



# Down Syndrome Training & Support Service

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

# December '22 & January '23

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## CHRISTMAS PARTY TIME

### FAMILY SATURDAY SESSION - CHRISTMAS PARTY

Saturday 17th December, 10am to 12pm



All families are welcome to join us for our Christmas gathering on Saturday 17th December, 10am to 12pm, Bingley Methodist Church, (Herbert St, Bingley, BD16 4JS).

There will be party games, Christmas 'magic' bag, singing and signing, party food and, of course, Father Christmas. Please bring a present labelled with your children's names for Santa's sack.

PLEASE NOTE: THERE WILL BE NO FAMILY SATURDAY SESSION IN JANUARY.

### CHRISTMAS RAFFLE



**Our 2022 Christmas raffle is LIVE**



**Our luxury Aldi Xmas hamper including 2 bottles wine, 1 bottle cava, iced Xmas cake, champagne Xmas pudding and luxury chocolates**

- 1st prize - Luxury Aldi Christmas hamper
- 2nd prize - 4 bottles of Christmas drinks
- 3rd prize - luxury Christmas crackers

Plus prizes of a £50 voucher for a painting from Bingley Gallery and a massage from Saltaire Massage Therapy

Tickets are £1 each and available to buy here:

<https://form.jotform.com/222653268392360> or using the QR code above.

## Exciting training opportunity with us

### GUT HEALTH & DOWN SYNDROME ONLINE INFORMATION SESSION with Dr Elizabeth Corcoran

On Friday 9th December, 1 to 2pm, Dr Liz Corcoran, Chair of the Down's Syndrome Research Foundation UK and sibling to David, who has Down syndrome, will be delivering an online information session.

She is passionate about lifestyle medicine and when not running the Foundation is seeing clients of all backgrounds, including those with Down syndrome to improve their health.

Dr Liz will give us a whistle stop tour of the foundations of good nutrition for children with Down syndrome, highlighting common issues that the community face including constipation, digestion and food issues. How do you sort the wood from the trees? She will have plenty of time for Q&A at the end- bring your burning questions.

There is a charge of £10 per person for the talk which will take place on Zoom. BOOKING via our website:

### SIBZ ZONE DECEMBER & JANUARY

Our December Sibz Zone will run in an upstairs room at Bingley Methodist Church with Elanor, Christmas crafts

and games. In January the Sibz Zone will be online on the Thursday 19th January, 7 to 8pm.



### CHRISTMAS PARTY FOR ALL YOUNG ADULTS

On Friday 16th December, 7 til 10pm, we have planned a fantastic Christmas party for all of our young adults at The Secret Garden (formally known as Chapter 2) at 11A Chapel Lane, Bingley. It will be a private party with a live DJ, party buffet, dancing and games. Young people from Dance21, WisH Club, I Can Work employees, in fact any young person with Down syndrome aged 11+ is welcome to attend. The evening is also open to parents should they wish to stay.

Tickets are £5 in advance and can be bought via our website or through the WisH Club. Tickets are on sale now!

[Christmas party & raffle | Down Syndrome T&SS \(downsyndromebradford.com\)](#)



## TRAINING NEWS



We have rescheduled the majority of our training to run next term. Many of our courses were postponed in November due to poor uptake. We believe this is due to difficulties in releasing staff/finding staff cover.

Our Introduction to Down syndrome course has been delivered a number of times throughout last term as in house training and is now being offered as FREE training at our centre on 18th January.

Our training booklet can be downloaded [here](#).

### COURSES:

- Introduction to Down syndrome FREE (January)
- Signing and children with Down syndrome (NOT SCHEDULED)
- Teaching basic number skills to children with Down syndrome using the Numicon approach (January)
- Let's make it visual — using visual resources to develop the language, communication and literacy skills of children with Down syndrome (February)
- The inclusion of children with Down syndrome - expectations of behaviour (Feb)
- Reading, Language Intervention for children with Down syndrome (March)
- Six week behaviour course for parents/carers WORKSHOP (March—April)
- Transition evening WORKSHOP (May)
- ME, my body, my friends, my life- SRE and Down syndrome WORKSHOP (May)
- Teaching number skills beyond 10, time & money (June)
- Three week 'toilet training for all ages' WORKSHOP ONLINE (Jan/Feb & Jun/Jul)

## JANUARY 2023

### [Teaching basic number skills to children with Down syndrome and other learning difficulties using the Numicon approach](#)

Wednesday 11th January 2023 9.30 to 12.30pm

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.

**COST:** £60 per professional (£15 for second person from same school)/£15 per family member.

Digital download or memory stick of resources available £10.00

- *It is going to be invaluable for me and my setting to support our children and develop them to their maximum potential.*
- *Very thought provoking- good examples shown to understand the difficulty maths presents to children.*
- *Despite not having used Numicon before I found it easy to follow and flexible. It was very helpful.*

### [Introduction to Down syndrome FREE](#)

Wednesday 18th January 2023, 9.30 to 12:00pm

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.*

### [Three week 'toilet training for all ages' Workshop \(online\)](#)

Friday 27th Jan, 3rd Feb, 10th Feb 2023, 10:00am to 12:00pm

Do you need help toilet training your child?

Whether it be a young child just starting or an older child who still needs to develop skills towards independent toileting you are welcome to join us.

Sessions will run over three weeks and cover how the bladder develops, skills needed to use the toilet, tips on toilet training, constipation, day and night time wetting and set targets for each child. There will also be opportunities to support each other, share ideas and resources and monitor progress.

The course is 2 hours a week for 3 weeks and limited to 7 families.

**COST:** FREE to family members, otherwise £30

- *Activities gave a true understanding of how difficult it is for a child with Down syndrome*
- *Benefitted from hearing other parent's experiences, some really useful tips.*
- *Lots of ideas and given me confidence as very daunted and didn't know who to ask.*

### [Let's make it visual — using visual resources to develop the language, communication and literacy skills of children with Down syndrome](#)

Wednesday 1st February 2023, 9.30 to 12.30pm

The morning will cover why the written word 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 visual timetables, conversation diaries and ideas to develop reading, writing and spelling skills.

**COST:** £60 per professional (£15 for second person from same school)/£15 per family member.

Digital download or memory stick of resources available £10

- *Very useful to be given lots of ideas on a range of resources*
- *I liked the real examples of school work and the video clips*

### **SALE: 50% off all pre recorded training**

Includes Introduction to Down syndrome, signing, teaching basic number skills, RLI, behaviour, Let's make it visual.

Enter code: sale50% at checkout and download.

[sale on pre recorded training \(wix.com\)](https://www.wix.com)

## TWIRLY21s

This is our youngest dance group for children aged 5 to around 12 years of age.

As children leave our early development groups, aged around 5 to 6, parents can often feel the loss of their regular contact and the opportunity to share experiences and offer mutual support. The class meets weekly and while the children are dancing parents can regain this opportunity over a cup of tea/coffee.

Classes are delivered by Claire King who has a wealth of experience of working with young children who have Down syndrome. She has been delivering sessions for us since 2010.

Classes run weekly on a Saturday at Footsteps Theatre School, Idle, BD10 8PY, 2.30 to 3.30pm.

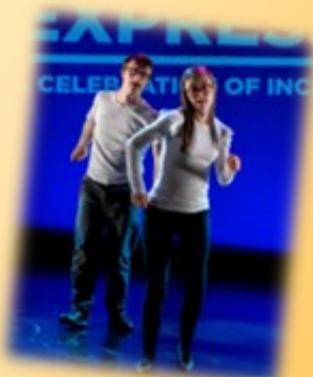
Dancers are asked to pay £2 on entry to practice their money skills.



## DANCE21

Our older dance group is for young people aged 12+.

Classes are delivered by Claire King, alongside Kim Booth, one of our most experienced dance21 members.



The sessions run weekly on a Thursday evening 6 to 7pm at Footsteps Theatre School, Idle, BD10 8PY. The group work on a number of routines with the aim of performing at external events to promote awareness of Down syndrome and our charity. Previous performances include, Northern Ballet Expressions, Diverse Fest Bridlington and the

World Down Syndrome Congress, Glasgow (2018).

Dancers are asked to pay £3.50 on entry to practice their money skills.

## I CAN WORK—SPECSAVERS

Kim and Rebecca were in the T&A - thank you to Specsavers for the article reaching out to other businesses to provide employment for people with Down syndrome



Rebecca Spalding and Kimberly Booth (Image: Specsavers)

[Specsavers calls for more opportunities for people with Down's Syndrome | Bradford Telegraph and Argus](#)

## WISH CLUB



### DECEMBER EVENTS

2<sup>nd</sup> Dec - Dance party - all welcome to come along and show us your amazing dance moves

9<sup>th</sup> Dec - Christmas movie night with popcorn and hot chocolates - wear your Christmas jumper!

16<sup>th</sup> Dec - Christmas disco and party at the Secret Garden (Chapter 2), Bingley - tickets available—see below.

23<sup>rd</sup> Dec - Closed

The club runs every Friday, 6 to 8pm, for young people aged 11 to 13 years and 6pm to 10pm for teenagers upwards. 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



Sing a long night at the WisH Club

cash on them. It all helps towards developing money skills. Thank you.

### CHRISTMAS PARTY FOR ALL YOUNG

#### ADULTS aged 11+



On Friday 16<sup>th</sup> December, 7 til 10pm we have planned a fantastic Christmas party for all of our young adult groups:

Dance21, WisH Club, I Can Work employees, in fact any young person with Down syndrome aged 11+ is welcome to attend. We have booked the downstairs room at The Secret Garden (formally known as Chapter 2) at 11A Chapel Lane, Bingley. It will be a private party with a live DJ, party buffet, dancing and games. The evening is also open to parents should they wish to stay.



Tickets are £5 in advance and can be bought via our website or through the

WisH Club. Tickets are on sale now!

[Christmas party & raffle | Down Syndrome T&SS \(downsyndromebradford.com\)](#)

## SHABANG! AT OUR NOVEMBER FAMILY SATURDAY



## EARLY DEVELOPMENT

### GROUPS

There are still a few places available. If you are interested please contact the office.

**ORANGE GROUP** (Year 1) This is our youngest group for infants aged 12 to 24 months. It will run Mondays 5th Dec & 16th Jan '23, 10am to 12pm. Laura Hempel will run this group, supported initially by Wendy Uttley. The second hour of the session will be open to any younger babies when there will be the opportunity to chat about a relevant topic, for example, hearing, feeding, eyesight, benefits, etc, share experiences and finish with some singing and signing to the magic bag.

**YELLOW GROUP** (Year 2) This is one of two year 2 groups for children aged 2 to 3 years old. It will run Tuesdays 6th Dec & 3rd, 17th, 31st Jan '23 10am to 12pm with Wendy Uttley.

**RED GROUP** (Year 2). This is the second year 2 group for children aged 2 to 3 years old. It will run Fridays 9th Dec & 6th, 20th Jan '23, 10am to 12pm, with Izzi Ashman. FULL

**GREEN GROUP** (Year 3) This group is for 3 to 4 year olds and will run Tuesdays 6th Dec & 3rd, 17th, 31st Jan '23, 10 am to 12pm, with Laura Hempel.

**PURPLE GROUP** (Year 4) This group is for 4 to 5 year olds and will run Tuesdays 13th Dec & 10th, 24th Jan '23, 10am to 12pm with Laura Hempel. School staff are encouraged to attend rather than parents if the children have started school.

### YEAR 5 GROUPS

Our year 5 groups run monthly rather than fortnightly. The children in these groups have started school and we encourage school staff, rather than parents, to support the children in the room in a bid to share best practice. Resources will be produced each month to take home/school and practice a certain topic and set of speech sounds. In addition each child will have been offered a place in our monthly speech & language groups with either Lauren or Jessica.

**GREY GROUP** (Year 5) for children aged 5 to 6 with Laura Hempel, Wednesday 14th Dec & 11th Jan '23, 10am to 12pm. In December the focus will be learning about the categories fruit and animals, early addition 1+1 and 2+2 and distinguishing between 'sh' and 's'.

In January the categories will be vegetables and animals, introducing the number 11 and working with the blends 'sp' and 'st'

**BLUE GROUP** (Year 5) this is our second year 5 group with Laura Hempel, Thursday 15th Dec & 12th Jan '23, 10am to 12pm. The topic will be as above.

### ONE TO ONE SESSIONS

Specific one to one sessions for children who need additional and more detailed support are delivered Thursdays with Wendy Uttley and Wednesdays with Izzi Ashman

### ASSESSMENTS

In addition, for a fee, we now undertake an assessment and produce a written report should a school or parent request one.

Private Facebook page <https://www.facebook.com/groups/earlydevelopmentgroups>

READ MORE ABOUT OUR EARLY DEVELOPMENT GROUPS [HERE](#)



## SPEECH & LANGUAGE

### GROUP SESSION

Further details can be found on our website:

[Speech & language | Down Syndrome Training and Support Service Ltd](#)  
([downsyndromebradford.com](http://downsyndromebradford.com))



### DEC & JAN SESSIONS

**JESSICA FOLEY:** Saturday 10th December & 14th January at the centre.

**LAUREN DRAKE:** Sunday 11th December & 22nd January at the centre.

Funded by Baily Thomas and Birkdale Trust for Hearing Impaired.



**PLEASE MAKE EVERY EFFORT TO ATTEND YOUR GROUP SESSION.**

**IF YOU ARE UNABLE TO ATTEND PLEASE LET US KNOW ASAP.**

Attendance has been poor. Please note that we still have to pay the speech therapists even if you do not attend. Thank you.



### WENDY SCAIFE INDEPENDENT OCCUPATIONAL THERAPIST

**Tuesday 13th December, 9.30, 10.30, 11.30am & 1pm (January dates to be confirmed)**

Wendy Scaife, independent occupational therapist, visits our centre once a month to offer advice, assessments and programmes of activities to help in developing fine and gross motor skills and address sensory issues experienced by many of our children. Appointments are 45 minutes long and cost £10 (by donation). Please contact the Office to book; four places are available each month. For more details please visit:

[Support activities | Down Syndrome Training and Support Service Ltd](#) ([downsyndromebradford.com](http://downsyndromebradford.com))

### 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.



### Dads Group

Please contact Johnny Ratcliffe via WhatsApp on 07894159932 for next get together.

Knowing you are not alone and there are good people for a chat when you need is very important when raising a little one with Down syndrome. Everyone welcome - new, old(ish) and of course expecting dads!

### Consultations, observations and assessments

Are available at an hourly rate, either online, in school or at our centre. Please visit [Consultations | Down Syndrome T&SS](#) ([downsyndromebradford.com](http://downsyndromebradford.com)) to book or for details.

# News and articles from elsewhere

## DISABILITY HISTORY MONTH

From the 16 November to 16 December it is Disability History Month. It is a chance for us to talk about disability history and to celebrate the changes we have made in the UK to be more inclusive of people with disabilities.

Visit [Disability History Month 2022 Easy Read | Mencap](#)

Join the disability register for additional support when you visit your GP  
[The learning disability register | Mencap](#)

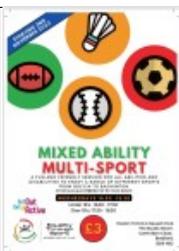
## PARENT NEURODIVERSITY SUPPORT GROUP

Manningham Mills Community Center, Equality Together service is hoping to open up a support group for parents who may be neurodiverse themselves, to support coping with parenthood. Neurodiversity is someone who has a varied human brain or cognition and may struggle with sociability, learning, attention and mood. Some examples are Autism, ADHD, Dyslexia, Tourettes and Epilepsy.

The quick survey below is to find out what parents want, with a potential to start a steering group and a forum to share experiences:

[Support for parents with Neurodiversity Survey \(surveymonkey.co.uk\)](#)

Contact: [Jodie@healthyminds.services](mailto:Jodie@healthyminds.services)



## MIXED ABILITY MULTI-SPORT

Every Wednesday 4.30 to 5.30 (under 18s), 5.30 to 6.30 (18+) at Heaton Tennis & Squash Club, BD9 4BG.

For all ages and abilities. Range of different sports from boccia to badminton, £3 per session.

Contact [laura.purcell@bdsi.net](mailto:laura.purcell@bdsi.net)

**TEN PIN BOWLING** Every two weeks at Hollywood Bowl, Saturday mornings 10.15am.

**SWIMMING** Mixed ability session Tuesdays 7.30 to 8.30pm at Tong Pool

**R CLUB** A new fortnightly club for people play pool, table football and a range of other games, Mondays 7.30pm Wagon Lane, Bingley, Bradford BD16 1LT For more information or if your coming along text Mark 07973865715 or Tony 07765 231080

**BRADFORD DISABILITY SPORT & LEISURE:** Contact 01274 437093  
Visit [\(17\) Bradford Disability Sports and Leisure | Bradford | Facebook](#)

## BRADFORD WELLBEING HUBS

[Bradford Wellbeing Network](#)

There are 6 Wellbeing Hubs across the Bradford District. Whatever challenges you're facing, the Wellbeing Hubs won't let you face them alone. The hubs provide advice and support on welfare benefits, mental wellbeing, abuse, refugees and asylum seekers, physical health, carer support and more. Shipley, Keighley, Thornbury, Manningham, Tong, City Centre  
Follow the link above to find contact details.

**MANNINGHAM WELLBEING HUB**  
Open day Monday 12 Dec, 1 to 4pm.  
Free lunch, information stalls and presentations.



## LS29 TIME HOLIDAY CLUB

20th to 23rd December, 10am to 3.30pm at Scout & Guide HQ, Ben Ryydding, LS29 8ET.

Winter sensory stories, sensory trays, Christmas songs, puppet making, pass the parcel, visit from Santa, soft play and much, much more...

Visit [ls29time.co.uk/bookings](https://ls29time.co.uk/bookings)

## LS29 UNDER 5s MEET UP

A fortnightly get together for families of children aged 0 to 5 with additional needs at the Scout & Guide HQ, Ben Ryydding, LS29 8ET. Contact Jude 07966670723/[ls29timetots@gmail.com](mailto:ls29timetots@gmail.com)

## ACCESSIBLE PANTO, KIRK GATE CENTRE, SHIPLEY

**Tuesday 20th December 6.30pm**

Tickets can be purchased via the National Rural Touring manager [Cinderella: Shipley Kirkgate Centre - Rural Arts](#)  
Accessibility includes:

- A touch tour / familiarisation before the show starts. This will last 20 minutes (6 to 6.20pm), and allows anyone with sensory access needs, to get a familiarisation of the show before they experience it.
- Use of captioning during the show via an iPad which will have the script on. Two available
- A quiet space or relax zone for audience members who may struggle with the loud and busy pace of the pantomime, and may want to go out and take a few moments.

## NEW RESOURCE FOR PREPARATION FOR ADULTHOOD

The [PFA Prospectus](#) is now live on the Bradford Local Offer. This is a really fantastic resource covering every aspect from education, travel, social care, adult services, activities, housing and employment.

## IPSEA - Enforcing your EHCP - help & guidance.

Does your child have an EHC plan, but the provision set out in it is not being made?

Visit: [Enforcing your EHC plan \(ipsea.org.uk\)](https://www.ipsea.org.uk)

## GUIDELINES TO CLAIMING

### DISABILITY LIVING ALLOWANCE

Contact - For families with disabled children has produced two guides on Disability Living Allowance.

- Claiming Disability Living Allowance for children: <https://buff.ly/3ERfiiY>.
- Claiming the higher rate mobility component for children with learning disabilities and Autism: <https://buff.ly/3VklUeM>.
- Webinar recording on claiming the higher rate mobility component for children with learning disabilities and Autism: <https://buff.ly/3tZciwW>

# fundraising news

**TARGET FOR 2022:** Our target for 2022 is £70 000; in November we raised £10581.66 bringing our total raised to £74490 - AMAZING!!!

## A big thank you to:

Saturday session collection, £29.41  
David McLean, collection tin, £21.70  
Wendy & Sam's birthday fundraiser, £70  
Sarah Smith, birthday fundraiser, £176  
Bingley Car Body Shop, £100 donation  
Hannah Norris, £155, charity of the year, Bradford District Community Dental Service (NHS)  
Maxine Sanderson, £20  
Max & Tom Ratcliffe, 100 miles in October, £4403  
Give As You Live, £26.16  
Amazon Smile, £44.13

## REGULAR MONTHLY DONORS

John Cain, £25  
G Sweaney, £5  
Peter Todd, £25  
Mrs P Fletcher, £15  
G Martill, £10

## GRANTS

Ironmongers, £3291 Youth Club  
Duke of York Community Initiative Award, £775

## DONATION OF GOODS

Gift of 6 PCs from High Speed Training  
Gift of training courses for staff training, High Speed Training  
Bingley Gallery, £50 gift voucher for Christmas raffle  
Saltaire Massage Therapy, voucher for massage for Christmas raffle

Gift aid claimed from HMRC: £1389.66



## SKIPTON BUILDING SOCIETY TOKEN VOTE

We are delighted to be part of the Community Giving scheme at Skipton Building Society, Bingley. We are one of three local charities who have been chosen and over the next few weeks customers can call into the store and vote for us using a token system similar to the supermarket voting system. We stand to win £200, £300 or £500 depending if we come 1st, 2nd or 3rd.



## THE RATCLIFFES 100 MILE CHALLENGE

**£4403 RAISED - AMAZING**

So well done to the Ratcliffes for this brilliant fundraising effort.

## CHRISTMAS RAFFLE



Our luxury Aldi Xmas hamper including 2 bottles wine, 1 bottle cava, iced Xmas cake, champagne Xmas pudding and luxury chocolates

Our 2022 Christmas raffle is LIVE

- 1st prize - Luxury Aldi Christmas Hamper
- 2nd prize - 4 bottles of Christmas drinks
- 3rd prize - luxury Christmas crackers

Plus prizes of a £50 voucher for a painting from Bingley Gallery and a massage from Saltaire Massage Therapy

Tickets are £1 each and available to buy here: <https://form.iotform.com/222653268392360> or using the QR code above.

## Christmas Market | Give as you Live Online

Give as you live have an online Christmas market. Please follow the link above to shop online at a large range of high street shops who will then donate a % of the cost direct to us. A great way to raise



## CHRISTMAS FUNDRAISING - EVERY LITTLE HELPS

We have a fundraising page dedicated to helping raise funds:  
Visit: [Fundraising | Down Syndrome Training and Support Service Ltd eCards | DontSendMeACard.com](https://www.dontsendmeacard.com) where you can send an e-card for Christmas and help raise more funds for us. Thank you.

- One off or regular donation
- Sponsored event
- Amazon.smile
- Give as you live
- Dontsendmeacard.com
- Facebook social impact - for birthday fundraisers
- Donating in memory of a loved one
- Leaving a legacy



[DontSendMeACard.com](https://www.dontsendmeacard.com)

facebook social impact

## 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/downsyndrome\\_tss/](https://www.instagram.com/downsyndrome_tss/)

## CONTACT Wendy Uttley or Heidi Shepherd

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