consequences - Special Needs Jungle](#)

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

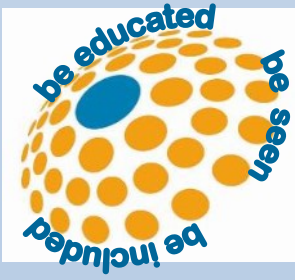
The Pamela Sunter Centre, Down Syndrome Training & Support Service Ltd,

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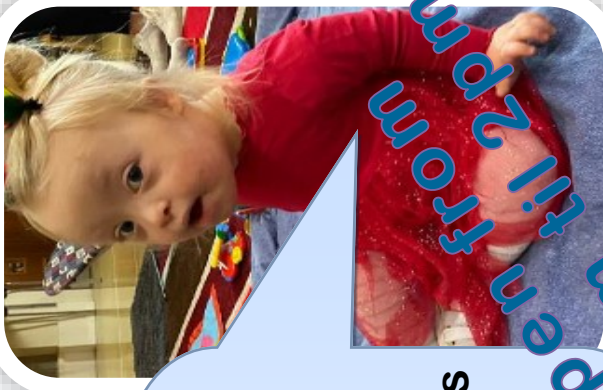
**Refreshments and
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trainees.**

OPEN DAY

Thursday 21st March 2024

Help us to celebrate World Down syndrome day and raise awareness

**Help us
raise funds
for children
and young
people with
Down
syndrome**



Join us at the Pamela
Sunter Centre, 2 Whitley
Street, Bingley
for cakes, buns, scones,
teas and coffees,
tombola, hand made crafts
and gifts, quality second
hand toys, books and
much more...

**Open from
10am till 2pm**