



Down Syndrome Training & Support Service

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

November 2025 newsletter

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FAMILY SATURDAY SESSION

BOUNCY CASTLE AND SOFT PLAY DAY

Saturday 8th November, 10am to 12pm at Bingley Methodist Church, Herbert Street, Bingley, BD16 4JS.

We have booked a bouncy castle, ball pool and soft play for our next family Saturday session. All family members welcome.

SIBZ ZONE The siblings session will not run this month as Elanor is away. However there will be board games and crafts in the small room for any siblings who wish to have a quieter time together.



OUR CHARITY SHOP 'CHROMOSOME ROCKS'

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](#).



FASHION SHOW AND 25TH ANNIVERSARY CELEBRATIONS

TICKETS AVAILABLE AT THE CENTRE OR BUY ONLINE HERE

<https://www.downsyndromebradford.com/event-details/fashion-show-and-25th-celebrations>

Join us for an evening of fashion, shopping, good company, light buffet, raffle and tombola.

We wish to celebrate our 25th anniversary with the families we support, possibly raise a little cash and a lot of awareness.

All clothes are brand new from stores such as Next and M&S. There will be at least 50% off.

There will be the opportunity to 'try before you buy' Watch out for some young adults with Down syndrome on the cat walk.

Ladies Pop-up Shop & Fun Fashion Show!
Wednesday 19th November 2025
Celebrating our 25th anniversary
Down Syndrome Training & Support Services
Keighley Rugby Union Football Club, Skipton Rd, Keighley, BD20 6DT
Doors open 6.30pm, show starts 7pm
Tickets: £5 includes a light buffet supper
Bar available for tea, coffee and alcohol!
Raffle: FABULOUS prizes to be won at the show!
PAYMENT BY CASH & CARD (subject to a mobile signal)
Colours FUNDRAISING FASHION SHOWS
SHOP YOUR FAVOURITE HIGH STREET BRANDS AT UP TO 70% OFF!

SPEECH & LANGUAGE GROUP SESSIONS

NOVEMBER SPEECH & LANGUAGE GROUPS

- Jessica's groups will take place Saturday 15th November. Mary Brown will be joining the groups to shadow Jessica ready to cover her from January 2026 while she is on maternity leave.
- Lauren's groups will take place Sunday 16th November



Jessica's group went to Bingley Tea Room for their speech & language session in October.

FUNDING SUCCESS FROM HEALTH LOTTERY

We are delighted to have recently been awarded £21,513 from The Lottery Health Fund for these sessions. The grant is for one year and includes additional funding for oral motor therapy. <https://www.giveasyoulive.com/join/downsyndrometraining?>



WEEKLY ONLINE TRAINING with WENDY UTTLEY

Over the first half of this term we covered Introduction to Down syndrome (over 3 weeks) and Signing and Down syndrome (over 4 weeks). The next topic will start Wednesday 12th November and run for 3 weeks:

Let's Make it Visual - looks in detail into how we can use visual resources to develop the language, communication and literacy skills of children with Down syndrome. It covers why the written word/sight word reading 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.

In December we will cover teaching basic number skills.

All sessions are followed up with additional handouts, the Powerpoint and the video recording.

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.downsyndromebradford.com/training> or follow the QR code



WORKSHOPS

In addition we will continue to deliver our workshops on behaviour, toileting and sexuality relationships education—these will be online and run for 2 hours per week over several weeks. Places will be limited.

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

Due to demand this workshop has been moved to start early 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.

Individual Consultations, observations and assessments with Wendy Uttley or Laura Hempel

Consultations, observation and assessments are available with either Wendy Uttley or Laura Hempel 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 COST £120.

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](#)

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.**

DOWNLOAD OUR TRAINING BOOKLET HERE: <https://simplebooklet.com/onlinetrainingfor2025to2026>

Support services for young people



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](#)



Making ghosts for Halloween



THE GOING OUT CLUB WENT BOWLING OVER HALF TERM

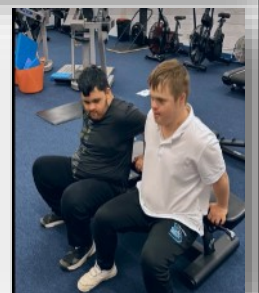


WEEKLY GYM CLUB FOR YOUNG PEOPLE WITH DOWN SYNDROME aged 11+

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.



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.

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.

WILLS AND TRUST ONLINE INFORMATION EVENING

On 15th October Michelle, independent financial advisor from Eccles Greenwood and Jenny Barron, solicitor from AWB Charlesworth held an online informative evening detailing trusts, wills and power of attorney. Nine people attended and the evening was recorded. If you would like a copy of the recording and/or an appointment to discuss any of the above topics please contact the Office.

'I CAN WORK'

Charlie has been busy this term helping at our charity shop, Chromosome Rocks, collecting donations in ASDA Keighley and staffing an information stall at an open day at Hazelbeck School.

Charlie is supported by Nicky and attends our 'I Can Work' project every Tuesday and, when he isn't out and about raising awareness and travel training, he is helping out at the office counting cash from the collection tins and making resources.



We have capacity to take on another young adult with Down syndrome. For more information please contact the office or click on the leaflet



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.

Last month we welcomed Lisa Hart from the Continence Health Team at St Luke's Hospital. Lisa joined one of Laura's groups to observe and better understand what we are delivering at the centre.

We are always delighted to open our doors to visitors so that we can boast about the wonderful progress the children are making in the sessions and share our best practice.

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



Ted, who attends our Blue Group enjoying himself on our summer trip.

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.

Chloe, who attended our Early Development Groups danced at our AGM. She was amazing.

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.



Chloe

FUNDRAISER AT KILDWICK PRIMARY SCHOOL RAISES OVER £1000

Pupils at Kildwick Primary School worked hard to learn the signs to 21 songs and then perform them raising over £1000 in sponsor money. The full total is yet to be announced.

Wendy visited the school to deliver an assembly and witness their wonderful whole school singing and signing.

Picture shows Orla, her brother Leo, mum Jenn, year 6 helper and Wendy.



ANNUAL GENERAL MEETING UPDATE

Our AGM took place at our last Family Saturday sessions. Thirteen company members, including several adults with Down syndrome attended and quorum was maintained. Wendy went through the progress report highlighting the ups and downs of our previous financial year. All reports were accepted and a new director, Philippa Darbandi, Nico's mum, was elected. Philippa brings management and finance experience to our board. All previous directors remain in post with Heather Chattell and Rachel Cruickshank –Sutton standing down on rotation and opting to be re-elected.

AIMS FOR 2025/26

Our aims for the current financial year are to:

- raise £130,000 so that we are secure for 2026/27
- improve the promotion and training for ALL across the Yorkshire region (ongoing)
- staff the charity shop to ensure it is open as much as possible
- maintain our level of income and service
- celebrate our 25th anniversary



Philippa Darbandi

PROGRESS TO DATE

We are already 5 months into our current financial year which runs 1st June 2025 to 31st May 2026 and we can report that:

- We have already raised £60,000 through fundraising and grants, an average of £12,000 per month so we are on target.
- Our online weekly training has 13 schools involved either attending on the day or using the recordings.
- We are marking our 25th anniversary at our Fashion Show on 19th November. We have already sold over 70 tickets and there will be a wonderful raffle and tombola to raise further funds.

UPDATE ON NATIONAL LOTTERY

We have spent the last few weeks preparing our stage 2 bid to the National Lottery Reaching Communities Fund. Following our unsuccessful last attempt we sincerely hope that our efforts will bring success this time round. The funding is for £200,000 over 5 years and will fund our early Intervention sessions.

IN MEMORY OF DAVID BETTERIDGE

(Jan 1963 to Feb 2025)



David Betteridge sadly passed away in February. He lived in Bradford for most of his life supporting Bradford City

Football Club. David loved his fish and chips. A donation of £400 was made in memory of David.



BRADFORD SEND

NEWSLETTER

[SEND News - November 2025](#)



TRAINING WITH DSUK

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

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



Coleman Training Development - open day!

Coleman's Training Development are inviting young people aged 16 to 24 years of age and their families to an open day on Thursday 13 November, 1pm to 3pm. Learn about their courses and supported internships. Coleman training are based in Bradford City Centre - Floor 2, 1 The Interchange, Nelson Street, Bradford BD1 5AX.



KIDZ TO ADULTZ NORTH

Wednesday 3rd December, Liverpool. Stalls, seminars and exhibitions. Visit:

[Kidz to Adultz North – CPD Seminars – Kidz to Adultz Exhibitions](#)

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



[Support in social care - Downs Syndrome Association](#) downloadable resources for those in social care. Planning, paying, options available, common issues and what good supported living should look like.

Early Feeding Webinar with Gwendolina Toner

Wednesday 26 Nov, 1 – 1.30pm, FREE. In this short webinar Gwen will discuss the development of early eating and drinking skills. Suitable for parents whose baby is aged approximately 0-2 years. [Early feeding webinar with Gwendolina Toner - 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](#)

Reform of special educational needs system

The Government had planned to publish its Schools White paper, which includes plans for SEND, this autumn. The Government has announced there will be a further period of co-creation and testing of proposals before they share the paper. It is expected that information will be available during 2026. [SEND reform: Education Secretary writes to the Education Select Committee - GOV.UK](#)

Help to shape SEND services in Bradford district



You are invited to attend an event on Friday 21 November (10am until 12pm) at The Sutton Centre, Bradford BD4 8NB.

There will be the opportunity to meet Dan Careless (Assistant Director of SEND and Inclusion) at Bradford Council. Listen to an update on SEND services in Bradford district, and get involved in discussions. To book, email: mahum@pfba.org.uk.

COUNCIL FOR DISABLED CHILDREN—NEWSLETTER



[Link to newsletter](#)

Includes information and a link to a survey on the provision for children with SEND in units/Resourced Provision/Pupil Support Units - how can we make them more inclusive?

The survey is for schools and settings. Maybe you could make your child's school aware of this if relevant.

Deadline 7th November. [Survey link](#)

CONTINENCE PADS - BRADFORD NHS WHAT YOUR VIEWS

Bradford District Care NHS Foundation Trust has launched a public engagement exercise to gather views on proposed changes to the provision of continence pads. Deadline Friday 5th December. The cost of pads has gone up but there is no extra money so changes are afoot. Suggested changes are delivery every 16 weeks rather than every 12 weeks; to stop giving out lower absorbency pads and focus on people with greater need; or give out fewer pads - reduce the number of pull-ups per day by 1....so if you currently get 3 this will reduce to 2.

The questionnaire wants your views on these changes. Here's the link [online questionnaire](#).

TRAINING WITH IPSEA

Visit: [Upcoming training events for parents and carers | \(IPSEA\) Independent Provider of Special Education Advice](#)



GIVE AS YOU LIVE ONLINE CHRISTMAS SHOPPING

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

> <https://www.giveasyoulive.com/join/downsyndrometraining?>



FUNDING UPDATE

A massive thank you for your donations this month. A total of £7419.64 has been raised through your efforts. Plus we have had two successful funding bids. What a fantastic month.

Adding this fundraising to our total makes £98,128.64 raised this calendar year. We are going to SMASH our BIG 100K.

Charity shop, £1608.24

Justgiving, £35.95

Regular donors, £353.64 from 28 donors

Gift Aid claimed, £3599.77

Give as you Live, £16.18

Collection tins: Thank you to the following for collecting donations for us totalling £810.86. Fantastic.

Main Street Deli, £30.38

Chromosome Rocks Charity Shop, £22.86

Alison Bailey, £93.38

Coleman Training, £177.45

Half Moon Café, £39.64

Earl of Pigment, £1.78

Barbells Bingley, £0.45

Bingley Tea Room, £18.82

Peacock Bar, £23.21

The Deli @ Eldwick, £6.93

The Engine Room, £27.37

Myrtle Grove, £18.08

Library Tap, £26.18

White Horse, Bingley, £4.79

Brown Cow, Bingley, £2.68

Intrim Hairdressers, £106.22

Costa Coffee, Keighley, £10.35

Bingley Methodist Church, £65.00

Asda Keighley, £110.37

Elena Keyamy, £24.94

AWB Charlesworth, donation £75

Widows Sons Masonic Bikers Association donation, £500

Fiona Graham, £400 donation in memory of David Betteridge

Wendy Birthday Fundraiser, £20

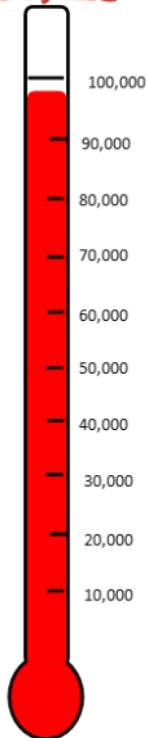
SUCCESSFUL FUNDING BIDS

Health Lottery, £21,513 for speech & language and oral motor therapy

Liz and Terry Bramall a grant towards training costs, £6,000

[BIG £100K for 2025 - JustGiving](#)

**BIG £100,000
fundraiser
£98,128**



WELL DONE AND A BIG THANK YOU TO OLIVIA WEBSTER

Last month Olivia ran her first ever half marathon for us. She raised a whopping £770 and there's still time to donate. Just visit

<https://www.justgiving.com/crowdfunding/olivia-webster-3>



**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



CO-OP
OWNED BY YOU.
RIGHT BY YOU.

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.

Up until the 15th Nov we will receive £5 for every new Co-op Member who signs up, up to a maximum of 10 members. 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>

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

GIFT AID

Every year we can claim Gift Aid on your donations. This year we have just received £3599.77 which is a big boost to our BIG 100K.

What is GIFT AID and how does it work?

Gift Aid is a scheme run by the government that enables charities to increase the value of donations made by reclaiming the tax you pay when you are working. We can claim 25p per £1 donated, so on a gift of £100, we will actually receive an extra £25, **at no cost to you**.

So if you pay tax we can claim Gift Aid.

When you make a donation to us we will ask you if we can 'giftaid' the money.

Find out more here: [Tax relief when you donate to a charity: Gift Aid - GOV.UK](#)

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

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