



# Down Syndrome Training & Support Service Ltd

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

*He has made huge progress since attending these groups he can post items in boxes he can recognise my picture and differentiate it to other pictures.*



*He can focus on tasks listen and make many of the sounds he has been taught. He is developing fine motor skills and is able to use his fingers to eat. He can anticipate tasks and is learning so much.*

## ANNUAL REPORT 1st JUNE 2021 to 31st MAY 2022

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# CONTENTS

|  |    |
|--|----|
| INTRODUCTION                             | 3  |
| FUNDING                                  | 4  |
| FUNDRAISING ONLINE                       | 13 |
| WEBSITE & SOCIAL MEDIA                   | 14 |
| OUR POLICIES                             | 15 |
| INSURANCE                                | 15 |
| DIRECTORS                                | 15 |
| STAFF                                    | 16 |
| VOLUNTEERS                               | 18 |
| BENEFICIARIES                            | 18 |
| NEWSLETTER                               | 18 |
| TRAINING                                 | 19 |
| OUR PUBLICATIONS AND RESOURCES           | 24 |
| RAISING AWARENESS ACROSS HEALTH SERVICES | 27 |
| SPEECH & LANGUAGE GROUPS                 | 28 |
| SPEECH AND LANGUAGE - SPREADING THE WORD | 30 |
| OCCUPATIONAL THERAPY                     | 30 |
| COUNSELLING SESSIONS                     | 30 |
| I CAN WORK PROJECT                       | 31 |
| EARLY DEVELOPMENT GROUPS                 | 33 |
| WISH CLUB                                | 36 |
| DANCE SESSIONS                           | 39 |
| FAMILY SUPPORT SESSIONS                  | 40 |
| SIBLINGS - SIBZ ZONE                     | 41 |
| WORLD DOWN SYNDROME DAY                  | 42 |
| INGLEBOROUGH HALL/CIRCUS STARR           | 43 |
| AIMS FOR 2022/23                         | 44 |
| ACCOUNTS                                 | 45 |
| LAST YEARS MINUTES                       | 46 |
| AGENDA FOR EVENING                       | 47 |

*'there is enormous benefit for parents' wellbeing, as learning in a group is lovely. Feeling like you are not alone and having a space where all achievements (however small) are celebrated is vital in these early years.'*

## INTRODUCTION & OVER VIEW OF THE YEAR

This report covers our financial year 1st June 2021 to 31st May 2022. It details our income and expenditure, where it has come from, how we have spent it plus feedback from evaluations. Over the year our services and staff team have expanded, we have welcomed three new members of staff; Ruth Beers as part of our I Can Work team, Laura Hempel who delivers our Early Development Groups and Heather Bell, Young Peoples Coordinator in the youth club. We also said goodbye to Jen Senior and Sam Murray, as they moved onto pastures new. Both had worked in our youth club for several years.

A massive thank you to all of our team for their continued outstanding commitment.

Our team of dedicated volunteers, diminished during lockdown, has steadily increased and we are continuing to recruit new volunteers to help in the delivery of our vast range of services.

We also welcomed two new Directors, Jenn Casper-Smith and Mel Ratcliffe, increasing the Board from 6 to 8 members.

In March 2022 we held our first world Down syndrome day celebration weekend since 2019 at Cedar Court Hotel; it was an amazing weekend. In May ten families gathered at Ingleborough Hall for another amazing weekend. We've really missed our large gatherings over the last two years and everyone relished just being together in a relaxed and joyous atmosphere.

In December we said good bye to Haworth Road Methodist Church; where it all started back in September 2000 with our first ever family gathering; there were only 4 families to start with! We now number about 400! Earlier in the year we moved our large play equipment to Bingley Methodist Church which provides storage space. We are all enjoying our new monthly family Saturday mornings, see page 40. In addition our siblings support group, Sibz Zone, takes place at our youth club, running to coincide with the family Saturday session. Delivered by older siblings it is growing from strength to strength. We are aware that we need to expand our service to better support dads and a recent successful dads night out is a move in this direction.

Our core services of training, speech & language and early intervention have steadily returned to pre covid levels with excellent feedback gathered, see pages 19, 28 and 33. Using Zoom, our online services have increased across training and consultations with greater outreach across the UK. A small number of children also benefit from online early intervention and online speech & language where travel is an issue. In addition we now offer monthly occupational therapy, with Wendy Scaife (yes yet another Wendy!), this service is very much in demand with 29 children benefitting since September 2021.

We are delighted with our I Can Work project which we feel is now well established and has successfully supported 4 young adults into employment.

Our aims for 2021/22 were to raise £70 000, hold a large family celebration for world Down syndrome day, hold a speech & language conference and move forward with our I Can Work project. We have excelled across all targets and are now ready to move forward into 2023 expanding and adding to these targets. We would especially like to improve our outreach to health staff, in particular midwives and health visitors.

Well done and thank you to everyone involved in the achievements of our amazing charity,  
Wendy Uttley, Group Coordinator & Trainer

## FUNDING 2021 TO 2022

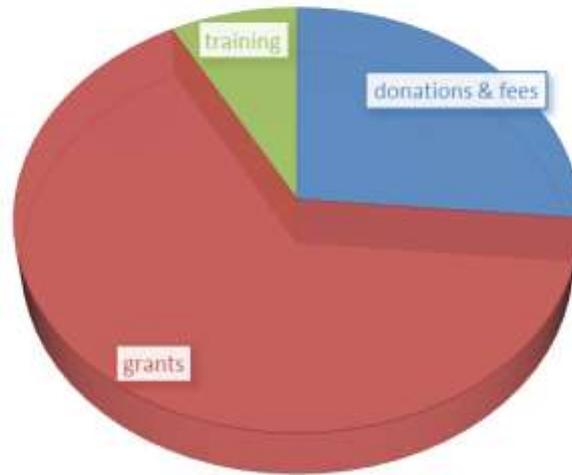
**The total funding income for the last financial year was £164 423**

We received:

£38 913 from donations, Gift Aid, fees and fundraising activities (24%)

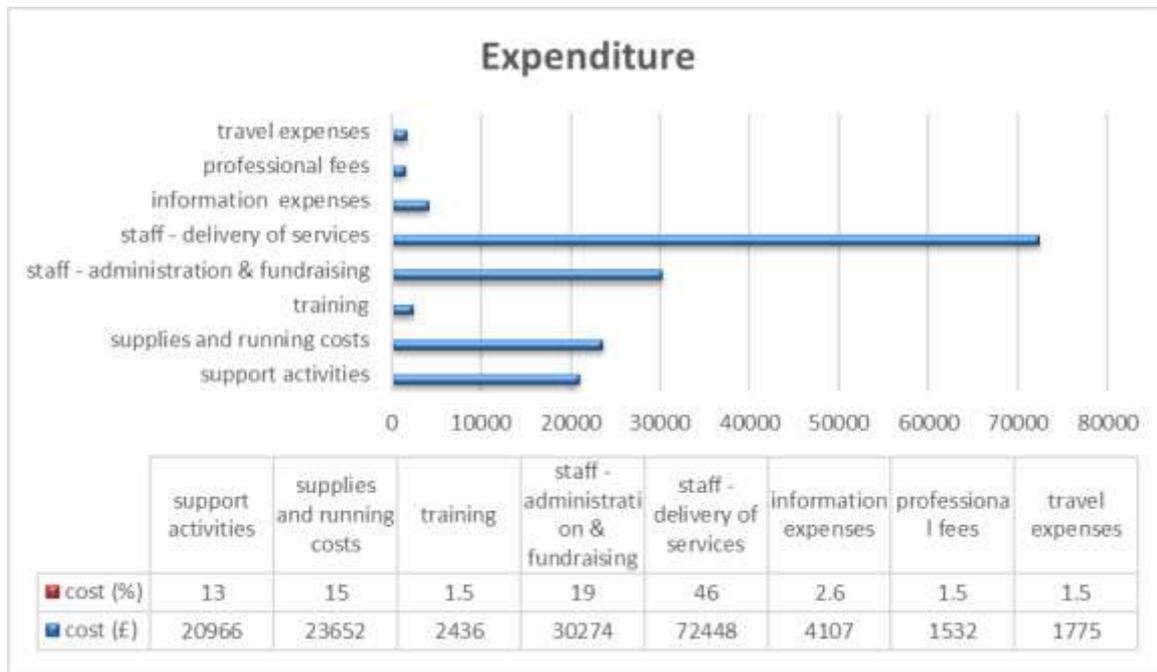
£109 100 from grants, (66%)

£16 140 from training. (10%)



**Overall expenditure was £157 644**

We gained £6 779 more than we spent.



## UPDATE ON OUR FUNDING SITUATION

Looking back over the past five years:

Financial year June 2017 to May 2018: we spent £161 270 and raised £148 712  
(£60 111 from grants)

Financial year June 2018 to May 2019: we spent £143 424 and raised £133 571  
(£53 620 from grants)

Financial year June 2019 to May 2020: we spent £142 929 and raised £122 376  
(£69 221 from grants)

Financial year June 2020 to May 2021: we spent £140 499 and raised £150 860  
(£98 051 from grants)

Financial year June 2021 to May 2022: we spent £157 644 and raised £164 423  
(£109 100 from grants)

For the second year running we have raised more than we have spent! Our expenditure has increased and we are delighted that we have managed to increase our funding. This funding is mainly generated through grants but the remainder, around £55 000, is from your fundraising and the fees we charge for training and our services. The National Lottery continues to fund a large portion of our core services and this is secure until March 2025.

Our target for the calendar year 2021 was to raise £70 000. We managed to raise an incredible £86 813.54, 20% more than anticipated. A big thank you to everybody who contributed towards this target, in particular Charlotte Roscoe-Mitchell our funding coordinator.

The additional money was allocated towards our 'I can work' project, our World Down Syndrome weekend celebrations and the new equipment we need for our family Saturday morning sessions

With the increase in expenditure our target for this calendar year 2022 remains at £70 000.

What follows are details of the grants and fundraising events from 1st June 2021 to 31st May 2022.

Thank you to everybody involved in the ongoing efforts to fund and maintain our charity. Every little helps.

## FUNDING GRANTS

### NATIONAL LOTTERY

#### EARLY DEVELOPMENT GROUPS

In March 2020 we received five years funding from the National Lottery. A total of £240685 will be released incrementally until March 2025

This funding pays for the practitioners salaries, a portion of our core salaries, administration of the sessions, upkeep of the premises and transport for families who would otherwise be unable to attend.



#### BUILDING REPAIRS & RENOVATIONS

Funding from the National Lottery will contribute to the upkeep of our rented Premises until March 2025.

#### TELEPHONE AND INTERNET

Funding from The Two Ridings Community Trust of £1000 went towards broadband and landline costs.

#### OCCUPATIONAL THERAPY

In March 2021, we were awarded an 'uplift' of £3965 per year from the National Lottery to pay for an independent OT until March 2025.

### SPEECH & LANGUAGE GROUP SESSIONS



#### BAILY THOMAS AND BIRKDALE TRUST FOR HEARING IMPAIRED

In December 2021, we received £12,000 from Baily Thomas and £10,769.40 from the Birkdale Trust to fund speech and language group sessions, the administration of these sessions and transport for our more vulnerable families. This funding from both funders was for 12 months. Following discussions both have agreed that the funding can be spent over two years.



BIRKDALE TRUST FOR HEARING IMPAIRED LTD

### FAMILY SUPPORT & COUNSELLING

Funding from Baily Thomas and Birkdale Trust for hearing impaired continue to pay for family support and counselling costs. £3,000 received from Sovereign Health Care funded these sessions until March 2022. They are currently funded by Bradford Metropolitan District Council, £3000 and The George A Moore Foundation, £1000.

### TRANSPORT FOR FAMILIES

A number of our funding bids this year included the cost of transport for families who would otherwise be unable to attend. Currently funding towards speech and language sessions and early development group sessions from the **National Lottery, Baily Thomas and Birkdale Trust for Hearing Impaired** help to fund taxis for our more vulnerable families.

### WISH CLUB FUNDING

The WisH Club was funded by **Bradford Youth fund** £5,000 until September 2021. It is currently funded by **Genetics Disorder UK** £3416.66 and **Pears Youth UK**, £8,959.

### TRAINING FOR FAMILIES

**Liz and Terry Bramall Foundation** continued to support training workshops aimed at supporting parents: toilet training, sleep management and sexuality relationships Education workshops, this funding expired in June 2022.

Currently a grant of £1,000 received from **Magdalen Hospital Trust** in June 2022 funds training for families.

### WORLD DOWN SYNDROME DAY

We received £2,000 match-funding from **Boshier-Hinton Foundation** and £500 from the Lord Mayor's Pot of Gold towards the costs of our celebrations at Cedar Court Hotel.

### TRANSPORT FOR TRIP TO INGLEBOROUGH

We received £1,200 from **CLA Charitable** to cover the costs of transport to Ingleborough.

### DOWN SYNDROME LEARNING SUPPORT PACKS & NEW BABY PACKS

We received £2,600 from **Sir George Martin Trust**, £200 from the **Ark Charitable Trust** and £1,000 from **Cash 4 Kids** to fund our learning support packs for families and new baby packs.

### DANCE SESSIONS

Initially funding from **Locala Community Fund**, received last year funded these sessions.

**Sports England** provided funding of £1110 to re-establish dance21 in person after COVID-19.

Currently a grant of £5,400 from **Morrisons Foundation** funds all our dancing classes.

### FAMILY SATURDAY SESSIONS

Funding from **Morrisons Foundation**, received in 2020 continued to fund Saturday sessions for part of the year. These sessions are currently funded by **Facebook Birthdays** and £1,000 from **Arnold Clarke Community Fund**.

### I CAN WORK PROJECT

Funding from Jill Franklin Trust and Bradford Wellbeing Grant funded this project for part of the year. Currently grants of £500 from **Alchemy Foundation**, £1980 from **Mahalo Fund**, £500 from **Yorkshire Young Achievers Foundation** and £5057.60 from **Aviva Crowd Fund and Community Fund** fund this project.

### I CAN WORK—COMPUTERS/EQUIPMENT

We received £500 from **The Percy Bilton Charity** towards the costs of computers, a laptop and printer for our project.

## YOUR FANTASTIC FUNDRAISING EFFORTS

Throughout the year people have nominated us, taken part in sponsored events, held various sales and other special events, all of which are detailed below.

Well done to everybody for their hard work and commitment to raising funds for, awareness of our charity and Down syndrome. Total raised £20 815 amazing!

- Dan Jamieson, £25
- Bingley market stall, £65.70
- Amazon Smile, £265.83
- Zubair Hussain, £47.75
- Sainsbury's Bingley, £317.04, charity of the year
- Frances Pittock, £50
- Michal Piecyk, £2865.25 from his amazing cycle ride
- Give as you live, £188.95
- Helen Worrell, £100
- Paypal Giving, £424.31
- Izzi Ashman, town crier, £123.87
- Virgin Gift Aid, £146.36
- Café event with Dr Jo Buckley, £150.19
- J&M Ratcliffe, £20
- Sale of goods on eBay, £50.42
- Our raffle and tombolas for World DS Day, £558.12
- 'I can work' coffee morning at the centre, £125.60
- W Allinson, £5
- Jenn Casper-Smith & family, in lieu of Christmas cards (via DontSendMeaCard.com), £28.23
- Naseem Akhtar, £15
- Carol and Jonathan Senior, additional donation to the Three Peaks Challenge from Tony Byrne, £500
- Daniel Grieves, £20, plus £5 Gift Aid via 'Wonderful'
- Robert Kennedy, £750, plus £187.50 Gift Aid via 'Wonderful'
- Mercure Christmas stall, £17.50
- Margaret Southern, £50
- Our Christmas raffle, £561.33
- Julia Woolley, £50
- Eldwick Church Fellowship, £105 from sale of books
- People who bought tickets for our Easter raffle, £23.58

### FUNDING STALLS



Our 'I can work' team did an amazing job putting together a tombola and gift stall for the coffee morning at Eldwick Methodist Church. They raised £129.90. Well done to everyone for their help and support in ensuring this event was such a success. Over the year a total of £1027.35 has been raised by Eldwick Methodist Church through various sales.

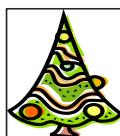


In August 2021 we held a books, toys and fancy goods stall in Bingley Market raising £65.70.

- Adai Tang, £10
- C Crossdale, £10
- Jenn Casper-Smith, £5.60, 100 Club win donated
- Paula Longbottom, £5.60, 100 Club win donated
- R Dennis, £5.60, 100 Club win donated
- Rod & Noreen, in lieu of wedding gifts, £86
- Betty Dalgliesh, from sale of clothes, £123
- Mark Holdsworth, £5
- Melissa & Johnny Ratcliffe, £39.04
- Saturday session tombola, £32
- Eldwick Methodist Church, from sale of books, crafts and marmalade, £750
- Asda 10K fundraiser, ran by Abbey Park School, total to date, £1118.91
- James C Brett Ltd, £100
- Facebook donations, £93.71
- Baby group table top sale, St Barnabys, £28.93
- Hannah Pratt, £43.70 from making and selling bags of seeds to plant at St John's Playgroup, Menston
- James C Brett (Yarn Merchants), £100
- Easy Fundraising, £20.55
- H Adkins, £20
- Tombola and gift stall at Eldwick Methodist Church, £129.90
- British Dental Association, £150 donation following awareness talk
- Heidi Shepherd, £4.60 from 100 Club winnings
- Sainsburys, Bingley, £73.65
- Claire Smith, £20
- Tombola at Eldwick Church, £42.45
- ASDA green tokens, £500

### Christmas Tree Festival , All Saints Church, Bingley

We are delighted to have a Christmas tree, decorated with baubles showing images of young children with Down syndrome, on display at the festival in December 2021.



### **THE GREAT NORTH 500 CIRCUIT, SCOTLAND CONQUERED!**

Michal Piecyk conquered the Great North 500 Circuit raising £2865.25 with Gift Aid. An amazing feat of endurance!



### **LEEDS 10K RUN FOR ALL**

A massive congratulations to the teachers at Abbey Park School who took part in the Asda Leeds 10k on Sunday 5th Sept. All three ran in under 58 minutes raising over £1118.91 for our charity. Amazing!



### **Asda Foundation Green Token Giving online vote**

We won the vote and £500! Thank you for your amazing efforts in sharing the link and spreading the vote.

## WORLD DOWN SYNDROME DAY FUNDRAISERS

- Andy Hibbert ran 21 miles on 21st March raising £768. Brilliant.
- The Ratcliffe boys did 21 odd jobs - sweeping, weeding, stacking logs, washing cars and raised £930. Amazing!
- Calder High School raised £276.69
- Brackenhill Primary School raised £39
- Jolly Tots Nursery raised £208.67
- Menston Primary School raised £353.30
- Claire Harwood walked 21 miles raising £136.21
- Olive Grant ran 21 laps of the hill she lives on and did press ups for world Down syndrome day raising £50



## RAFFLES

### SUMMER 2021 RAFFLE

Our summer raffle raised £169.33.

Winners were:

Helen Gibbon, first prize of a swimming pool (donated by Jill Lund),

Charlene Hamilton, second prize of a sandpit and sand,

Mike Hughes, third prize of two super water pistols, redonated.

Thank you to ASDA who donated a number of runner up prizes.



### CHRISTMAS RAFFLE

FIRST PRIZE: Olive Grosvenor - Lakeland Christmas Hamper

SECOND PRIZE (X3): Carra Bower, Francine Ellis & Paula Longbottom - 100% cashmere scarfs

THIRD PRIZE: Poppy Bowis - Large bottle of Champagne

FOURTH PRIZE: Kyle Mitchell - 2 tins of Christmas biscuits



A massive thank you to everyone who donated prizes, bought and sold raffle tickets. The raffle raised £561.33.

## MONTHLY DONORS

In November 2021 Virgin Media Giving closed its fundraising platform. The impact of this was that we lost a number of our regular donors and income from this source dropped by 21% to a total of £1870 for the year.

We would like to encourage members to set up a regular donation to our charity. This can be done via a direct debit or through our website using our 'donate now' button.

A massive thank you to:

- Pauline Fletcher
- Geoff Sweeney
- John Cain
- Janet Astle
- Adele Robinson
- Glyn Martill
- Anonymous
- Peter Todd

For their commitment and support over the year.

thank you

*In Loving Memory*

## DONATIONS MADE IN MEMORY OF A LOVED ONE

- In memory of Marieline Uttley, £130
- In memory of Monica Uttley, £172.95
- Aeeba Qamar & family, in memory of her mother, £300
- In memory of John Heseltine, £72.26
- In memory of Ken Abrahams, £175

## THE DUKE OF YORK COMMUNITY INITIATIVE AWARD

In March 2019 we were awarded the Duke of York Community Initiative Award.

This charity has now ceased to operate. However the proceeds remaining are to be shared amongst current award holders. We should be able to report on this later in the year.

## DONATION OF GOODS

A massive thank you to the following people for their donation of goods towards our raffles, stalls and services:

- Ben Hanson, donation of teddy bears
- Jill Lund, donation of swimming pool
- Rita King, handmade Christmas cards
- Pinta Designs, three cashmere scarves
- David Parkinson, plumbed in our washing machine for free
- Asda - donation of runner up prizes for our summer raffle
- Victoria Khan, gifts for tombola and stalls
- Melissa & Johnny Ratcliffe, Champagne for Christmas raffle prize
- Wild's bakery, two tins of Christmas biscuits for our raffle
- Anonymous—Lakeland Christmas hamper

## Birthday fundraisers

A number of people have donated money in lieu of presents for their birthday.

Facebook gives people the opportunity to create fundraisers for their birthday.

<https://www.facebook.com/fund/DownsyndromeTSS/>

DownsyndromeTSS/

This year we received £1593.35 via Facebook birthday fundraisers.

Thank you to:

Jenn Casper Smith, £343.83

Charlotte Roscoe-Mitchell, £30

Adele Robinson, £140

Alice Ziggy Mitton, £530.17

Emma Brown, £20

Wendy Uttley, £180

Wendy Rhodes, £255.64

Tracey and Aaliyah Rodney, £20

Nikki Fraser, £73.71

## COLLECTION TINS - AN EASY WAY TO RAISE CASH



This year we raised £513.67 from our collecting tins. This is about 50% less than pre covid and averages £36.69 per tin, a reduction of 26%. We think this is due to the fact that many people no longer carry cash.

Many thanks to the following people and organisations for taking and filling our tins:

- Elena Keyamy
- Karen Bickerton & Aspirei
- Betty Dalglish
- Holland and Barrett, Keighley
- Marion North
- Main Street Deli
- Liz McLean
- Duck n' Dive
- DST&SS reception
- Ali's Food Store
- Louise Hobley

We have over 20 collecting tins waiting to be used. If you would like one please contact us. If each tin was filled once per year it would generate approx. £1500.

## GIFT AID

Thank you to everyone who has added Gift Aided to their donations.

This year we claimed £1091.54 from HMRC.

If you are a UK tax payer any donations made to us can be Gift Aided. This means the government pays us an additional 25%, so if you donate £10 we actually get £12.50.

*giftaid it*

## 100 CLUB

In March 2022 it was decided to fold our 100 Club. Membership had reduced to below 30 and the majority of people were donating their winnings direct to the charity. All members were contacted encouraging them to make a regular monthly donation which could then be Gift Aided.

## FUNDRAISING ONLINE

We continue to use a range of online fundraising options. These can be browsed via the dedicated fundraising page on our website which provides details and links to: Dontsendmeacard.com, Amazon.smile, facebook social impact for birthday fundraisers, leaving a legacy, Paypal Giving Fund, Give as you live, holding a sponsored event and one off/regular donations.

During the year Virgin Money Giving ceased to trade. We raised £3445.99 via the fundraising platform. We now use Wonderful.org for our online fundraising, for example, sponsored events. It is easy to set up a page and collect sponsor money this way. You can also use the site for one off donations. Gift Aid from funds raised this way is easily allocated and really helps to boost funds. [Wonderful.org](http://Wonderful.org) | [Down Syndrome Train-](#)



### EVERYCLICK, Give as you Live

We have an account with Everyclick, Give as you Live. If you shop online they will donate a small percentage of your payment to our charity, for example, Amazon will donate 1.5%.

This year we have raised £188.95

AT NO EXTRA COST TO YOU.



### You shop. Amazon gives.

Amazon donates 0.5% to the charitable organisation of your choice. This year we have raised £210.25.

<https://smile.amazon.co.uk/>



### facebook social impact

This is used to raise funds around the date of your birthday and also includes general donations and fundraising via facebook. This year we have raised £3048.56.

[DontSendMeACard.com](http://DontSendMeACard.com)

This year we have raised **£37.22**

<https://www.dontsendmeacard.com/>

### OUR (EBAY) CHARITY SHOP

[downsyndrometraining on eBay](#)

We now have our own charity page on eBay and are busy listing and selling items donated to us.

When selling your own goods on eBay you can also choose to donate a percentage of your sales to our charity. Just search for *Down Syndrome Training & Support Service* and select the % amount you wish to donate.



## SOCIAL MEDIA

### OUR WEBSITE

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

In the last financial year we have had 1728 unique visitors to the site with 8307 page views from across the globe. 81% of visitors are via a mobile phone. A total of 187 orders have been placed raising £4444.05. These orders are from bookings for training and purchasing resources.



### 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/>

### TWEET US AT

<https://twitter.com/DownsyndromeTSS>



### INSTAGRAM

[www.instagram.com/downsyndrometss/](http://www.instagram.com/downsyndrometss/)



### CONTACT LESS PAYMENTS - SUMUP

We are now able to take payments for all of our services and resources using our contactless machine!

We can also generate a QR codes which supports payments and bookings.



## OUR POLICIES

We currently have the following policies in place:

Child protection policy (Officers Wendy Rhodes, Jenny Rowlands & Wendy Uttley)

Complaints policy

Confidentiality policy

Conflict of interest policy

Covid –19 policy

Data protection policy

Day trips policy

Disciplinary policy

Employing ex-offenders policy

Environmental policy

Equality and diversity policy

Fundraising Policy

Grievance policy

Health & safety policy

Key holders policy

Lost Child policy

Maternity policy

Parent Participation Policy

Personal evacuation plan policy

Recruitment policy

Reserves policy

Safeguarding policy

Social media policy, including e-safety

Touch policy

Training Policy

Volunteer policy

Vulnerable adults policy

Website policies:

cookies, terms of service and privacy

Whistleblowing policy

ALL POLICIES ARE REVIEWED ON A ROLLING  
TIMETABLE

### OUR DIRECTORS

We currently have eight Directors on the Board of Trustees:

Foziah Khan - re elected Oct 2021

Lauren Drake - re elected Oct 2021

Julie Wood

Farzana Kauser

Heather Chattell

Robert Kennedy

Jen Casper-Smith - elected Oct 2021

Mel Radcliffe - elected Oct 2021

Thank you to all our Directors for their time, commitment and support.

### FIRST AIDERS

Wendy Uttley, Isabel Ashman, Wendy Rhodes, Heidi Shepherd, Heather Bell, Charlotte Roscoe-Mitchell, Karen Barron and Laura Hempel.

### GDPR

All of our data is governed by our Data Protection Policy and any personal information collected through our services and training is stored within these guidelines.

### INSURANCE

Our public liability insurance, employers liability insurance and contents insurance is with Illingworth McNair, Markel UK Ltd.

## OUR STAFF

*Wendy Uttley* is our Coordinator & Trainer, 37 hours per week. Wendy manages the group and develops and delivers training, early development groups, writes the monthly newsletter, provides home visits, manages projects, overviews funding bids and attends meetings to promote awareness of the Charity.



*Wendy Uttley*

*Wendy Rhodes* is our Family Support and Events Coordinator, 15 hours per week, term time only. Wendy arranges our early development groups and speech and language groups and any other events we undertake during the year including fundraising events. In addition Wendy provides vital support via telephone and home visits.



*Wendy Rhodes*

*Louise Hobley* is our Information Coordinator, 10 hours per week, term time only. Louise oversees the library, membership, learning support packs and new parent packs for families and attends meetings to represent the group, gathering and sharing information.



*Louise Hobley*

*Laura Hempel* is our Early Years and Family Support Practitioner, 10 hours per week, term time only. Laura delivers 4 of our early development groups, supports families and contributes to reports and discussion on education and development.



*Laura Hempel*

*Kimberley Booth* is our Office Assistant, 3.5 hours per week, Monday mornings, term time only. Kim helps with mailshots and making resources for our groups.



*Kimberley Booth*

*Izzi Ashman* is our Early Years and Family Support Practitioner, 19 hours per month. Izzi delivers 2 early development groups; one at the centre and one online. She also delivers our family Saturday sessions each month at Bingley Methodist Church. She supports families and contributes to reports and discussion on education and development and also delivers our training courses, Introduction to Down Syndrome and Signing & Down Syndrome.



*Isabel Ashman*



*Heather Bell*

*Heather Bell* is our Young People's Coordinator in the WisH Club, 4 hours per week on a Friday evening. Heather helps to run our youth club, planning activities and supporting the young people who attend.



*Heidi Shepherd*

*Heidi Shepherd*, is our Staff & Office Coordinator, 20 hours per week term time only. Heidi manages the smooth running of the centre, and works closely with Wendy Uttley to manage staff, training and services.



*Karen Barron*

*Karen Barron* is our office administrator working 16 hours per week term time only. Karen manages payments in and out using Quickbooks, answers the telephone and helps to support families.



*Nicola Booth*

*Nicola Booth* is part of our 'I can work' project team. Nicola works to develop our work placements, provide support to the young people and manage the volunteer job coaches. She is on a zero hours contract.



*Charlotte Roscoe-Mitchell*

*Charlotte Roscoe-Mitchell* is our Funding Coordinator and our Youth Club Coordinator. She submits funding bids and helps to organise fundraising events for our charity. She also works in our youth club on a Friday evening.

Charlotte works 20 hours per week in her funding role and 4 hours every Friday with our young people.

*Ruth Beers* is part of our 'I can work' team. Ruth supports our young employees at the centre and any work placements. She develops tasks to help them learn work related skills, supports travel training and provides guidance in the work place.



*Ruth Beers*

## OUR VOLUNTEERS

We could not run our support services without the help of volunteers. With lockdown over several new volunteers have come forward to help.

A big thank you to all volunteers who have helped us with our administration, family Saturday sessions, WisH Club and our early development groups:

Muhammad Hafeez Abbas, Ruth Beers, Mary Brown, Lesley Burrows, Trevor Constantine, Jane Courtney -Mumby, Ruby Franz, Claire Harwood, Safia Hussain, Ruby Ingham, Elanor Murray, Julie Ramsden, Lauren Reilly, Rosie Stockill and the numerous dedicated parents who help out at our events.

We have a volunteer policy in place and all volunteers are recruited by interview, complete Safeguarding training and hold a DBS certificate. Expenses are paid towards travel and subsistence.

## BENEFICIARIES

Our number of family beneficiaries is currently 393 and we have 205 organisational beneficiaries, many of whom are schools.

All of our membership forms are now electronic and can be accessed via our website.

These keep us up to date with contact details, child's school, permission to use photos of the child, Gift Aid and the option of receiving information and our monthly newsletter by email rather than by post.

## NEWSLETTER

We continue to produce a monthly newsletter detailing our events, services and developments in the field of Down syndrome and relevant information from other services.

Electronic copies are emailed out and posted on our website and Facebook page.

32% of our families prefer to receive their newsletter by post. This costs us £110 each month.



# TRAINING COURSES & WORKSHOPS

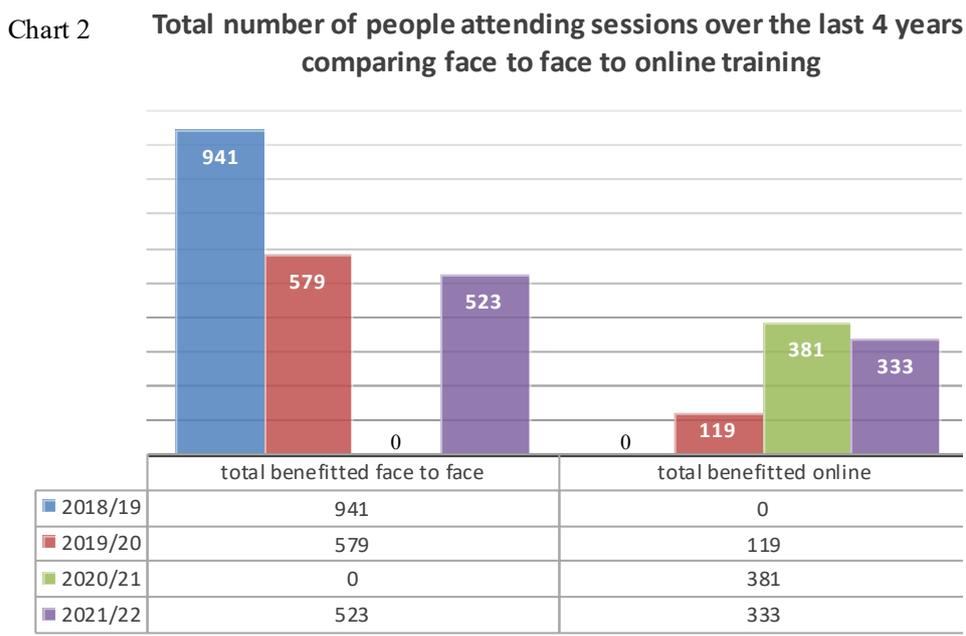
Over the last 17 years Wendy Uttley has developed and now delivers many different training courses in the specific learning needs of children with Down syndrome.

Delivery is now a mixture of face to face and online, via Zoom. This method of delivery is proving to be especially good for our workshops which otherwise would involve providing creche facilities.



Comparing figures across the last few years we can see how the number of attendees this academic year has just about recovered to pre covid levels (2018/19 - 941, 2021/22 - 856). We are now delivering more online sessions than face to face sessions, see chart 2, however more people have attended face to face sessions than online sessions. This is because 21 of the 34 online sessions have been consultations.

The majority of our training courses, recorded during lockdown, are still available to download.



| <b>Course title</b>  | <b>Number of times delivered Sept 2021 to July 2022</b>       | <b>Number of Attendees</b>             |
|--|---|--|
| Introduction to Down syndrome  | 5 online<br>8 face to face<br><b>Total 13</b>                 | 117<br>163<br><b>280</b>               |
| Teaching basic number skills to children with Down syndrome using the Numicon approach.  | 1 face to face  | 7                                      |
| Beyond 10 time and money   | 1 face to face  | 8                                      |
| Let's make it visual - using visual resources to help develop speech, language and communication skills in children with Down syndrome | 1 face to face  | 8                                      |
| Signing and children with Down syndrome  | 1 online<br>5 face to face<br><b>Total 6</b>                  | 25<br>96<br><b>121</b>                 |
| Reading Language Intervention  | 1 face to face  | 10                                     |
| The inclusion of children with Down syndrome - expectations of behaviour   | 1 face to face  | 7                                      |
| Sexuality relationships education course: ME, my body, my friends, my life   | 1 face to face  | 14                                     |
| Toileting workshop (3 weeks)   | 2 online  | 22                                     |
| Sleep workshop (3 weeks)   | cancelled   | 0                                      |
| Transition to secondary school/transition to adulthood   | 1 online  | 6                                      |
| Down Syndrome and Autistic Spectrum Condition workshop   | 1 online  | 10                                     |
| Assemblies/group awareness presentations   | 2 face to face  | 160 pupils<br>7 staff                  |
| Consultations/observation/assessment   | 21 online<br>5 face to face                                   | 63<br>14                               |
| Talk on our services to health staff   | 3 online  | 90                                     |
| Speech & language conference   | 1 face to face  | 29                                     |
| <b>Totals</b>  | <b>Online 34</b><br><b>Face to face 27</b><br><b>Total 61</b> | <b>333</b><br><b>523</b><br><b>856</b> |

All of our training courses and workshops can be booked via our website.

## EVALUATIONS

All of our feedback forms are now electronic (via Jotform) enabling feedback from courses to be more easily collated.

Below are a few comments on some of our courses. In particular we were delighted to be able to speak twice to a large audience of dentists at an online meeting of the British Dental Association, with excellent feedback.

Funding from the Liz & Terry Bramall Foundation allowed us to offer free toileting, sleep and behaviour workshops to parents and provide other training at a much reduced rate.

### British Dental Association.

- *A really brilliant, engaging, informative and perfectly pitched webinar - thank you so much*
- *This was an excellent webinar, one of the best I've listened to - thank you!*

### Introduction to Down syndrome

- *Has really improved my understanding of effective communication with children who have Down syndrome. It is especially interesting to get a parent/carer perspective.*
- *A really brilliant, engaging, informative and perfectly pitched webinar—thank you so much*
- *Excellent webinar. Well presented and very interesting in learning more about Down syndrome—what helps or hinders them in life*
- *I found the presentation informative. Lots of the advice given was practical so could be used instantly. The speaker was inspiring.*
- *Brilliant training, really informative. Lots of strategies and resources shared. Really valuable*
- *Elements are suitable for a wide range of children*
- *The course was fantastic, you really provided a great insight into the learning needs of pupils with Down syndrome and how to support them*

### Reading Language Intervention

- *My understanding has increased. Now I can support a child with Down syndrome much better*
- *Quite fast paced - a lot to take in in a short space of time and sometimes not enough time for questions to be answered*

### Down syndrome & autistic spectrum condition workshop (online)

- *An excellent day. I really enjoyed it and gained lots of ideas.*
- *Loved the small group work.*
- *Today highlighted to me the overlap of difficulties/symptoms seen in DS & ASC*
- *Today will make me look at children I am currently working with and think about how they present*

### **Let's make it visual**

*Excellent course, some fantastic ideas, broken down really well to help lots of pupils*

### **ME, MY BODY, MY FRIENDS, MY LIFE**

- *Lots of information given in well timed and good paced sessions. Well organised and great resources*
- *Enjoyed discussions, activities that provided need for deeper thinking and how to apply these for pupils with Down syndrome/additional needs*
- *I have enjoyed learning how best to teach a child how to stay safe and puberty*
- *The activities were great to aid understanding*
- *Enjoyed the openness of the course*
- *It was good to have parents and professionals on the course. It was really good to hear the parents point of view and highlighted the needs for parental training in SRE in school*
- *Each part was helpful in its own way. Preparation and clarity from the start of the child's journey is needed*

### **The Inclusion of children with Down syndrome - expectation of behaviour**

*Wendy was very engaging, makes training memorable with examples/activities. Very clearly explained, good to be involved.*

### **Toileting & Down syndrome (online)**

- *I was really impressed, far better than anything else I've done, lots of info and a nice group of people*
- *It was great, really informative, liked that we all got personal plans and there was plenty of time to talk through ideas. It was useful hearing from other parents too and knowing you're not the only one*

### **Signing & Down syndrome**

- *I was able to memorise the actions easily due to the way the speaker described each sign. Better than a previous course*
- *Good structured course with good pace*
- *There was a good balance of listening and practical. Good support booklet too*
- *This course has been simple to follow and given me some fantastic strategies and ideas to use with and pass in to children in my classroom*
- *Fantastic course, really enjoyed learning the signs. Great pace. I enjoyed learning a new skill and I'm looking forward to using it with the children I work with*

## REACHING OUT TO STATUTORY SERVICES

### SKILLS 4 BRADFORD WEBSITE PAGE

We now have our own web page on the Skills4Bradford training website. This site is used by Bradford Council to promote training across schools and early years.

Our page details who we are and our services, lists our training and resources and includes a detailed account of what Down syndrome is, the learning profile and ideas to promote development and inclusion.

Please feel free to share our link: [Down Syndrome Training & Support Service Ltd | Skills 4 Bradford](https://www.skills4bradford.co.uk/Services/5940) (<https://www.skills4bradford.co.uk/Services/5940>)



### SEND STRATEGY GROUPS

Wendy Uttley sits on the Special Educational Needs and Disability Strategy group and the Co-production group. Both meet monthly in Bradford. Wendy attends as a professional and as a parent and strives to represent our charity and the needs of our families in discussions on education, health, transport, transition and social care. She is also part of the Supported Internship group.

### LEEDS SCHOOL OF MEDICINE - input via Zoom

We provided insight into the work we do for a group of student doctors via Zoom with the group of students asking various questions around our service delivery, the children and young people with Down syndrome and their families and our impact.

### STUDENT PLACEMENTS

During November 2021 we provided placements for two first year speech and language students from Huddersfield University. The students were involved in our early development groups and our speech & language group sessions.

# OUR OWN PUBLICATIONS AND RESOURCES

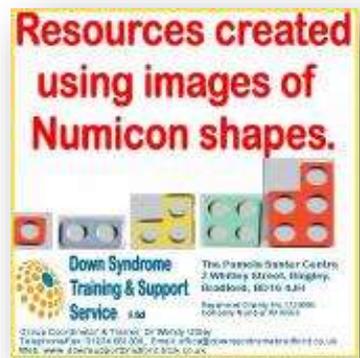


In the last financial year we have fulfilled 187 orders and generated £4444.05.

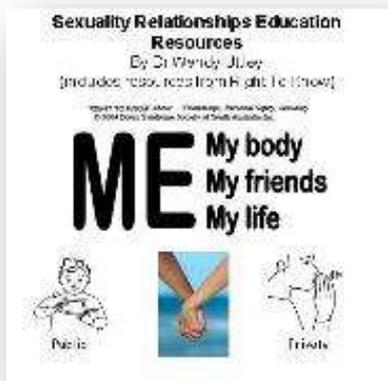
In total we have sold 54 sets of RLI reading books, 14 teaching basic number skills books, 15 signing books and 25 memory sticks of resources, 6 Education Pathway books, 2 SRE signing books and 79 digital downloads.

**IT'S ALL ON OUR WEBSITE**  
 All of our resources can now be purchase by visiting our website. Many can be downloaded electronically or ordered as a hard copy or a memory stick of pdf resources.  
 In addition the majority of our training courses are now pre recorded and available to download as a resource:

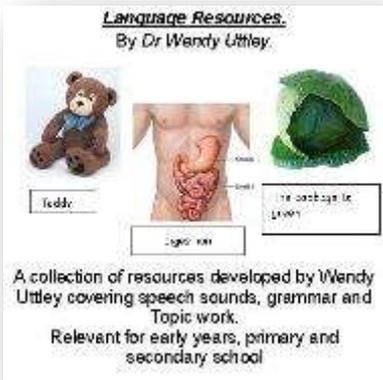
[Buy resources | Down Syndrome Training and Support Service Ltd](http://downsyndromebradford.com)  
[downsyndromebradford.com](http://downsyndromebradford.com)



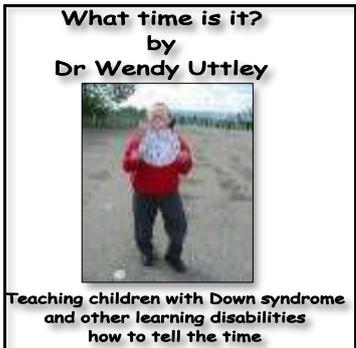
**Numicon resources**  
 A wealth of resources to accompany the course 'Teaching basic number skills using the Numicon approach'.



**ME - my body, my friends, my life**  
 Resources and activities to support the teaching of Sexuality Relationships Education.



**Language resources**  
 A wealth of resources to accompany the course 'Let's make it visual'



**What time is it?**  
 A detailed programme plus all resources to help teach children with Down syndrome and other learning disabilities how to tell the time.



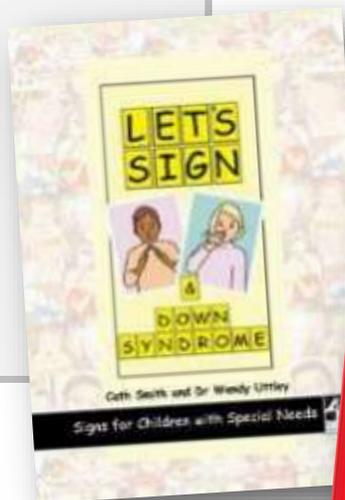
**Teaching Money Skills**  
 150 finely graded activities and resources to help teach children with Down syndrome and other learning disabilities all about money.

## **SIGNING BOOK**

### ***Let's Sign and Down Syndrome***

written by Cath Smith and Wendy Uttley, (£7).

The book, which accompanies our signing course, continues to sell well.

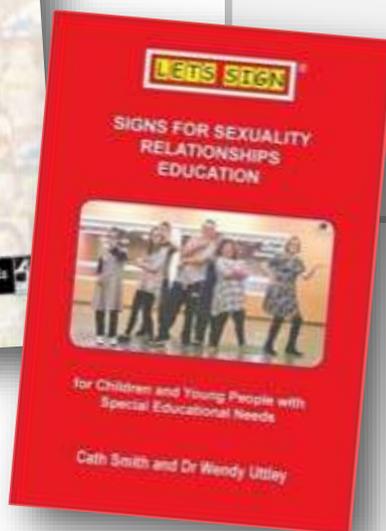


## ***Signs for Sexuality***

### ***Relationships Education for young people with SEN***

written by Wendy Uttley and Cath Smith, (£6). This book was produced to

accompany our Sexuality relationships education course.



## **LIBRARY OF BOOKS AND RESOURCES**

Our library is managed by Louise Hoblely and contains a wealth of information and resources on many areas.

A booklet detailing the contents of the library is available to download from our website.

It contains books, information and resources on:

- Education and inclusion
- Speech & language development
- Signing
- Early development
- Sexuality relationships education
- Children's books featuring children with Down syndrome
- Health and medical issues
- Maths and number skills
- Family experiences
- Literacy and reading
- Benefits

## DOWN SYNDROME LEARNING SUPPORT PACKS

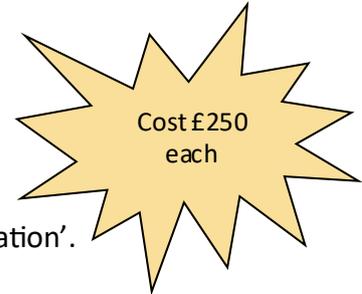
During 2021/2022 we put together 12 Down Syndrome Learning Support packs for new families. The packs are like a mini library, they contain a wealth of resources plus information on the specific learning needs of children with Down syndrome and how to address that need and are welcomed not only by parents and schools but also various health professionals involved with the family.

They are long term in that the information contained in them is relevant for many years, in particular the first 5 years of life.

Each pack contains See & Learn resources produced by Down Syndrome Education International, a home Numicon kit, our publications 'Signing and Down Syndrome', 'Teaching Basic Number Skills' and 'Down Syndrome and a Pathway Through Education'.

The packs are to be used at home and in school.

Funded by the Sir George Martin Trust and Cash 4 Kids.



## OUR NEW PARENT PACKS

The pack is aimed at new parents, or parents-to-be, and contains information on local and national support and a booklet comprised of pictures and lovingly written accounts of some of our members children.

This year 19 packs have been distributed to St. Luke's Hospital, Airedale General Hospital and Huddersfield.

The packs are a vital support for new parents. When families make contact with the group we offer, whenever possible, a home visit followed by an invitation to attend the second hour of our youngest early development group when we chat, get to know each other and do some singing and signing.

Funded by Sir George Martin Trust, The Ark Charitable Trust and Cash 4 Kids.

## PARENTS INFORMATION BOOKLET

Our information booklet detailing activities, support, benefits, education and health is continuously updated and available to all families and organisations. It brings together a wealth of information that we, as parents, have found to be of use over the years. Copies available to download free from our website.

## RAISING AWARENESS ACROSS HEALTH SERVICES

Over the year we have been reaching out to maternity services across the region with the aim of providing training for health staff, in particular, midwives and health visitors. We created a leaflet and updated our 'Just kids' poster and posted and emailed it to a list of contacts across Bradford, Leeds, Calderdale and Harrogate.

Jenn Casper-Smith gave a talk to midwifery staff at Huddersfield Hospital and Wendy Uttley gave a brief talk to the Maternity Voice Partnership. She has been invited back to talk in more detail about our services in Sept 2022.

We hope to increase our outreach across health over the coming year.

Our new parent packs have been going into these hospitals for many years (see last page).

One of our aims over the next year is to improve outreach in this area by developing bite-size online training sessions.



### FEEDBACK FROM HUDDERSFIELD MATERNITY

*Being an antenatal screening coordinator we are pretty knowledgeable about Down syndrome but it was good to hear from a parent's perspective. So many women that we speak to, who have a high chance screening result or a diagnosis, want to hear from someone who has a lived experience. Jenn gave us a realistic view and it was insightful.*

*The information packs that we have been provided with are brilliant and I am sure they will be so helpful for women and their families.*

*Having Jen as a contact to refer women to is an amazing resource.*

## SPEECH & LANGUAGE GROUP SESSIONS

For most years, since 2005, we have managed to secure funding to run this vital service. Statutory speech and language can be very patchy and many children do not get continuous input. Research recommends that children and young people with Down syndrome benefit from monthly input with gains still being made in their 20s.

Only through a charitable service can such input be achieved.

We offer group sessions to all children and young people over the age of 5. Under 5s are offered fortnightly sessions in our early development groups and these sessions address their early speech, language and communication needs.

We employ two highly specialised therapists, Lauren Drake and Jessica Foley, trained by ourselves, to deliver up to 13 group sessions with capacity of up to 75 each month. Since the end of lockdown attendance has steadily increased but places are still available. We would really like to encourage more parents to commit to these sessions and attend regularly.

Our monthly sessions are currently delivered by Lauren Drake and



Jessica Foley. Jessica delivers our adult speech & language group sessions, which involve developing confidence to communicate needs in real life social settings and situations, and our younger groups.

Lauren delivers a range of groups across children of both primary and secondary school age.



### FUNDING

Sessions were funded by the Peoples Postcode Trust until July 2021 and are currently funded by Baily Thomas and Birkdale Trust for the Hearing Impaired. We have sufficient funding for 2 years of provision.

**The Baily Thomas**  
Charitable Fund



BIRKDALE TRUST FOR HEARING IMPAIRED LTD

Funding to deliver oral motor/

feeding sessions with Jo Gallagher has not been spent as we were unable to secure a dietician to support her during these sessions.

Earlier in 2022 Wendy Uttley formed a feeding group aimed specifically at children with Down syndrome who are tube fed but have been given the all clear to eat orally. The aim of the group was to support the parents as they work with their child to teach them how to feed themselves.

Moving forward our plan is to offer an oral motor skills group. This will start Sept 2022 with Lauren Drake.



Over the year 39 children and their parents have benefitted from these sessions.

Sessions were evaluated using an online feedback form. Some comments are included here.

The full report can be downloaded from:  
<https://eu.jotform.com/report/21147155921204728>

### FEEDBACK FROM PARENTS:

73% of responders noted improved language skills

74% of responders noted improved sentence utterance

47% of responders noted improved speech speed

44% of responders noted improved use of grammar

56% of responders noted increased vocabulary

56% of responders noted improved clarity of speech

60% of responders noted improved interaction and social skills

68% of responders noted improved communication with family members

61% of responders noted improved friendships & appropriate greetings

*It is brilliant to have access to a SaLT who is specially trained in DS as this is really important to ensure the correct level of provision is delivered.*

*Always lovely to be around other families in the same situation as myself*

*The sessions are a lifeline when this vital provision is seriously lacking in any other area (school, education or health service). For many people it can only be accessed via these essential sessions.*

*He is more confident because of better vocabulary, understanding*

*Only started attending very recently but can already see improvements and increased confidence when speaking.*

*These sessions have helped my son with his speech especially putting sentences together Lauren does a fabulous job and my son really enjoys his time with Lauren.*

*My son is quite tricky to engage. Lauren is always positive and fun and she has a lot of patience. My son likes her and she does manage to get him to engage.*

Cost per month  
£1000



## SPEECH AND LANGUAGE - SPREADING THE WORD

### SPEECH & LANGUAGE NETWORK NORTH (SLNN)

Every year from 2015 to 2019 we have planned and delivered a network and training day for speech & language therapists across the North of England.

Unfortunately due to Covid and poor uptake in 2021 this specialised day has continued to be postponed.

However in June 2022 we held a speech & language conference for parents and professionals, our first since 2014, delivered by Jessica Foley, Ben Bolton, Wendy Uttley and Jo Gallagher. Our future plan is to repeat the delivery of this training but in 'bitesize' evening online sessions during March 2023.

#### **The Building Blocks of Communication**

- *Very interesting on stammering*
- *Knowledgeable and informative*
- *Excellent, reassuring to hear I'm following current guidance.*
- *Have been exposed to ideas/concepts I want to learn more about*
- *Good pace, well explained,, loud and clear. Felt like I learned a lot. Very informative*

## OCCUPATIONAL THERAPY

In September 2021 Wendy Scaife, independent occupational therapist joined our team. Wendy visits the 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.

Four appointments are available each month and are 45 minutes long. The cost is £10 (by donation).

Attendance has been almost 100% and 29 Children have benefitted.

Funded by the National Lottery.



## ONE TO ONE COUNSELLING SESSIONS

Our counselling one to one sessions have been very much needed this year. Many thanks to Tara Fox for her continued commitment.

Each parent receives around 6 weeks of one to one support and 15 parents have benefitted this year.

Sovereign Health Care funded these sessions until March 2022. They are currently funded by Bradford Metropolitan District Council and The George A Moore Foundation.

Cost per 6  
week  
support  
£300

## I CAN WORK

Our 'I Can Work' project currently offers two placements at our centre, with the aim of progressing to a supported move into paid employment once the young person is ready.

The young people undertake various work related tasks and projects set at their level, incorporating their targets in number, time, money, literacy, appropriate behaviours and communication.

Each young person must be willing to travel at least part of their journey to our centre independently or be able to work towards this target.

During September 2021 Stephen and Ayesha made a fantastic start. Working with Kim and Nicola Booth they put together a tombola for our AGM, world Down syndrome celebrations, Christmas party and a coffee morning at Eldwick Methodist Church.

Early in 2022 Ruth Beers joined our team, Ayesha made brilliant progress with her travel training and secured a work placement in a local school kitchen via Kickstart and Harry became our new employee.

In June 2022 both Kim and Rebecca started placements in Specsavers.



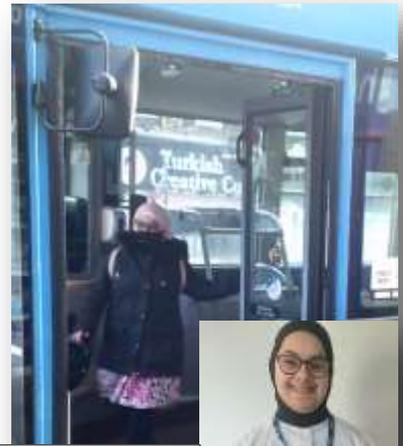
Our 'I can work' team did an amazing job putting together a tombola and gift stall for the coffee morning at Eldwick Methodist Church, our AGM, our Christmas party and our world Down syndrome celebrations at Cedar Court.

Funding from The Jill Franklin Trust and a Bradford Wellbeing Grant part funded this project during 2021.

Funding from Alchemy Foundation, Mahalo Fund, Yorkshire Young Achievers Foundation, Percy Bilton and Aviva Crowd Fund and Community Fund currently fund this project.



Following a Supported Internship at Keighley College Sam now works as a production operative 32 hours a week at Acorn Stairlifts.



Ayesha made great progress with her travel training and secured a 6 month paid placement in a kitchen at a local school via Kickstart.



Harry, one of our current 'I can work' employees, has helped to staff several information stalls at local events and is currently improving his work life skills.



Stephen, one of our current 'I can work' employees, continues to improve his work life skills and independent travel skills; we are currently seeking a work placement for him.

And....although the placement started June 2022 (outside the dates of this report), we are delighted to report that both Kim and Rebecca started paid work placements at Specsavers. Amazingly well done.



# EARLY DEVELOPMENT GROUPS

*Delivering vital intervention for babies and young children with Down syndrome and vital support to their parents since 2005*

Throughout the year six groups have been running fortnightly at the centre and one group has been delivered online via Zoom to a group of children in Lancashire. In addition we have been delivering three, fortnightly one to one sessions for children who need specialist input. In total 47 children have benefitted from these sessions.

The groups were evaluated in March 2022 with some lovely comments; see page 35.

The full report is available to download here:

<https://eu.jotform.com/report/22200366591905220>

During the first term of 2021 we had a number of staff changes, Izzi Ashman who had been delivering groups since 2012 reduced her contract hours. Her replacement, Laura Hempel started after October half term and Tanya Ingham, employed as our additional early years practitioner in June 2021 had to resign due to personal reasons.



**NATIONAL  
LOTTERY FUNDED**

Funded by the National Lottery until 2024

## DOWN SYNDROME LEARNING SUPPORT PACKS

All children new to the groups are provided with learning support packs containing a Numicon kit, the first two See & Learn kits, our Signing book and Pathway to Education book and a magic bag.

Funded by the Sir George Martin Trust and Cash 4 Kids.

**FACEBOOK** We have a secret Facebook Group: <https://www.facebook.com/groups/earlydevelopmentgroups/>

## OVERVIEW OF OUR EARLY DEVELOPMENT SESSIONS

The intervention is over 5 years and follows a programme written and developed by Wendy Uttley and delivered by herself, Laura Hempel and Isabel Ashman.

All early development group sessions are two hours long and focus on early communication, language, speech sounds, interaction, number, reading, social, fine and gross motor skills; delivered through short fun activities.

Sessions can be quite intense at times but the focus is always to ensure the child enjoys the session and parents feel confident to continue input at home.

Professionals attend either in support of the children or to observe our best practice.

The children in the groups never cease to amaze us with their achievements and it is extremely rewarding to be part of their development.

Reports for children are provided towards their assessment for an Education Health Care Plan, a DLA application and also when the children leave year 4 of the intervention and enter full time school.

### ONE to ONE SESSIONS

Highly specialised individual sessions are delivered by Wendy Uttley for children who are still at the beginning of their journey. The pace and content is set specifically to the abilities and needs of each child.

### ONE TO ONE ASSESSMENTS

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

## JULY 2021 GRADUATES

In July 2021 our year 5 children graduated. Certificates are awarded and reports written detailing the progress of each child across literacy, numeracy, speech, language communication, feeding skills, fine and gross motor skills and behaviour. In addition we send information into their schools offering training and support.



## EXCELLENT EVALUATION REPORT

**A brief summary includes:**

**Is your child making progress as a result of these sessions?**  **4.75/5**

Comments include:

*'My little boy is learning how to sit still and listen better. He is understanding more instructions. He is starting to make more sounds and can recognise the correct sound card to the sound.'*

*'He has progressed in all areas but especially due to the involvement of staff from school who attend with him. This means that the EDG approach is being followed in school as every session our sons one to one worker leaves with new ideas to apply at school. As a result, our sons learning is enhanced and reinforced.'*

**Do you feel confident to support your child's learning as a result of attending these sessions?**  **4.81/5**

Comments include:

*'The resources we are given to take home reiterate what we do in the sessions, and the activities we do in the sessions can be replicated at home as they are explained clearly.'*

*'My little boy has had vital encouragement and support with his sound work and signing . He is 2 years old and is signing already.'*

**Do you feel you understand your child's needs and potential as a result of attending these sessions?**  **4.63/5**

Comments include:

*'The groups have helped him to develop skills that he would not have learnt otherwise.'*

**Is your child developing good listening and concentration skills?**  **4.44/5**

Comments include:

*'The impact the group has on our little boy with Down syndrome then impacts on the household. Our little boy is learning how to communicate better and learning the importance of the skill to sit still and listen.'*

**Do you feel supported as a parent/carer by attending these sessions?**  **4.81/5**

Comments include:

*'Having the early development group for us as a family not just helps our little boy but the whole family.'*

*'there is enormous benefit for parents' wellbeing, as learning in a group is lovely. Feeling like you are not alone and having a space where all achievements (however small) are celebrated is vital in these early years.'*

**Do you think that your child will have a better start in life because of these sessions? 100% said yes**

Comments include:

*'I'm so proud to say, that my child is working at the same level as her peers at school and her number work is above level of her peers at this time. I'm deeply grateful to all involved with the centre.'*

**Which type of school are you planning for your child to attend? 100% said mainstream.**

## OUR YOUTH CLUB



There have been a number of changes over the last year. In August 2021 Sam Murray left the club; he had been working as a Youth Club Assistant since 2016. The position was advertised twice with no applicants. It was then placed on hold. It may be readvertised Sept 2022.

In November 2021 Jennifer Senior left to move to a more full time school role. She had been with us since March 2017. We wish her all the best. On 21st January 2022 we were delighted to welcome Heather Bell, our new youth club worker. Heather has a wealth of experience of working in schools with children who have additional needs.



Thank you to all of the volunteers who have been involved: Maxine and Nigel Sanderson, Sheena Shackleton, David and Heather Chattel and Juliet Brown, Helena Watford, Hafeez Abbas , Lauren Reilly, Ruby Franz, Rosie Stockhill, Julie Ramsden, Toby Blake, Les Burrows.



All members have a personal emergency evacuation plan (PEEP) in place and a care plan in place should they require support with personal care. We are also working on personal targets for the young people across self care skills, friendship skills and appropriate social behaviours. The setting is an ideal place to work on these skills as it is a safe and supportive environment.

Funded by Bradford Youth fund until September 2021. It is currently funded by Genetics Disorder UK and Pears Youth UK.



### ACTIVITIES

Every week there is a themed activity and once per term the club aim to 'go out' somewhere. They've had:

Bonfire night

Tattoo night

Creating dream catchers

Making microwave meals

Five a day - healthy eating

Dancing with Abi

Picnic in the park

Movie nights

Jewellery making

Healthy feet night

Pamper night

Pizza night

James Bond night.....

And much more.....





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

SUBS £2 per week.

The club is full of equipment:

HiFi, pool table, X box, TV, DVD player, exercise bikes, karaoke, football table, chill out area with bean bags and comfy couches, air hockey table and large Connect 4. A tuck shop aims to help the young people develop time and money skills.

### **FACEBOOK**

The WisH Club Facebook group:

<https://www.facebook.com/groups/wishclubyouth/>

The group is secret and there are some amazing photos shared every Friday evening.

## **ELLIOT & SAM'S EASY EXERCISE**

Following the end of lockdown these classes became part of our Wish Club experience, however they ceased in August 2021 when Sam started work and no longer felt able to commit to Friday nights at the club.



## DANCE CLASSES

### Dance21

In September 2021 we welcomed Mati Torres, a freelance dance teacher. Mati took over from Lauren Green and Lauren



Gledhill. Classes are for young adults with Down syndrome aged 16+ and run on Monday evenings at Kirkgate Community Centre. Sports England provided funding to re-establish dance21 in person dance classes after COVID-19.



### DANCE CLASSES TWIRLY21S & TEEN21

Classes for children aged 5 to 11 (Twirly21s) and for those aged 11 to 16 (TEEN21) have been amalgamated and delivered by Claire



King every Saturday at Footsteps Theatre School, Idle, BD10 8PY.

We are still trying to encourage a few more children aged 5 to 11 to swell numbers for the young Twirly21s.

We are currently in the process of evaluating these sessions.

The weekly classes are a wonderful opportunity for parents to share experiences and chat over tea/coffee. It also gives the children an opportunity to meet regularly and build friendships.

Initially funded by Locala Community Fund, received last year. All dance classes are currently funded by Morrisons Foundation.

# FAMILY ACTIVITIES

## GOODBYE HAWORTH ROAD METHODIST CHURCH

Our family Christmas party in December 2021 was our very last Saturday session at Haworth Road Methodist Church. We had been meeting at the church hall since Sept 2000 when we held our very first family gathering. Unfortunately the church has to be sold and so we were unable to continue to use the hall.



From March 2022 we started meeting at Bingley Methodist Church, our new venue. It is amazing. There's loads of space and its all very clean and inviting. Activities continue to include circle games, singing, signing, table top activities and large play equipment.



Transport is provided on average for two families each month who would otherwise be unable to attend.





Pass the parcel  
at our Easter  
meeting

## SUPPORT FOR SIBLINGS - SIBZ ZONE

Our Sibz Zone is for brothers and sisters aged 6+. Since the end of lockdown the group has steadily grown and now runs monthly face to face at our youth club upstairs at the centre. It is timed to coincide with our monthly family Saturday session at Bingley Methodist Church and is delivered voluntarily by older siblings, Elanor, Ruby and Isaac.



The siblings take part in games and crafts and each month an activity is planned to help everyone share experiences, feelings and concerns.

We feel it is a great success, providing an opportunity for siblings to build friendships and talk openly in a relaxed and supportive environment.

*Sibz Zone*

## SUPPORT FOR DADS

We are aware that it is predominantly mums that access our support services but we know that dads need time to share concerns and experiences too. We are hoping to establish a regular dad's evening over the coming months.

## WORLD DOWN SYNDROME DAY CELEBRATIONS



Over the weekend of the 26th/27th March 2022 we celebrated world Down syndrome day at Cedar Court Hotel, Bradford. We had a brilliant time celebrating with our wonderful children with performances by dance21 and the All Together Now choir. Several families were unable to join us last minute however we still filled the room, with 42 families partying, sharing a relaxed and supportive evening and 30 staying overnight at the hotel and enjoying breakfast together the following morning. Funding from the Lord Mayors Pot of Gold and Boshier Hinton Foundation went towards this event.



## FAMILY ACTIVITY WEEKEND AT INGLEBOROUGH HALL

During the first weekend in May 2022 ten families had a really special time at Ingleborough Hall. Thank you to Susan and Jane for helping out over the weekend.



CLA Charitable Trust awarded us £1200 for coach hire for the trip to Ingleborough.

## CIRCUS STARR, PEEL PARK, BRADFORD

On 15th May 100 tickets/approximately 20 families enjoyed the circus at Peel Park. The tickets were donated for free by Circus Starr.



## AIMS FOR 2022/23

- ◆ Raise £70 000 so that we are secure for 2023
- ◆ Provide training for health workers in particular midwives and health visitors by developing 'bitesize' training modules
- ◆ Deliver several 'bitesize' information sessions on a range of speech & language related topics during March 2023
- ◆ Hold an open day to celebration in March 2023
- ◆ Re launch Speech & Language Network North (SLNN)
- ◆ Find two more local work placements for our I Can Work project
- ◆ Establish a support group for dads

*My child is clearly developing better after coming here. As a parent it has given me the confidence to meet his needs and to give him everything he may need and this realisation has taken a huge burden off my shoulders and I feel relieved I have found a place which helps me with this.*