



# Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994

Company registered in England and Wales 6915555

# November 2015

اطلاع عام

## Our next Saturday family session is on 14th November, 10am to 12pm

At Haworth Road Methodist Church Hall, BD9 6LH  
FOR FAMILIES WITH CHILDREN AGED BIRTH TO 11.  
The morning will be packed full of fun activities to help  
your child interact and use and develop their skills  
including lots of singing, signing and circle games.  
In the small room there will be a Christmassy craft  
activity for parents offering the opportunity for a little  
time out while a volunteer looks after your child.



### CHRISTMAS IS COMING!

Please note that our Christmas party will  
take place on Saturday 19th December at  
Haworth Road Methodist Church Hall—all  
families welcome.

## CHRISTMAS OPEN DAY

On Friday 27th November you are warmly invited to call  
in at the Centre between 9.30 and 12.00, in the morning  
or later in the evening between 6 and 8 for mince pies  
and mulled wine (including non alcoholic). Aladdin's Cave  
will be open with lots of bargain gifts,  
toys, Christmas cards, jewellery, top quality  
cashmere and wool scarves (donated by  
Pinta Designs), and paintings produced by  
members of the WisH Club. We'd love to  
see you there.



### CAN YOU HELP PLEASE?

#### REQUEST FOR FAMILY PLACEMENTS FOR MEDICAL STUDENTS AT LEEDS UNIVERSITY

We have again been contacted by the University of Leeds to  
ask if some of our families would kindly consider welcoming  
students into their own home to discuss what it is like caring  
for a child with a disability and the needs of their family. It is  
a great opportunity for us to inform the medics of tomorrow  
and help to continue to improve understanding.  
IF YOU WOULD LIKE TO BE INVOLVED PLEASE CONTACT  
THE OFFICE AND WE WILL PASS ON YOUR DETAILS.  
THANK YOU.

## ANNUAL GENERAL

### MEETING AND LAUNCH OF dance21.

Our October Saturday session was a treat for all  
who attended. The young people, who now form  
dance21, performed two amazing routines which  
moved some to tears. Following the business of the  
AGM and our usual Saturday morning activities the  
morning finished with a dance for all which was great  
fun and left us all smiling.

dance21, are now available to perform at your  
function for FREE. Do you have an  
AGM, family event, Christmas  
event or school function  
coming up?

Our aim is to raise awareness  
of the abilities of young people  
with Down syndrome by sharing  
their love of dance at your event.  
Please contact the Office to book.



## ANNUAL GENERAL MEETING

Following our AGM all of our current Directors  
remain in post. We also welcome a new director,  
Claire Fisher on board. Claire has a daughter with  
Down syndrome and brings a wealth of experience of  
organising training and liaising with health and  
education teams in Wakefield.



LOTTERY FUNDED



## **DANCING CLASSES FOR CHILDREN WITH DOWN SYNDROME AGED 5 TO 11**

Our new weekly dance classes for younger children with Down syndrome run every Saturday 2.15 to 3.15pm at Bingley Fitness Studio, Unit 2, St. John's House, Clyde Street, Bingley. BD16 4LD with Claire from Footsteps Theatre School.

The classes are as much about developing a friendship group as dancing. We kindly ask for a donation of £3 per session towards running costs. Parents are expected to stay and, once the children are settled, we hope that they will welcome the opportunity to share experiences and socialise one afternoon a week.



## **WISH CLUB FOR YOUNG PEOPLE WITH DOWN SYNDROME AGED 11+**

The club is full of amazing stuff: pool table, table football, air hockey, Xbox, HiFi, large connect 4. A time to chill, dance, makeup, tattoo up, paint, enjoy, relax.

Our Wish Club runs every Friday 6pm to 8pm for young people aged 11 up to 13 years and 6pm to 10pm for teenagers upwards.

Young people are welcome to bring along a friend or sibling age 11+ to the club. Don't forget spending money for the tuck shop - 10ps and 50ps.

Visit our website: [www.downsupportbradford.btck.co.uk/EventsandActivities/YouthClub](http://www.downsupportbradford.btck.co.uk/EventsandActivities/YouthClub)

## **DONATIONS DURING SEPTEMBER/OCTOBER**

We have had some amazing donations over the last couple of months. A big thank you to:

Pauline Fletcher, £25.

Stephen Davies, £429.35 towards early development groups.

Nick Pyrah, £227.60 towards dance for 5 to 11 years.

Tony Walton, £15.

Skipton Financial Services £3989.34 from continued fundraising events.

Our collecting tins, £23.37.

Anonymous, £49.85.

Garfield Weston, £2500, Greggs Foundation £2000, Boshier Hinton £1000 from successful funding bids for Down Syndrome Learning Support Packs for new families.

## **MY DONATE WITH BT**

You can make online donations and create a fundraising page for us by visiting <https://mydonate.bt.com/charitiesdownsyndrometrainingsupportserviceitd>

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



## **SPEECH & LANGUAGE NOVEMBER SESSIONS**



**BEN'S GROUPS:** Saturday 21st November.

**GEORGINA'S GROUPS:**

Saturday 14th November

**MARY'S GROUPS:** Tuesday in November to be confirmed.

**LAUREN'S GROUPS:** Tuesday 17th November

Lauren Drake has recently qualified as a speech and language therapist and her sessions will be supervised by Ben over the first few months.

We do now have a few places available should anyone need a place please contact the office.

## **FREE SWIM, SPLASH AND PLAY**

**FAMILY SWIM SUNDAY 22nd NOVEMBER 11AM TO 12NOON, FREE 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.

A big thank you to Brelms Trust who are funding these sessions for another year.



## **dance21.**

Our weekly street dance sessions are for young people with Down syndrome aged 11+ and run Mondays at Nabwood Sports Centre 6 to 7pm with Karen.

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.

## **Education Health and Care (EHC) Plans. (Education in England: A Guide for Parents)**

This is a new guide from Cerebra. It includes a wealth of information on EHC plans, the new SEN code of practice 2014, transition to adulthood and much more. A copy will be placed in our library. For your copy click on the link below <http://w3.cerebra.org.uk/help-and-information/guides-for-parents/education-health-and-care-ehc-plans-education-in-england-a-guide-for-parents/>







## **EARLY DEVELOPMENT GROUPS DATES**

**YELLOW GROUP** This is our new baby group for children aged 12 to 18 months, 10am to 12pm with Izzi Ashman (Hogan) on Tuesday 10th and 24th November. New babies are welcome to attend from 11am for chat, singing and signing.

**RED GROUP** with Izzi Ashman on Tuesdays 3rd and 17th November and 1st Dec, 10.30am to 12.30pm. For children aged 2 years.

**BROWN GROUP** with Margaret Southern. This group will run Thursdays 5th and 19th November and 3rd Dec, 10am to 12pm. Also for children aged 2+. Please note that the brown and pink group have recently merged.

**BLUE GROUP**, with Wendy Uttley. This group, for children aged 3+, will run Mondays 2nd and 16th November, 10am to 12pm.

**PURPLE GROUP** This group will run on Thursdays 12th and 26th November, 10am to 12pm, with Izzi Ashman; also for children aged 3+.

**GREEN EARLY EDUCATION GROUP**, with Izzi Ashman. This group will run Thursdays 5th and 19th November and 3rd Dec, 9.30 to 11.30am for children aged 4+. Support staff are very welcome to attend these sessions.

**EARLY EDUCATION GROUP 2** This group runs fortnightly for children aged 5. Alternate sessions will be delivered by Wendy Uttley and Izzi Ashman. Sessions will run on Mondays 9th and 23rd Nov, 10am to 12pm. Support staff are very welcome.



## **EARLY EDUCATION GROUPS PLUS**

Our two early education groups plus will run once per month. EEG1, delivered by Izzi Ashman is on Monday 16th Nov, 10am to 12pm and EEG3, delivered by Wendy Uttley is on Tuesday 24th Nov, 10am to 12pm.

Support staff are encouraged to attend these sessions rather than parents in a bid to share best practice with schools.

## **DOWN SYNDROME + AUTISTIC SPECTRUM CONDITION SUPPORT**

In order to meet the needs of families who have attended this group we have enclosed a questionnaire asking about timing and content of sessions. We are hoping to provide information on:

- What is Autism? - detailing the different areas
- Intensive interaction
- Sensory/environmental issues
- Ideas to manage/modify behaviour
- Ideas to develop communication

If you are not yet involved with this fledgling group and would like to complete a questionnaire please get in touch. We have suggested Monday 7th December for the next meeting. This, along with the topic to be covered, will be confirmed once we have gathered your feedback.

The sessions will be aimed at families who have a child with Down syndrome and a diagnosis of Autism and families who would like to learn more about dual diagnosis.

## **CARERS GRANT, BRADFORD**

Applications for a Carer's Wellbeing Grant of up to £200 to help carers to promote their own health and wellbeing are now available. The grant is not means tested.

A Carer can apply for a Carer's Wellbeing Grant if they are an unpaid carer (carers are considered unpaid even if they are in receipt of Carer's Allowance or manage Direct Payment/Individual Budget Funds for the person for whom they care). The fund is not for Personal Assistants or unpaid volunteers. The carer must live and care for someone living in the Bradford District, and Airedale, Wharfedale & Craven Clinical Commissioning Groups.

Your application must be for something to spend on yourself to promote your own health and wellbeing.

To apply download the application form from:

<http://mail.dsegroup.org/t/d-l-jrihld-clhtlkhy-y/> complete it and return it either by email to

[cwbgrant@carersresource.org](mailto:cwbgrant@carersresource.org) or by post to Carer's Wellbeing Grant Carers' Resource Unit 15, Park View Court St Paul's Road Shipley BD18 3DZ.

The closing date for applications is Friday 29th January 2016. CONTACT:

Cath Stevenson (Chair) & Emmerson Walgrove (Deputy Chair) Bradford & District Disabled People's Forum (BDPF) Unit 76a, Carlisle Business Centre, Bradford, BD8 8BD Tel: 01274 481590, Text: 07807 593248

Email: [info@disabledpf.org.uk](mailto:info@disabledpf.org.uk)

Website: <http://disabledpf.org.uk>

Facebook: <https://www.facebook.com/BradfordDistrictDisabledPeoplesForum>



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

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

*Wednesday 4th November 9.30 to 3.30pm*

### ***The inclusion of children with Down syndrome - expectations of behaviour***

Wednesday 11th November 9.30 to 2.30pm, includes lunch.

By considering the learning profile of a child with Down syndrome and looking at areas of need this course will aim to address areas where difficult behaviours may develop. It will look at expectations, appropriate behaviour, including self help skills and go on to outline strategies to encourage good behavior using positive reinforcement and the ABC method of intervention.

COST £80 per professional (£20 for a second person from the same establishment)/£20 per family member.

### ***Reading, language intervention programme***

Wednesdays 18th and 25th November 9.30 to 12.30pm - 2 day course. PLACES LIMITED TO 16

The RLI programme, detailed in a teacher's handbook and DVD developed and produced by Down Syndrome Education International, provides a systematic structured approach via daily activities that can be finely adapted to each child. The training days will cover the theory behind the programme, how to assess a child to find a starting point, how to take a running record, grade reading books and deliver intervention tailored to the needs of each child.

The RLI programme comprises of two strands of intervention; a reading strand and a language strand. The aim of the RLI programme is to:

- Improve spoken language and literacy skills of children with Down syndrome.
- Improve teaching practice and support educators - we have for a long time known reading is a strength for children with Down syndrome but not all educators are aware of this or how to ensure the children reach their full reading potential.

Cost: £120 per professional (£40 for a second professional from the same establishment)/£30 per parent.

### **Sexuality relationships education and Down syndrome-(SRE)**

This course has been postponed until February 2016 due to poor uptake. Please let us know if you are interested and also if it is maybe cost or the fact that it runs over 5 weeks that is deterring your bookings. Thank you.

All courses are detailed on our website:

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

and on Bradford Schools Online (BSO)

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

## **TRAIN THE TRAINERS DAY - Planning and delivering training for health workers**

Our very first train the trainers day will take place on Tuesday 10th November, 10am to 2pm. A few places are still available, please contact the Office.

The day is aimed at training trainers to deliver an awareness and information day for midwives, health visitors, paediatricians and other health workers involved with babies and young children with Down syndrome and their families.

The day will involve a detailed look at activities to raise awareness and understanding of Down syndrome, learning disability and inclusion. It will cover how to present information on what Down syndrome is and specifics associated with the condition - learning style and physical differences that may be present. There will also be a discussion on, and a chance to view resources and new parent packs.

The day will equip participants with a detailed Powerpoint presentation, notes to use and a schedule for delivery of the day. This will be downloaded onto a memory stick for you to take home.

Cost £20. Lunch will be provided. Places limited to 15.

If this day is a success we aim to plan another training day to cover assemblies.

## **DOWN SYNDROME NETWORK NORTH**

On Wednesday 2nd December, 10am to 2pm, our second gathering of people who play an important part in running support groups across the North of England will run at our centre. All groups across the North of England will shortly be contacted with a invite and agenda that will include:

- an overview of what Wendy Uttley learned on her trip to the 12th World Down Syndrome Congress in India where she delivered a talk on developing early number skills in children with Down syndrome.
- details of the topics discussed at the recent Down Syndrome Education International (DSEI) Research Forum, where the same talk on number skills was presented.
- an opportunity to review and comment on our draft pathways through health and education, written by Claire Fisher and Wendy Uttley. In fact we would really like your comments on these as we would ideally like to start distributing them in the New Year.
- discussions on: train the trainer, CPD accredited training, advisory teachers for Down syndrome and supported employment.

## **SPEECH AND LANGUAGE NETWORK NORTH** **- advance notice**

We have scheduled the next training and information day for speech and language therapists working with people who have Down syndrome for Friday 22nd January 2016. The topic will be tube fed babies; issues around feeding and oral motor development. Sheila Puri, Consultant Paediatrician in Community Child Health, Leeds and Mary Hampton, Talktools Trainer will present. A booking form will be available soon.

## TRAINING EVENTS ELSEWHERE

### **BRITISH INSTITUTE FOR LEARNING DISABILITIES**

#### **BILD's International Journal of Positive Behavioural**

**Support Autumn Conference** will take place on 26 Nov, Birmingham.

Leading researchers and practitioners in the field of positive behavioural support (PBS) will talk about why challenging behaviour occurs, how to embed PBS within a social care organisation, and about new and innovative approaches and tools that can be used in people's day to day support.

#### **Growing older with a learning disability**

BILD's International Ageing Well Research and Practice Conference is on 4 December, Birmingham.

People with learning disabilities are living longer. It is estimated that by 2030, there will be a 30% increase in the number of adults with learning disabilities aged over 50 using social care services. This conference will explore recent research and practice related to ageing and people with a learning disability and how these influence policy development and the provision of good support. Delegates will gain a better understanding of the experiences and needs of people as they age, from the perspectives of older people with a learning disability, family members, support workers, health and social care professionals and researchers.

To book or for more info contact: [learning@bild.org.uk](mailto:learning@bild.org.uk), 0121 415 6970. Visit <http://www.bild.org.uk/>.

### **KIDZ TO ADULTZ UP NORTH**

Thursday 19th November at EventCity, Barton Dock Road, Manchester, M17 8AS, 9.30am - 4.30pm. FREE entry, fully accessible venue and parking.

150+ exhibitors offering advice and information on funding, seating, beds, mobility, bathing, sensory, accessible vehicles, transition, communication, housing, education, employment, personal budgets, care, legal matters, wellbeing, sports, leisure and much, much more.

A full programme of FREE CPD and topical seminars will run alongside each event covering topics such as:- moving and handling, continence, sleep issues, behaviour, sensory, transition, housing, education, employment, The Care Act and much more.

Kidz up North have recently expanded their services and equipment to support young adults up to the age of 25.

Exhibitors now include housing, higher education, Employment, domiciliary care services, personal budget brokers, accessible vehicles, holiday and travel options and so much more.

For Visitors FREE entry tickets Tel: 0161 607 8200

Email: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk) [www.kidzupnorth.co.uk](http://www.kidzupnorth.co.uk)

### **Two events with the Parents' Forum for Bradford & Airedale**

#### ***Open Forum Meeting/AGM on Thursday 5<sup>th</sup> November,***

10.00am to 2 pm, with light lunch, at the Mercure Hotel (Bankfield), Bingley, BD16 1TU. The meeting will include:

- Feedback from the Personal Budget consultation.
- Update on the transport service.
- Talk to representatives from the Local Offer.
- Information from IPSEA.

The meeting will also incorporate their Annual General Meeting.

#### ***Chill, Chat and Chew on Friday 6<sup>th</sup> November, 10am to 2pm***

- Meet other parents and carers and share experiences.
- Relax with a coffee, and a light lunch.
- Enjoy trying out porcelain painting - and take your work of art home!
- Have a pampering session with a hand or head massage.

Email [supportnews@pfba.org.uk](mailto:supportnews@pfba.org.uk) with any questions or phone 07506 789 051. Visit [www.pfba.org.uk](http://www.pfba.org.uk)

### **STRAIGHT UP DISABILITY EQUALITY WORKSHOP**

Young disabled people from the Barnardo's Peer Education Group are offering professionals the opportunity to come and learn how to improve their service for disabled children and young people. The course will include discussions on the medical and social model of disability and experiences of young disabled people talking about what they can do and how to make services better for them.

Friday 13th November 10am- 12.30pm, at St Peters House, Bradford, BD1 4TY.

Contact Samina on [Samina.tariq@barnrdos.org.uk](mailto:Samina.tariq@barnrdos.org.uk), 01274 481183.

### **Progress for children with Down syndrome: health and education conference**

This event has been organised by the Intellectual Disability Forum, Down Syndrome Medical Interest Group and will take place on Friday 20 November at the Royal Society of Medicine, 1 Wimpole Street, London, W1G 0AE. This meeting aims to:

- Share up to date information and research evidence about health and education in Down Syndrome.
  - Promote understanding and communication between professionals and parents of children with Down Syndrome
- Topics include:
- Speech, language and cognition - update on implications for education and effective interventions.
  - Attention in children with Down Syndrome, effects on academic outcomes and possible interventions.
  - Ways to support verbal short term memory.
  - Obstructive sleep apnoea in children with Down Syndrome.
  - Early hearing loss and language abilities in children with Down Syndrome.
  - Down Syndrome and Autism Spectrum Condition.

For full details of this event visit

<https://www.rsm.ac.uk/events/events-listing.aspx>

Wendy Uttley will be attending the meeting and will report back details at our next Down syndrome and Autistic Spectrum Condition meeting and our Network North event in December.

### **YOUR MEMBERSHIP RENEWAL**

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



### **ACTIVITIES WITH LS29**

Sat 14th Nov, 4pm at pool to start 4.15pm INFLATABLE SWIM PARTY at KEIGHLEY LEISURE CENTRE. Free.

Thurs 19th Nov, 4pm CLIP AND CLIMB PARTY at Ilkley's new climbing wall centre. £7 per child includes food and drinks.

Thurs 3rd Dec, 7.45pm SOLID GOLD 70s SHOW. A night out for parents, carers and friends. £21 a ticket.

Sun 6th Dec, 1.30pm SANTA STEAM TRAIN @ BOLTON ABBEY, leaving from Bolton Abbey Station. £5 per child/adult, under 2s free.

Wed 30th Dec, 2.30pm ALADDIN PANTOMIME Carriageworks, Millenium Square, Leeds. £5 per seat. Extra relatives/friends will be full price.

TO BOOK ANY ACTIVITIES PLEASE EMAIL

[ls29groups@yahoo.co.uk](mailto:ls29groups@yahoo.co.uk)

### **DARK HORSE THEATRE**

Places are still available on their new course called Studio A at The Lawrence Batley Theatre, Huddersfield, Thursdays, 10am - 3pm during term time.

The course, for people aged 18+ with a learning disability, aims to develop theatre skills, including voice, movement and acting techniques. No experience necessary.

For further information about Studio A please contact Alison at [hello@darkhorsetheatre.co.uk](mailto:hello@darkhorsetheatre.co.uk) / 01484 484441

[www.darkhorsetheatre.co.uk](http://www.darkhorsetheatre.co.uk),

### **MIND THE GAP AND YAFTA**

The Yorkshire Academy of Film and Television Acting are working in collaboration with Mind The Gap to deliver an 11 week acting for film and TV course for people with a learning disability aged 16+. The course will run at Mind The Gap Studios every Friday 10am to 3pm starting 6th Nov.

Cost £40 per day. To book contact [info@yافتa.co.uk](mailto:info@yافتa.co.uk), 07512921934.

### **DOWN'S HEART GROUP NEWSLETTER**

Their latest newsletter, Issue 56, can be accessed by following the link

<http://www.dhg.org.uk/getfile.aspx?196&e=.pdf>

or by going to the website [www.dhg.org.uk](http://www.dhg.org.uk) and searching on the newsletter tab.

Have you visited us on Facebook yet?

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



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.

### **NOVEMBER REMINDERS**

10th Nov, 10am to 2pm, Train the trainers day at the centre.

11th Nov, 9.30 to 2.30pm, Training course - The inclusion of children with Down syndrome - expectations of behaviour at the centre.

14th Nov, 10am to 12pm, family Saturday session at Haworth Road Methodist Church and Christmassy crafts.

14th Nov various times, speech and language groups with Gina.

??th Nov, various times, speech and language groups with Mary.

17th Nov, speech and language group sessions with Lauren Drake

18th & 25th Nov 9.30am to 12.30pm, training at the centre, Reading, language intervention programme.

21st Nov various times, speech and language groups with Ben.

22nd Nov, 11 to 12pm, swim, splash and play at Bingley Pool. FREE.

27th Nov, 9.30am to 12.00pm and 6 to 8pm Christmas open day at the centre.

2nd Dec, 10am to 2pm Down Syndrome Network North meeting at the centre.

Wish Club EVERY Friday 6 to 10pm

Street Dance EVERY Monday 6 to 7pm at Nabwood Sports Centre

Dance for 5 to 11 year olds every Saturday 2.15 to 3.15 at Bingley Fitness Studio with Claire.

### **Bradford & District Learning Disability Partnership**

#### **Tell us your Story!**

*Tuesday 8th December, 11.00am - 3.00pm at Cornerstone, Cottingley*

If you have a Learning Disability, are a Carer or Service Provider, this event is an opportunity for you to tell people your story about what you have achieved. The achievement could be something personal or something you and your organisation have done to help people with learning disabilities, for example, in sport, art, music, drama, transition to adulthood, work, travel, getting fit, helping others. Contact: Suzanne Longley, [neetoffice@gmail.com](mailto:neetoffice@gmail.com), 07922580664.

### **BEAT IT NIGHT CLUBS**

Beat It Nights are inclusive night club events held at The Merchant in Leeds, The Salvation in Halifax and Fosters in Bradford once a month for adults with a disability. Each venue is fully accessible with local parking. All venues are in the heart of the community and minutes away from local bus and train stations.

For more information visit [www.beat-it-nightclub.co.uk](http://www.beat-it-nightclub.co.uk), tel 01422 363817 or email [info@beat-it-nightclub.co.uk](mailto:info@beat-it-nightclub.co.uk)

**CONTACT Wendy Uttley or Wendy Rhodes**, The Pamela Sunter Centre, Down Syndrome Training & Support Service Ltd, 2 Whitley Street, Bingley, Bradford, BD16 4JH Tel/Fax 01274 561308

Mobile 07816 465 845/07512346717 Email:[office@downsyndromebradford.co.uk](mailto:office@downsyndromebradford.co.uk)

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