



# Down Syndrome Training & Support Service

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

# May '25 newsletter

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## MAY FAMILY FUN SATURDAY SESSION

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

Saturday 10th May, 10am to 12pm

ALL FAMILIES WELCOME

Both the family Saturday session and Sibz Zone will take place at the church hall where we will be meeting some small furry, scaly, scurrying animals with 'Into The Wild'. This is always a wonderful experience for our children.



ALL FAMILY MEMBERS WELCOME TO JOIN IN THE FUN.

## CHROMOSOME ROCKS SUMMER FESTIVAL 2025

Tickets are now available for our big summer fundraising event at Keighley Rugby Union Football Club.



We are also seeking volunteers to help staff stalls - interested? Please contact the centre.

VISIT: [Chromosome Rocks'25](#) | [Down Syndrome T&SS](#)

Entertainment for all the family includes performance by

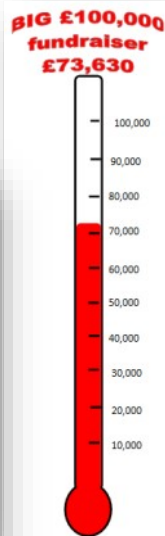
dance21, opening speech by George Webster,



Voices of Yorkshire Choir, Guiseley Jazz Band, Wild Geese, All Together Now choir, children's games, tombolas, cake stall, food stalls and bar.

## OUR BIG £100K FUNDRAISER for 2025

The good news is that we have raised a staggering £73,630 towards our BIG £100K total. the bad news is that from June 90% of our expenditure will be coming from reserves as funding grants for speech & language,



## Celebrating 25 years of development, education and inclusion



'Just kids' growing into 'just adults' who happen to have Down syndrome

Join our BIG £100,000 Fundraiser celebrating 25 years of support, training, inclusion, development and education. We have made a difference! Sign up for our fundraiser here: [www.downtsyndromebradford.com](https://www.downtsyndromebradford.com)

early intervention and core costs will all have expired. This will diminish our reserves by £9000 per month. SO WE MUST KEEP GOING AND EVERY LITTLE HELPS **NATIONAL LOTTERY** We are putting together another bid to the National Lottery, however the turn around is at least nine months. You can help by providing feedback on our early development groups and speech & language groups. See pages 2 and 3.

## VACANCY FOR YOUTH CLUB WORKER



We have funding to employ an additional youth worker to help run our Friday youth club, called the WisH Club (Weekend is Here) and enable us to re-open the club on a weekly basis.

The club, established in 2014, is delivered by two youth workers and several volunteers. It is based in the top floor of our centre in Bingley and currently has 20 members and a regular attendance of about 10 each week. It is for young people with Down syndrome aged 11 upwards.

Hours: part time, 3 to 4 hours per week

Salary: £13 to 15 per hour depending on experience

Annual leave: 5.6 weeks per year plus public holidays.

Closing Date for applications: Friday 31st May 2025

Interview: week beginning 2nd June 2025

Start date: June 2025

Please contact the office for full details and an application form.



## CIRCUS STARR TICKETS FOR JUNE

We again have a number of free tickets for the amazing Circus Starr magical show on Friday 20th June at 4.45pm and 7pm at LIFE Centre, Wrapping Road, Bradford, BD3 0EQ. Please contact the office to reserve your ticket

## ways you can help raise funds

### TESCO IN-STORE VOTE

We are delighted to announce that we have been successful in our bid to take part in the Tesco Stronger Starts customer vote to raise money for our Family Support Sessions.



The project with the highest number of votes will receive £1,500, 2nd £1000, 3rd £500.

**VOTING FINISHES 30TH JUNE**

#### STORES WHERE YOU CAN VOTE:

- Bradford Peel Centre Superstore
- Crossflats Bingley Express
- Northcliffe Shipley Express
- Bradford Sunbridge Road Express
- Baildon Otley Road Express

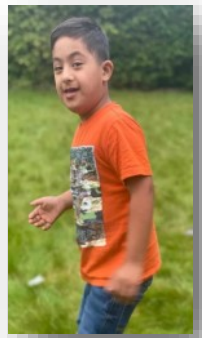
*We're in the lead in Baildon.*

### IBRAHEEM'S WALK

Ibraheem, supported by his family, will be doing a sponsored walk soon around Lister Park. His walk has been delayed due to illness over Easter.

His JustGiving page that is doing incredibly well; he's raised over £10,000 including Gift Aid so far! **His target is £15,000 which would fund our early development groups for a year.** Let's help him to reach his target. Follow the link below:

[Ibraheem's Page is fundraising for Down Syndrome Training Support Service Ltd](#)



### Health & Wellbeing Special Draw with BENEFACT NOW OPEN

Please nominate us today. We could win £5000. **Deadline 4th May.** Just click on the image to follow the link and enter our charity name 'Down syndrome training & support service' and number 1130994. thank you.

### ROB BURROWS LEEDS HALF MARATHON 11th MAY 2025

Alan McCulloch, Jake Scott and Tony Cooper are all running the Leeds Half Marathon in May to raise funds for us.

Visit their Just Giving pages here:

- [Alan McCulloch is fundraising for Down Syndrome Training and Support Service Ltd](#)
- Tony Cooper: [Crowdfunding to fund Down Syndrome Training and Support Service Ltd. on JustGiving](#)
- Jake Scott: [Crowdfunding to fund disability support on JustGiving](#)



Visit our fundraising page to learn about all the ways you can help us

### DONATE FOR FREE AS YOU SHOP ONLINE/BOOK A HOLIDAY/BUY INSURANCE....

**One really easy way you can help** with very little effort is to join Give As You Live so that when you shop online a percentage is given to our charity - at NO extra cost to you. The hardest part is remembering to use their link. However you can now choose to have a reminder pop up as you visit one of the 4000+ sites linked to the scheme. Click on the icon to learn more and sign up today. Thank you.



### A FOND FAREWELL TO CATHERINE BURKE AND MELANIE DEKKER

All staff contracts were linked to the National Lottery funding which expired in March 2025. In order to keep staffing within our new budget (£10,000 per month) we have reduced the number of early development group and one to one sessions being delivered. A big thank you and a fond farewell to Mel who has been with us since January 2024 delivering training and early intervention. Mel had a wonderful warmth with the children she worked with and we wish her all the best in her future endeavours.

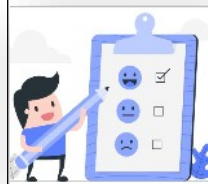


All early intervention will now be covered by Laura Hempel and Wendy Uttley until we are successful in securing further funding.



Catherine has also moved into new employment. We wish her all the best and thank her for the support she provided while working as an Adult Support Office since January 2024.

### SPEECH & LANGUAGE GROUP SESSIONS



#### EVALUATION TIME

Please can we ask all families accessing speech & language to provide feedback using the link below. All comments are useful in monitoring the service and also applying for future funding, thank you.

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



### MAY GROUP SESSIONS

In May the adult group sessions will be out and about in Bingley. Laurens group will be taking a train ride and Jessica's group will be visiting a shop to buy seeds.

**JESSICA'S GROUP SESSIONS** Saturday 17th May

**LAUREN'S GROUP SESSIONS** Sunday 18th May

**Heidi will be in touch with reminders**

**SOME PLACES STILL AVAILABLE - PLEASE CONTACT THE OFFICE FOR DETAILS.**

**Funded by Awards 4 All until June 2025.**

# Our regular support sessions

## EARLY DEVELOPMENT GROUPS

Various changes are now in place, several one to one sessions have now ceased and groups amalgamated in order to reduce cost on delivery.

We said a fond farewell to Mel at the end of last term. Mel has been with us since January 2024. We wish her all the best. All early intervention sessions will now be delivered by Laura Hempel and Wendy Uttley.

We are in the process of reapplying to the National Lottery to fund these groups. This is a long process, about 9 months. In the meantime sessions will be funded from our reserves.

**EVALUATION TIME, it's that time of year again.**  
[https://form.jotform.com/wendy\\_uttley/early-development-group-evaluation](https://form.jotform.com/wendy_uttley/early-development-group-evaluation)



Every year we evaluate the early intervention sessions. Please can we ask that you follow the link above and give us your feedback. It will be used to help plan and fund future provision, thank you.

### 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.



Photo taken at our Easter family Saturday session. It was lovely to see so many

## TWIRLY21s

Twirly21s is a lovely continuation from our early development groups, 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.



## 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. Classes are delivered by Claire King, alongside Kim Booth, one of our most experienced dance21 members. On Sunday 4th May, 10.30am dance21 will be performing as part of the Bingley festival weekend.



## 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, 4.30 to 5.30pm.

**The cost is £5 per session by donation.** Please book by contacting Karen: 01274 561308

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

Visit the Facebook page [Pinnacle Performance Fitness Studio](#)



### PLANS FOR MAY

2<sup>nd</sup> May - Star wars day activities

16<sup>th</sup> May - European song contest - watch/ singing competition

30<sup>th</sup> May - Sensory Session - making sensory balls and slime.

### OPENING TIMES

Once staffing is in place the aim is to re-open every week. The Club currently runs fortnightly on a Friday, 7 to 9pm for young people aged 11 to 25. Young people are welcome to bring along a friend or sibling age 11+.

## GOING OUT CLUB - MAVERICKS

Our next Going Out Club is at the end of half term, Friday 23rd May. We are going out night clubbing to Mavericks, Bingley, 6 til 9pm. Tickets are £5 each and include first drink free. To book please follow the link below.

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



## I CAN WORK

Charlie and Emerson are making great progress on our 'I Can Work' project. Both spend time working at the centre and also at the charity shop learning office skills and shop skills. They will both be undertaking travel training as part of the project.



**Placements are available on both our I Can Work project and our Independent Living Skills project, please contact the office**

## TRAINING AT OUR CENTRE IN BINGLEY

Dates for courses/workshops will be confirmed.

Some courses are currently awaiting further bookings

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

#### Workshop with Dr Wendy Uttley

(Sexuality relationships education for people with Down syndrome and other learning disabilities)

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

This course covers:

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

The signs for this topic are also covered and available in a book —SRE and Down syndrome cost £6.00.

A Memory stick/digital download of resources & activities is available to buy at a cost of £10.00.

Bookings now being taken.

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

### SIX WEEK BEHAVIOUR WORKSHOP

#### Online with Wendy Uttley

Six week behaviour workshop for parents and school staff.

PLACES LIMITED TO 7 teams around a child.

The course starts with an overview of the learning profile of a child with Down syndrome looking at how difficult behaviours may develop. Parents/school staff will then be encouraged to focus on a specific behaviour they wish to modify and will be supported to develop a positive behaviour plan focussed on a wanted behaviour. Methods to develop self help skills using task analysis will also be taught and each week opportunities will be offered to discuss progress and learn from each other.

COST: £100 per family/carer/school staff, ie team around a child TO BOOK [Six week behaviour workshop- online | Down Syndrome T&SS](#)

*· It has changed my ability to look and evaluate a situation.*

*· I now feel more confident in how to progress and manage any difficult behaviour I've experienced*

*· The behaviour of my child has improved and our relationship as parent/child has become closer*

*· My view and observance of situations and confidence in tackling behaviour/situations will be a long term*

## PRE—RECORDED TRAINING COVERING A WIDE RANGE OF TOPICS AND RESOURCES READY TO DOWNLOAD

Follow the link below to browse our range of training videos and resources: [Training videos & resources | Down Syndrome T&SS](#)

## INTRODUCTION TO DOWN SYNDROME

### Vital training for schools

- *Secondary school and beyond*, Wednesday 4th June, 9.30 to 12.30 with Dr Wendy Uttley
- *Birth to 12 years*, Wednesday 11th June, 9.30 to 12.30 with Laura Hempel

Bookings now being taken, just click [here](#).

Payment by donation. We are asking for a donation upon booking but if this precludes attendance school/organisation staff are welcome to attend for free. Please contact the office.

### THREE WEEK 'TOILET TRAINING FOR ALL AGES' WORKSHOP

Thursdays, 19th June, 26th June, 3rd July, 10am to 12pm

Online or in person at the centre.

Places limited to 7 'teams around a child'. This includes family and school staff.

COST £60 per 'team'.

Booking now being taken. [Toilet Training for all ages | Down Syndrome T&SS](#)

## READING LANGUAGE INTERVENTION

### Are you interested in training?

We are considering running this 6 hours training course over several online weekly sessions.

The RLI programme developed and produced by Down Syndrome Education International, provides a systematic structured approach via daily activities that can be finely adapted to each child. The training will cover the theory behind the programme, how to assess a child to find a starting point, how to monitor and record progress and how to deliver the daily intervention with opportunities to practice grading books and taking a running record to analyse a child's reading skills.

The RLI programme comprises of two strands of intervention; a reading strand and a language strand. It aims to improve spoken language and literacy skills of children with Down syndrome, improve teaching practice and support educators.

We have for a long time known reading is a strength for children with Down syndrome but not all educators are aware of this or how to ensure the children reach their full reading potential.

If you are interested please contact the office.

## Consultations, observations and assessments

Are available at an hourly rate of £80, either online, in school or at our centre.

Please visit [Consultations | Down Syndrome T&SS \(downsyndromebradford.com\)](#) to book or for details.

REPORTS FOLLOWING ASSESSMENTS OR OBSERVATIONS £120

Visit our fundraising page to learn about all the ways you can help us

### MIND THE GAP WEEKEND OF DANCE

On Saturday 10th and Sunday 11th May young people aged 16 - 24 with a learning disability and/or autism are invited to join the National Youth Dance Company (NYDC) at Mind the Gap for a whole weekend of dance and creativity. The weekend will be a chance to build your dance technique, learn movement from NYDC shows and create your own choreography. It doesn't matter how much dance experience you have, as long as you come with plenty of enthusiasm! The weekend will be co-facilitated by artists with and without learning disabilities and/or autism.

The day will run from 10 -3pm on the Saturday, and 10 - 4pm on the Sunday. At around 3.15pm (tbc) on the Sunday we will host a short sharing of the choreography we make for friends and family to come and see! Interested? email [karen@mind-the-gap.org.uk](mailto:karen@mind-the-gap.org.uk) or call the office on 01274 487390. Places are available on a first come first served basis. If you'd like more information about NYDC visit <https://nydc.org.uk/>



Eureka!

SEN day Sunday 18th May. Follow the link to book

[Our next SENday + a quick favour please? ☺](#)

### TRAINING & INFORMATION FROM THE DSA



[Early Feeding Webinar with Gwendolina Tonner](#) Thursday 14 May 2025 | 1.30 – 2pm | FREE

[Benefits & Finance - Downs Syndrome Association](#)

Click on the link above for benefit advice from birth to old age, help with new claims, DLA, PIPs, Universal Credit, reconsiderations and appeals. You can also contact Helen Wild [0333 1212300](tel:0333 1212300) or [helen.wild@downs-syndrome.org.uk](mailto:helen.wild@downs-syndrome.org.uk).

### VISION AND DOWN SYNDROME INFORMATION PAGES with support from Professor Margaret Woodhouse

[Eyes - Downs Syndrome Association](#)

Two recent publications on Cerebral Visual Impairment (CVI) [Cerebral Visual Impairment Factsheet FINAL 24.02.25](#) and a factsheet outlining recommendations for vision in Education, Health, and Care Plans (EHCPs) for Children who have Down's syndrome. [Vision issues EHCPs statements IDPs FINAL 24.02.25](#)

The recording Prof Woodhouse's recent webinar on CVI is also now available on the DSA YouTube channel

[Cerebral Visual Impairment \(CVI\) and Down's Syndrome: a webinar with Professor Margaret Woodhouse - YouTube](#)

### TRAINING WITH DSUK



[Events & Training - Down Syndrome UK](#)

A full range of training and information for schools and families available from DSUK.

### LEARN AND THRIVE



#### Respectful relationships

- Romantic relationships
- Social media & phone usage
- Bullying and mate crime
- Love and consent

[NEW CONTENT NOW LIVE!](#)

### TRAINING WITH IPSEA



[SEND law and young people \(post-16\) | 12 May >>](#)

For parents and carers of children who are approaching being above, or already above, compulsory school age (post-16). This training is particularly relevant to those who are navigating post-16 education and training for the first time.



### HELP NEEDED PLEASE CHROMOSOME ROCKS

SUMMER FESTIVAL SUNDAY 13TH JULY 2025

**Raffle prizes** - we have an amazing first prize of a ride in a limousine donated by Oasis cars—we need 2nd and 3rd prizes please.

**Bottles** - we will be holding a bottle tombola - donations of bottles welcome, any bottles, from bottles of whiskey to bubble bath!

**Gift vouchers** - last year we held a very successful 'tin tombola' where players had to find hidden vouchers for family outings, like Diggerland and Eureka! If anyone knows anyone who can donate a day out please let us know, thank you

**Volunteers** - we need volunteers to help staff stalls.



### Health & Wellbeing Special Draw NOW OPEN

Please nominate us today. We could win £5000. **Deadline 4th May.**

Just click on the image to follow the link and enter our charity name

'Down syndrome training & support service' and number

1130994.

**Don't forget to nominate us asap.**

**Thank you**

# Thank you

**During April we have raised £28172.42 - incredible!!**

**Regular donors**, thank you to our 14 monthly donors, total raised £160

**Donations received from JustGiving towards BIG £100K:**  
£17946.18

**Paypal Giving Fund**, £2.50

**Charity Shop**, £1205.56

**Thank you for your donation:**

Muminah Kayani, £2,020

R Casper, £10

Dixon's City Academy, Class 6A for WDSD, £242.02

Launch Good Online Fundraising during Ramadan, £420.19

Easter/spring raffle, £336.94

Kildwick Primary School, £359 from a games night fundraiser

In memory of Orla's great grandad, £287.60

Saturday session collection tin, £30.58

Calder High School, £289.85. Noah delivered 3 assemblies for world Down syndrome awareness. Fantastic.

## GRANTS

Ironmongers, grant for Youth Club, £4,853

## Donation of goods for charity shop -

A massive thank you to everyone who keeps donating toys and unwanted gifts to our charity shop. The shop is going from strength to strength: Moreen Wakelin, Wendy Scaife, Jen Senior and Usma.

thank you



## SPRING/EASTER RAFFLE WINNERS

The draw took place on Saturday 12th April.

- 1st Prize: Easter hamper— Laura N-H
- 2nd Prize: handmade leather handbag—Diane A
- 3rd Prize: signed copy of 'George and the Mini Dragon' - Kayleigh W
- 4th Prize: signed copy of 'This is ME!' -Mike H
- 5th Prize: Men's Eternity set + chocolates - Joanne M
- 6th Prize: Fuzzy Duck shower kit—Nicky M

Thank you to everyone who donated prizes and bought raffle tickets; total raised £336.94.

## SUPPORT US LONG TERM BY BECOMING A REGULAR DONOR

Thank you to everybody who has pledged to donate a monthly amount to our charity.

It's really easy to help set up and, if you are a UK tax payer, we can claim Gift Aid and boost your donation by 25% - at no extra cost to you.

[Use Paypal to make a one off or regular donation](#)

[Use Justgiving to make a one off or regular donation](#)

[Set up your own standing order from your bank](#)

## WE NEED VOLUNTEERS TO HELP STAFF OUR CHARITY SHOP 'CHROMOSOME ROCKS' IN KEIGHLEY

Please, please can you help - grandmas, grandads, aunties, uncles, older siblings - the shop is a great source of income but some weeks we are only managing to open one or two days a week.

**PLEASE LET US KNOW IF YOU CAN HELP.**



## TAKING PHOTOS OR VIDEOS FOR PERSONAL USE AND SOCIAL MEDIA

If you attend any of our events, for example a family Saturday session, WisH Club session, dance or Gym Club and you want to take a photo or a video of your child this must be for your private social media account, only viewable by friends or family.

If, however, you post photos or videos to a public account, viewable by an indefinite number of people, this is likely to go beyond personal use and you will need to be aware of your obligations under data protection law.

For further information or to gain a copy of our social media & e-safety policy please contact our office. 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

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

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