



Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994

Company registered in England and Wales

May 2015

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Our next Saturday meeting is on 9th May, 10am to 12pm at

Haworth Road Methodist Church Hall, BD9 6LH
FOR FAMILIES WITH CHILDREN AGED BIRTH
TO 11.

The morning will also be full of fun activities including parachute, fantastic elastic, sand pit, play dough and lots of singing and signing with our magic bag. There will also be flower arranging and other creative activities for parents in the small room.
Transport available if required, please contact the office.

HALIFAX GIVING EXTRA AWARDS

In February Wendy Uttley was awarded £300 in vouchers as one of the 67 local winners from across the country who go the extra mile to make a positive difference in their community. Following the award the Halifax in Shipley have made us their charity of the year.



DOWN SYNDROME NETWORK NORTH

Sharing good practice across the North of England

On Wednesday 22nd April, representatives from 7 different Down syndrome charities joined us at the Pamela Sunter Centre for a very interesting and informative day. Bradford, Leeds, Cheshire, Hull, Wakefield and Manchester delivered presentations detailing the support and services they provide. This has enabled us to map provision such as training, speech and language groups and early intervention. Following lunch we managed to briefly discuss issues that need to be tackled to improve services across the North of England. Between us we have a wealth of knowledge and experience and we see this as the beginning of a network that should help us to work together to tackle issues such as: pathways through health, education and social services, sharing training and intervention services and also supporting each other.

ALADDINS CAVE OPEN EVERY TUESDAY 10AM TO 2PM.

We made an amazing £278 on our launch day from sale of goods and paintings. All welcome to pop in for further bargains.



COFFEE MORNING in "OUR ART" gallery 12th May 11am to 12.30pm. Pop in for a natter and refreshments while you browse Aladdin's Cave.

VACANCY AT OUR CENTRE **ASSISTANT YOUTH WORKER REQUIRED** **FOR WISH CLUB**

We are seeking a young person, aged 16+, who has Down syndrome, to work as an assistant youth worker in our Wish Club. This applicant must be enthusiastic and confident when working with young people. They must also be able to work as part of a team and have good communication skills.

PAY: £6.50/minimum wage per hour, 4 hours per week, plus travel expenses.

The post is for one year.

For further information and an application form please contact our office.

Closing date: Friday 22nd May 2015.

A NIGHT AT THE RACES

Bookings now being taken



Our Directors have been busy organising a fantastic fundraising event to take place Friday 5th June, 7pm to 1am at the Great Victoria Hotel, Bradford. There will be drinks on reception, a 3 course dinner, raffle, betting, racing and dancing 'til late. All for £25 per head. We are busy selling 36 race horses at £10 each and raffle tickets for our Summer Raffle which will be drawn on the night. We have some amazing prizes: six tickets to any gig at Leeds Academy, £150 Harvey Nichols Luxury Hamper, spa day, tea with The Lord Mayor of the Bradford District and her consort, and much more. Six race horse owners will also win a prize.

If you would like to sell (or buy) raffle tickets or a race horse please contact the Office.

Please can we ask readers to promote the event to their work colleagues and any businesses they think may be interested in attending and supporting our charity.

Thank you.

MY DONATE WITH BT

You can make online donations and create a fundraising page for us

by visiting <https://mydonate.bt.com/charitiesdownsyndrometrainingsupportserviceltd>

You can also donate direct to our bank account by using our new [standing order](#) form. This can also be downloaded from our website.



DEVELOPING READING SKILLS IN YOUNG ADULTS WITH DOWN SYNDROME

My experiences with Sam

Over the last few months I have been using the reading intervention scheme developed by Peter Hatcher and used in the Reading Language Intervention (RLI) programme in a bid to improve Sam's reading skills. I would like to share our success.

Sam has been able to read since an early age but for many years he has not progressed; reading at approximately the level of a typical 7 year old and avoiding books.

After preparing to deliver training on the RLI programme in January this year I decided to see what I could do to help Sam. Googling Huddersfield Town I chose a player and used the profile of him to write one side of A4, about 200 words, and using the Hatcher grading scheme graded the page at level 27. We read it together and the next day as he read I did a running record and he scored 90% accuracy. Working on tricky words this increased to 96% by the end of the week. We were both really pleased with ourselves.

Over the following weeks we steadily moved through several Huddersfield Town players and Sam's reading accuracy continued to improve. Taking a running record as Sam read took the pressure off Sam (as I do not interrupt but just mark his errors on a copy sheet) and enabled me to weed out just where he needed help. For example one week we worked on the words *of, for, from, form* that he was reading as the same word. Another week we worked on word endings as he was reading them all the same as well (eg: walks, walked, walking). Both areas of error have now been resolved. We have also focussed on some new vocabulary - it is easy to limit the number of new words as I write the piece - and practise saying these words and exploring their meaning.

In total we do not spend more than 30 minutes each week, some days only 5 minutes, others at most 15 minutes. I also send the page into college for him to read as part of his literacy session.

Last month he was so pleased with himself after gaining 98% accuracy (he is always keen for us to work this out on his phone calculator) that he went upstairs and came down with a book, "I going to read this on the train", wow!, amazing!

Over the last three months his reading has improved from level 27 to level 33. We are now working on WWE wrestlers, the profiles of which take a little more editing as the language is so descriptive and sensational. Sam's enthusiasm and confidence continues to increase.

If you would like to learn how to grade an article and take a running record - it isn't difficult once you've had practise - please get in touch. I would be happy to deliver a session.
Wendy

Easy News

Easy News is an accessible news magazine for people with learning disabilities. The stories are selected by a group of people with learning disabilities and autism who are experts in easy read communication.

To find out more and download the latest edition please follow the link <http://www.unitedresponse.org.uk/easy-news>

WORLD DOWN SYNDROME DAY FUNDS

Funds are still being collected. Thank you for all your amazing efforts.

- Liam Sanderson sold specially decorated buns at Highbury school and raised £166. Wow!



- Following an assembly, Eternal Light Secondary School held a morning of activities and a food sale raising £400. Fantastic!
- Old Town Primary School, Hebden Bridge raised £90. All staff and pupils had great fun when boys dressed as girls and girls dressed as boys!
- We raised £133.40 from a raffle and £155.20 from a tombola we held over Easter at Skipton FS. The stall was staffed by Sam Murray, Wendy Uttley and Wendy Rhodes.
- Staff of SPS held a dress down day and raised £88.
- Pauline Fletcher, Stephen Hobley's grandma, £50.

WISH CLUB FOR YOUNG PEOPLE WITH DOWN SYNDROME AGED 11+

The Wish Club, short for Weekend is Here is full of equipment— large connect 4, pool table, X box, TV, DVD player, football table, air hockey, chill out area with bean bags and comfy couches. You are welcome to bring along a friend or sibling age 11+. It is open every Friday 6pm to 8pm for young people aged 11 up to 13 years and 6pm to 10pm for teenagers upwards.

Don't forget to bring your spending money for the tuck shop - 10ps and 50ps.

Visit our website: www.downsupportbradford.btck.co.uk/EventsandActivities/YouthClub

OUR ART

Les Burrows, who volunteers at our Wish Club has been helping members to create some stunning works of art. Some pictures have been on display at Bingley Library. If you would like to view the art work it will be on display at our coffee morning on 12th May, 11am til 12.30pm in Aladdin's Cave.

Have you visited us on Facebook yet?

<https://www.facebook.com/groups/828178080588905/>



TRAINING at the PAMELA SUNTER CENTRE, 2 Whitley Street, Bingley

Using visual resources to develop the language and communication skills in children with Down syndrome

Wednesday 6th May 2015, 9.30 to 3.00pm

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, visual timetables, conversation diaries and ideas to develop reading, writing and spelling skills.

After lunch there will be a software demonstration of Clicker 6 and an outline of the new Reading Language Intervention programme (RLI).

COST: Full day £95 per professional/£30 per family member. Second person from the same school £20. Lunch included in price.

CD of resources available £5

Teaching basic numeracy to children with Down syndrome and other learning difficulties using the Numicon approach

Wednesday 13th May 2015, 9.30 to 3.30pm

The morning will cover how we learn to count and basic number skills up to 10. It will introduce the Numicon Foundation Kit and include practical activities and suggestions to promote numeracy. It is relevant for staff and parents working with children aged birth upwards who are still working with numbers up to 10.

The afternoon will cover counting beyond 10, introducing two digit numbers, addition and subtraction, counting in 10s and introducing place value. It will also cover setting realistic targets for children with Down syndrome in these areas.

COST: £95 per professional/£30 per family member. Second person from the same school £20.

Lunch provided. CD of resources available £5

Can I Catch the Bus? Teaching children with Down syndrome and other learning disabilities how to tell the time and use money

Wednesday 20th May 2015, 9.30 to 3.30pm

9.30 to 12.30 TIME.

Learning to tell the time is a challenge for many children. I am sure it is something most of us remember struggling to master. The first step for all children is to have a feel for the passage of time, then later be able to tell the time and apply it to everyday life. Time is a very abstract concept and as such can present a major challenge to children with learning difficulties and disabilities. This workshop will equip participants with a structured programme of activities and resources to help them teach the passage of time and then how, step by step, to teach a child how to tell the time.

1.30 to 3.30 MONEY

After lunch the focus will be on money detailing a new programme developed by Wendy Uttley. The programme consists of 120 finely graded activities to help teach a person with Down syndrome or other learning disability to understand and use money. Starting with learning the names for the coins and playing simple shopping games, moving on to learning the

value of coins and progressing to working with pounds and pence this programme is suitable to use with a child from approximately 5 years of age.

COST: £95 per professional/£30 per family member. Lunch included. Second person from the same school £20.

Both parts of the course make use of a CD of activities and resources available to buy on the day at a cost of £5 each.

JUNE COURSES

Signing for children with Down syndrome.

Over two sessions Fridays 5th and 12th June, 9.30 to 11.30

Session 1, will cover, why we use signing with children with Down syndrome and the signs for manners, animals, home, food, family and other people, and the alphabet.

Session 2, will cover signs for the school day, colours, descriptions, time/days, questions and connective/link words. Followed by a discussion on how behaviour can be addressed through introducing signing.

Both sessions will include practise of useful phrases and familiar children's songs.

COST: £80 per professional/£20 per family member.

Second person from the same school £20.

10th June, Including children with Down syndrome - an introduction.

17th June, The inclusion of children with Down syndrome - expectations of behaviour.

Starting 26th June, 3 week course, Toilet training for all ages

All courses are detailed on our website:

www.downsupportbradford.btck.co.uk/

[Trainingforparentsandprofessionals/](http://www.downsupportbradford.btck.co.uk/Trainingforparentsandprofessionals/)

[CurrentTrainingandCourses](http://www.downsupportbradford.btck.co.uk/CurrentTrainingandCourses)

and on Bradford Schools Online (BSO)

<https://bso.bradford.gov.uk/Schools/CMSPage.aspx?mid=3213>

REVISED TRAINING PRICES FOR PROFESSIONALS

We have recently revised our training prices so that any establishment wishing to send a second member of staff on a course can do so for £20. We realise that training is often better implemented if more than one member of staff is trained.

FREE TRANSITION TO ADULTHOOD EVENING AT THE PAMELA SUNTER CENTRE

On 23rd June, 7 to 9pm we will be holding an information evening at the centre to discuss transition into adulthood. More details next month. If you would like to book a place please contact the office.

NEW ITEMS IN THE LIBRARY

We have recently added 3 DVDs published by Life Support Productions to our library :

- Jason's Private World
- Kylie's Private World
- Growing Up, Relationships and Sex.

The DVDs cover periods, personal hygiene, staying safe, masturbation, building a relationship, condoms, unwanted advances, sex and pregnancy.

REGULAR GROUP SESSIONS

EARLY DEVELOPMENT GROUPS

RED GROUP Tuesdays 12th May and 2nd June, 10.30am to 12.30pm. This group is delivered by Izzi Hogan and is for infants with Down syndrome aged around 12 months. Any younger babies are invited to join the second half of this session at 11.30am when there will be an opportunity to meet other parents and babies, chat, and join in singing and signing.



BROWN GROUP Our second new baby group will run Thursdays 7th and 21st May, 10am to 12pm with Margaret Southern.

BLUE GROUP, with Wendy Uttley. For children aged around 2 years. Tuesday 5th May (due to Bank holiday) and Mondays 18th May and 8th June, 10 to 12pm.

PURPLE GROUP Thursdays 14th May and 4th June, 10am to 12pm, with Izzi Hogan, for children aged around 24 months.

GREEN GROUP, with Izzi Hogan, for children aged around 3 years. Thursdays 7th and 21st May, 9.30am to 11.30am.

PINK EARLY EDUCATION GROUP for children aged around 4 years, with Izzi Hogan. Tuesday 5th May (due to Bank holiday), and Mondays 18th May and 8th June, 10 to 12pm.

ORANGE EARLY EDUCATION GROUP Mondays 11th May and 1st June, 10am to 12pm with Izzi Hogan. This is our second group for children aged around 4 years.

We are only having one week off for Spring Bank, Monday 25th May to Friday 29th May



EARLY EDUCATION GROUP

PLUS with Wendy Uttley

Our EEG+ run once per month for children aged 5 upwards. Support staff are encouraged to be present in the room rather than parents, who are welcome to attend but will be asked to sit in our parents room or are welcome to share the session.



WHITE GROUP Monday 11th May 10am to 12pm. This month we will be working on the speech sounds s and b, early counting (one to one correspondence) and words beginning with b.

YELLOW GROUP Monday 1st June, 10am to 12pm.

GOLD GROUP Tuesday 19th May, 10am to 12pm.

The yellow and gold groups will be working on addition up to 6 and transport/vehicles.

IT'S TIME TO SAY GOODBYE

This will be the last session for the Gold and Yellow groups. All of the children in these groups are doing amazingly well and are ready to leave us. Many have been coming since they were 12 months old. We wish the parents, children and support staff all the best and remember we are only a phone call or email away.



STREET DANCING

Our weekly street dance session for young people with Down syndrome aged 11 upwards is at Nabwood Sports Centre every Monday (excluding 4th and 25th May), 6pm to 7pm with Karen. Come along and learn some new moves and enjoy the music and dancing. Cost £3.20 per session - young people pay at the door as they arrive; sneaking in some money skills as well! Funded by ESH Charitable Trust.

SPEECH & LANGUAGE GROUP SESSIONS

MAY

BENs groups with help from Lauren, will be delivered on Saturday 23rd May



MARY'S groups will run on Tuesday 19th May.

All families who have been seeing Monica will be contacted as soon as possible — we are currently interviewing and hope to appoint a new therapist very soon. A big thank you to Monica for delivering the groups for the last 3 months.

Wendy Rhodes will remind families of their time by text.

BRONTE VINTAGE GATHERING

We will be staffing a stall Saturday & Sunday 9th & 10th May, 10am start, at this event based in Cullingworth, Bradford, BD13 5EE.

The event includes: stunt show, terrier racing, pony displays, falconry, RAF flypast, donkey rides, clay pigeon shooting, steam and traction engines, tractors, military, beer tent and live music with the Rhythm Junkies Saturday evening.

www.bronte-vintage-gathering.co.uk

FAMILY SWIM, SPLASH AND PLAY

ON SUNDAY 17th MAY 11AM TO 12noon AT BINGLEY POOL

The swim session is free and the pool is for our sole use. Come along for a splash around, play with the floats and practise your swimming. Funded by the Brelms Trust.



FAMILY FUND

The Family Fund, www.familyfund.org.uk, are looking to support more families. There is a contact section on their website or you can find them on Facebook. They can only help families caring for severely ill or disabled children up to their 18th birthday if they are on a low income, working tax credits or benefits. You can only apply once every 12 months.

<http://www.familyfund.org.uk/grants/how-to-apply>

RESEARCH INTO TRAINING AND EMPLOYMENT OPPORTUNITIES FOR 16 TO 25 YEAR OLDS WITH LEARNING DISABILITIES

Karen Snowdon a final year student studying for a degree in Social Care at Newcastle College, is researching training and employment opportunities for 16 to 25 year olds with learning disabilities. She has compiled a questionnaire to survey this group of young people and invites you to follow the link below:

<https://www.surveymonkey.com/s/56WZV5F>

RESEARCH INTO THE RELATIONSHIP BETWEEN PARENTS, CHILDREN WITH DOWN SYNDROME AND LEVELS OF STRESS

This research is being conducted by postgraduate masters students at the University of York. The project aims to investigate the relationship between parent-child relationships and levels of stress in parents of children with Down syndrome and Deletion syndrome. They would like to hear from parents of children aged 2-18.

You will be requested to complete an online survey, as well as provide background information on your family and child. It should take about 20 minutes. All participants will be anonymous. To find further details about the research or if you are interested in taking part, please visit

www.tinyurl.com/yorkpsychology

THERE CAN BE NO QUALITY WITHOUT EQUALITY

This is an International Conference on Diversity, Equality and Social Justice in Early Childhood on 4th and 5th June at Newman University, Birmingham. It is for practitioners, trainers, academics, policy makers and activists to explore crucial questions that should sit at the very centre of any discussion about 'quality' in early childhood. For details visit:

<http://www.newman.ac.uk/media-centre/4131/no-quality-without-equality-in-ecec/?src=DECET>

DISABILITY ROCKS

SATURDAY 30TH MAY DISABILITY ROCKS @ NELL BANK 11-7.30 <http://disabilityrocks.org> One carer free per family, under 5's free and £5 per person otherwise.

The views and items on this newsletter are not necessarily those of the Down Syndrome Training & Support Service Ltd. Mention does not necessarily mean recommendation or support.

ARCHIVE OF FREE ONLINE WEBINARS

HelpKidzLearn have an archive of online webinars. For free, fully interactive, live online training sessions visit:

<http://www.helpkidzlearn.com/events/webinar-archive>

WEBSITE THAT MAY BE OF INTEREST

E-learning on disability issues for the UK workforce

<https://www.disabilitymatters.org.uk/>

The website aims to provide a free e-learning resource for the UK workforce that will challenge and positively change peoples fears, ideas and attitudes towards disability and disabled children and young people. Courses include "what is disability", "meaningful inclusion", and many, many more.

Living a good life - what matters to us!

The National Learning Disabilities and Autism Show is on 15 May, 10am to 3.30pm, International Convention Centre, Birmingham. Build for the Future, BILD's (British Institute for Learning Disabilities <http://www.bild.org.uk/>) group of self-advocates, are organising this event. BILD invite you to join them so they can tell you about:

- What we want from our support—and what we don't want!
- Better lives with personal budgets
- Getting it right for family carers
- Dance syndrome!
- Supporting me to be me
- Self-advocates from Build for the Future Group

It's easiest to register in advance on the web at:

www.nationaldawards.co.uk/register or, call Care Talk on 0115 959 6133, or email Sarah.day@care-awards.co.uk

Parents' Forum for Bradford and Airedale

The PFBA are holding two open forum meetings on Wed 3rd June, to look at the issue of personal budgets. Details are still being sorted, but the two meetings will take place:

12.30 - 2.30 pm at the Carlisle Business Centre, Carlisle Road, Bradford, BD8 8DB

6.30 - 8.30 pm at Central Hall, Alice Street, Keighley, BD21 3JD.

For details please view the events section of their website:

<http://www.pfba2.org.uk/>

EARLY HEARING LOSS AND LANGUAGE ABILITIES IN CHILDREN WITH DOWN SYNDROME.

To read a summary of the research that suggests speech therapists should work more closely with audiologists because of the additional difficulties children with Down syndrome experience please follow:

<http://onlinelibrary.wiley.com/doi/10.1111/1460-6984.12077/abstract>

HELP FOR PARENTS

Following a productive meeting with Ben Meredith, Bradford Audiology we are pleased to inform parents that if they have any concerns about their child's hearing or would like further information following a hearing test they can ring paediatric audiology on 01274 364827 or contact us and we will pass on concerns.

LS20 EVENTS www.ls29group.co.uk

Lightwater Valley Sun 24th May - meet there 10am, £5pp
Nell Bank Wednesday 27th May - 10am-2.30/3pm,
Newby Hall Friday 29th May - meet there at 11am, £3pp,
Disability Rocks Saturday 30th May 11am-7.30pm £5pp,
one carer per family and under 5s free.
Contact Karen on: 07976015134 / 01943 609861

Strong Close's Portage Group

Thursday afternoons, term time, 1pm to 2.30pm. The group is led by a qualified Portage practitioner and includes songs, stories, signing, snack, sensory room and support for parents.

If you are interested in attending the group please contact, Lucy Fox, Strong Close Nursery School & Children's Centre, Airedale Road, Keighley BD21 4LW, 01535 605272.

HENRY

Parent Programme at Strong Close Nursery & Children's Centre in Keighley.

HENRY stands for Health, Exercise and Nutrition for the Really Young and is a group programme for parents of children aged 0-5 years. It is practical, fun and popular with parents. It can improve child and family outcomes, including:

- increased parenting efficacy
- healthier eating across the whole family
- sitting down together as a family to eat home-prepared food more often.

The course starts on Wed 13th May for 8 weeks 12.30 pm - 3.00 pm. Free crèche.

Ring Strong Close on 01535 605272 to book or get more information.

MUSIC DAYS WITH YAMSEN

Escape to the Jungle - music days at Pudsey Civic centre

Thursday 14th and Friday 15th May - General music days for children with learning difficulties (including Autism) 10.30 till 2.00

Music Makers Class Wharfedale Festival

Wednesday 13th May at the Craiglands hotel. 10.45 till 2.00

For more information visit www.yamsen.org.uk.

WALK THIS WAY

Bradford Disability Sport and Leisure are offering a series of free walks to anyone with a disability plus friends and family. Booking essential. Led by experienced walk leaders they are planned for:

Thursday 14th May, 11am A Green Panoram: meet bottom of Woodhall Rd by Thornbury B&Q, 1.75 miles.

Thursday 21st May, 11am Four Lanes: meet Tyersal Childrens Centre, 1.4 miles.

Contact BDSL Office 01274 437903/andrew.lane@wysport.co.uk

THIS MONTHS REMINDERS

6th May, 9.30 to 3.00pm, Training at the Pamela Sunter Centre - Using visual resources to develop the language and communication skills in children with Down syndrome.

9th May, 10 to 12pm, Saturday family session at Haworth Road Methodist Church Hall. Behaviour.

12th May, 11am to 12.30pm, coffee morning in Aladdin's Cave.

13th May, 9.30 to 3.30pm, teaching basic numeracy to children with Down syndrome and other learning difficulties using the Numicon approach.

17th May, 11am to 12pm, swim, splash and play at Bingley Pool.

19th May, various times, Mary's speech & language groups.

20th May, 9.30am to 3.30pm Can I Catch the Bus? Teaching children with Down syndrome and other learning disabilities how to tell the time and use money.

23rd May, various times, Ben's speech and language groups.

ALADDIN'S CAVE OPEN EVERY TUESDAY 10AM-2PM

STREET DANCE EVERY MONDAY 6-7PM AT NABWOOD SPORTS CENTRE (excluding 4th and 25th May)

WISH CLUB EVERY FRIDAY 6-10PM AT THE CENTRE

SCOPE: About Disability

<http://www.scope.org.uk/>

Scope have started a [new tips section](#) for people who want to employ their own carer or Personal Assistant.

If you cannot follow the above link: Search Scope, click *online community*, *tips* (by the light bulb), *help and support*,

ENTRY PATHWAYS OPEN EVENING BRADFORD COLLEGE

Tuesday 19th May 12pm to 7pm.. For school leavers working below GCSE level. Contact 01274 43890/436166 for details

YOUR MEMBERSHIP RENEWAL

PLEASE CAN WE ASK YOU TO RETURN YOUR FORMS PROMPTLY, *Thank you Sharon*



LOTTERY FUNDED

CONTACT Wendy Uttley or Wendy Rhodes, The Pamela Sunter Centre, Down Syndrome Training & Support Service, 2 Whitley Street, Bingley, Bradford, BD16 4JH Tel/Fax 01274 561308
Mobile 07816 465 845/07512346717 Email: office@downsyndromebradford.co.uk
Web: www.downsupportbradford.btck.co.uk