



# Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994

Company registered in England and Wales

# September 2015

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## Our next Saturday meeting is on 12th September, 10am to 12pm at

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

During the morning we will be discussing early education. Jannice McKinnley, from the Portage Team, will be joining us to outline the service and we will be there to offer information on the various educational options available during the first few years of life.

We will also be entertaining families with our usual fun activities including magic bag, fantastic elastic, parachute, sand and play dough.

### **DATE FOR YOUR DIARY**

Our October 10th Saturday meeting will also include our Annual General Meeting and a performance from our street dancers.

### **WOULD YOU LIKE TO BE A DIRECTOR?**

Next year is our last year of funding from the Big Lottery Fund and we are beginning to plan for the future. If you have the skills to help with the governance of our charity and would like to be involved as a Director please get in touch. Thank you, the Board.

## WE HAD A WONDERFUL SUMMER

We had a lovely sunny day for our summer party on 8th August. The children (and adults) loved the bouncy castle, the P.A.T dogs and the video police van which was thoroughly explored by all. Lee Clayton (Jay Burkes brother) and the "Supermofos" came along on their motorbikes and presented us with a cheque for £300. Supermofo is a group of young bikers aiming to raise awareness that not all young bikers are out to cause trouble. They feel that a good way to help do this is to raise money for charities close to their hearts. Their first donation was our charity! A big thank you to the bikers for their brilliant efforts.

On Thursday 13th August two coaches took 50 children and 48 adults to sunny Bridlington. The weather was warm and fine and many of us enjoyed picnicking and playing on the beach before heading off to have fun in the amusement arcades and on the funfair rides. A big thank you to our volunteers and funders: Rank Foundation, Zoe Holliday and Bradford Summer Holiday Play and Activity Scheme for helping to make our day out such a success.

Feedback includes: *Quality family time out without any distractions, stress free and no worries about cost, good to share time with others in same situation, we had a lovely*

*family day out and I've made new friends.*



Such super concentration, and posing! in the police van.



The Supermofos



## DANCING CLASSES

### STREET DANCE

Our weekly street dance session restarts on Monday 14th September at Nabwood Sports Centre 6pm to 7pm with



Karen. The sessions are for young people with Down syndrome aged 11 upwards. All welcome to come along and learn some new moves, 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.

### NEW WEEKLY DANCING SESSIONS FOR CHILDREN WITH DOWN SYNDROME AGED 5 TO 11

On Saturday 19th September, 2 to 3pm (time still to confirm) our new weekly dance classes will start for children with Down syndrome aged 5 to 11 at Stage 84 with Claire. The classes are as much about providing a friendship group as dancing. There is no need to book but we hope that there will be enough interest to make the sessions viable. The first two sessions will be free then a donation of £3 per session will be requested, payable to our charity. Parents will be expected to stay but in a separate room; we hope that they will welcome the opportunity to share experiences and concerns and socialise one afternoon a week.

PLEASE CONTACT THE OFFICE IF YOU INTEND COMING TO THE FIRST SESSION - WE ARE STILL UNSURE OF EXACT TIME. THANK YOU

### ALADDINS CAVE OPEN EVERY TUESDAY 10AM TO 2PM.

All welcome to pop in for great bargains on used toys, books, DVDs and new hand knitted baby clothes. Located in the basement at the Centre.



### DONATIONS DURING JULY AND AUGUST

A big thank you to:

Tony Walton £10

Hajra Hakeem, £10

Louise Rushworth, £50

Maureen (friend of Shona Preston) £50

St Matthews C of E primary school, £300

Julie Brown, tuck shop sale at Lloyds Banking Group, £350

The supermofos, £300,

Xerox Ltd, £500

Sovreign Health £3894 towards Down syndrome learning support packs.

Persimmons homes, £1000.

## SPEECH & LANGUAGE SEPTEMBER SESSIONS



**BEN'S GROUPS:** Saturday 19th September

**GEORGINA'S GROUPS:** Saturday 19th September

**MARY'S GROUPS:** Tuesday 15th September

### **NOT INVOLVED IN OUR GROUPS YET? NOW'S THE TIME TO ASK FOR A PLACE**

If you are not currently involved in our speech and language groups and would like a place from September please get in touch asap, thank you.

**PLEASE NOTE:** If your child has a place in our fortnightly Early Development Groups they will NOT also be offered a place in our Speech & Language Groups. In addition Sunshine & Smiles, Leeds provide monthly speech & language group sessions and we aim not to duplicate provision. Therefore if your child has a place in the Leeds group sessions they will NOT have a place in our group sessions. This will enable us to provide speech & language input to a wider group of children. Thank you.

### **TALK TOOLS THERAPY WITH MARY HAMPTON**

If anyone would like an assessment for Talk Tools therapy please contact the Office and we will arrange an appointment with Mary Hampton at the Centre. There will be a charge for this service.

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

### TRIP TO THE CIRCUS

On Friday 11th September the WisH Club is going on a trip to the circus at Peel Park. A minibus has been arranged to take members to the event and will leave the Pamela Sunter Centre at 6.15pm. Members are also welcome to meet us there. The performance starts at 7pm. Please note that the centre will be closed on this Friday as our staff and volunteers will also be at the circus. Pick up as normal or earlier (time to be confirmed) from the centre.

Our WisH Club will run as normal all other Fridays in September: 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 and 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)



Have you visited us on Facebook yet?

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



## EARLY DEVELOPMENT GROUPS SEPTEMBER DATES

**RED GROUP** with Izzi Hogan on Tuesdays 15th and 29th September, 10am to 12pm. For children aged 2 years.

**BROWN GROUP** with Margaret Southern. This group will run Thursdays 17th September and 1st October, 10am to 12pm. Also for children aged 2+.

**BLUE GROUP**, with Wendy Uttley. This group, for children aged 3+, will run Mondays 14th and 28th September 10am to 12pm.

**PURPLE GROUP** This group will run on Thursdays 24th September and 8th October, 10am to 12pm, with Izzi Hogan; also for children aged 3+.

**GREEN EARLY EDUCATION GROUP**, with Izzi Hogan. This group will run Thursdays 17th September and 1st October, 9.30 to 11.30am for children aged 4+. This group will now be an early education group (EEG) rather than early development group as children in this group are beginning to start school. Support staff are very welcome to attend these sessions.

**PINK EARLY EDUCATION GROUP** The pink group has now reformed into a fortnightly early education group (EEG2) Alternate sessions will be delivered by Wendy Uttley and Izzi Hogan. Sessions will run on Mondays 21st September (with Izzi) and 5th October (with Wendy)

### EARLY EDUCATION GROUPS PLUS

We also have two early education groups plus which will run once per month. One will be delivered by Izzi Hogan and the other by Wendy Uttley.

They have been renamed EEG2 (reformed orange group) and EEG3 (formerly white group). Izzi's will run on the 14th September and Wendy's group will run on Tuesday 22nd September. If you are unsure which group you are in please get in touch.

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

### CAMERA

We have finally managed to sort out a camera that will stream the group sessions onto the large screen in the training room enabling parents to observe when support staff are in sessions.



### NEW BABY GROUPS

Our new baby group will be called the yellow group and will run fortnightly starting Tuesday 22nd September, then 6th October, 10am to 12pm with Izzi Hogan. We welcome Willow, Alexander, Sophie, Carson and Isla, who are all aged around one year, and their parents to these sessions.

Due to demand we are also planning to start a second baby group very soon. Details yet to be confirmed.

Any new babies are welcome to attend the second half of the yellow group session from 11am for chat, singing and signing.

### FREE SWIM, SPLASH AND PLAY

**FAMILY SWIM SUNDAY 20th**  
**SEPTEMBER 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 also funded our summer swim sessions and will continue to fund these sessions for another year.

### MINDFULNESS AND EXERCISE

*would you be interested in learning more about mindfulness and how to de-stress and relax?*

We are considering running a mindfulness course at the centre along with the opportunity to do gentle exercise to target aches and pains; in particular parents who are struggling with back ache. Please contact the office if you are interested.

### IMPROVING READING SKILLS FOR OLDER CHILDREN/ADULTS WITH DOWN SYNDROME WHO ARE STRUGGLING READERS

On Friday 9th October 6.30 to 8.30pm (during the WisH Club) we will be holding an informal training session for parents of older children/adults wishing to learn how to improve reading skills for older struggling readers. The session will cover how to grade a book or article and how to take a running record as a young person reads. Please bring along an article, magazine or book your child would like to read. If you are interested please contact the office. The session is FREE.



**LOTTERY FUNDED**



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

### **TRAINING DURING SEPTEMBER**

Our first training session, on Wednesday 30th Sept, 9am to 1pm, will give participants a good overview of what Down syndrome is, discuss society's view of Down syndrome, detail the specific learning profile - strengths and weaknesses and health issues and briefly look at strategies to help develop all areas of learning and manage behaviour. Following this course many areas can be studied in depth through further training Courses: number skills, language development, signing, behaviour, sexuality relationships education and reading.

### **Including children with Down syndrome - An introduction**

*Wednesday 30th Sept 2015, 9.00 to 1.00pm*

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

Second professional from same establishment £20.

Refreshments provided.

### **Signing for children with Down syndrome**

*Session 1—Wednesday 7th October, 9.30 to 11.30am*

*Session 2—Wednesday 14th October, 9.30 to 11.30am*

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

Session 2 covers signs for the home, 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 practice of useful phrases and familiar children's songs. A book "Signing and Down syndrome", covering the signs in this course is available for £7

COST: £80 per professional/£20 per family member for both sessions inclusive.

Second professional from same establishment £20.

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](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 now take place on Tuesday 10th November (many apologies for the change of date!) 10am to 2pm. Bookings now being taken, please contact the Office.

The day is aimed at training trainers to deliver an awareness and information day for midwives, paediatricians, health visitors 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. The day will equip participants with a detailed Powerpoint presentation, notes to use and a schedule for delivery of the day. This will be in disc format. Please bring a memory stick if this is more convenient.

Lunch will be included. Places limited to 15.

Cost: £20

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

## **SECOND DOWN SYNDROME + AUTISTIC SPECTRUM CONDITION EVENING**

On TUESDAY 15TH SEPTEMBER, 6.30 TO 8.30 we will be holding our second information evening for families caring for children aged between 2 and 19 with, or under assessment for, a dual diagnosis of Down syndrome and Autistic Spectrum Condition.

The first part of the evening will offer parents the opportunity to share ideas, concerns and experiences; a time to tell us about your child's needs and build friendships in the group. Shelley Russell, from Cygnet, will also be present to share her knowledge and expertise of the condition.

Then Mary Hampton will lead a discussion on ideas to help develop communication skills - PECs and other augmentative and alternative communication (AAC) systems that are available.

### **ESTABLISHING THIS GROUP**

We hope that this second session will establish this group and would like a parent to come forward as a facilitator. Please can you let us know if you would like to attend the session and also if you would be willing to help organise and run future sessions. 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](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.



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.

## REPORT ON OUR SPEECH AND LANGUAGE NETWORK NORTH

*A specialist network group for therapists working with children and young adults who have Down syndrome in the North of England.*

Our second FREE information and training day took place on Monday 13th July at our Centre. 27 therapists attended the day which was presented by Professor Sue Buckley and Dr Wendy Uttley. Sue spoke with passion about her research, the pros and cons of signing, the See & Learn series of resources developed by herself and DownsEd and the Reading Language Intervention programme.

Following lunch Wendy spoke about understanding and managing unwanted behaviours in some children with Down syndrome and then detailed a little of our early development group programme and the activities we use in the sessions. Feedback was excellent and our next training day will take place early January when we plan to cover feeding issues, including gastro tubes, in children with Down syndrome.

## BILD EVENTS (BRITISH INSTITUTE FOR LEARNING DISABILITIES)

*BILD, Birmingham Research Park, 97 Vincent Drive, Edgbaston, Birmingham, B15 2SQ TEL:0121 415 6960  
EMAIL [enquiries@bild.org.uk](mailto:enquiries@bild.org.uk)  
WEB: [www.bild.org.uk](http://www.bild.org.uk)*

**LGBT - Improving practice for people with learning disabilities, 5th October.** For front line staff, families and anyone interested in the lesbian, gay or bisexual and gender dysphoria community of people with learning disabilities.

### **Annual Conference, 9 October.**

BILD's Annual Conference aims to address the big issues in the field of learning disabilities and hear about new ideas and good practice. Key speakers will address some of the most important issues for people with learning disabilities and their families and for those providing support - what are the right kind of support services for the future, what do we need to do now to develop them, and how do we build an inclusive society for people with learning disabilities? Visit their website for full information and book your place.

### **Learning and development day, 30th October; Using happiness as an intervention in Behaviour Support Plans**

The event will look at the work of positive psychologists like Martin Seligman and how we might use some of these ideas in a Positive Behaviour Support framework. It is for people who have responsibility for developing behaviour support plans and would be interested in thinking about interventions that promote good feelings.

For more information or to book, call 0121 415 6970 or email [learning@bild.org.uk](mailto:learning@bild.org.uk)

## WENDY'S TRIP TO INDIA TO THE 12TH WORLD DOWN SYNDROME CONGRESS

<http://www.wdsc2015.com/>

On 17th August I flew to Chennai, India for the 12th World Down Syndrome Congress. Over 500 delegates from 41 different countries were in attendance and 98 people with Down syndrome. Over the 4 days there were over 100 different presentations on health, education, inclusion, law and rights including several by young adults with Down syndrome who were amazing self-advocates. Cherie from South Africa and Emmanuel and his violin from the USA are two of the many that moved me to tears. The opening ceremony saw people with Down syndrome from each country proudly carry in their flag followed by Indian dancing - some of whom were dancers with Down syndrome such wonderful inclusion, how easy it is to get it right! The venue was a massive marble hotel—more like a palace and on the last evening we had a 3 course meal, entertainment and dancing. I think we could have danced all night. The energy in the room was electric—so many young people with Down syndrome from so many countries enjoying fulfilling and happy lives.

I have returned home with a renewed dedication to our cause to make the world a better place for our children and I am looking forward to improving and developing our services to not only better meet the needs of our families but also ensure we continue to fly our own flag and raise the awareness needed to make the changes we know are possible, possible.

The next congress will be in Scotland in 2018 - start saving - it would be great to have a massive trip up to Glasgow for the week.

**LONDON** On 22 and 23rd September Wendy will also be going to London to take part in Down Syndrome Education International Research Forum and present details of the achievements our children are making in number skills using the methods employed in our early development groups.

## MEETINGS ON NEW TRAVEL ASSISTANCE POLICY IN BRADFORD

Bradford Council has agreed a new policy for travel assistance from home to school which will come in to effect September 2015. They want to listen to your views on how they can improve and deliver the service in a more effective way whilst ensuring that savings are made. Meetings will take place for parents, carers and anyone else who has an interest in travel assistance,

Mon 7<sup>th</sup> Sept, Keighley Town Hall, 13.00pm - 16.00pm

Tues 8<sup>th</sup> Sept, Banqueting Suite at City Hall, 9.30 - 13.30pm

For further details contact Elaine Ayris, Business Transformation Officer. Tel: 01274 431330 •

Mob: 07582 109936, [E.elaine.ayris@bradford.gov.uk](mailto:E.elaine.ayris@bradford.gov.uk)

### See and Learn Numbers

The new See & Learn Numbers is Now available in app and kit form. Free webinars available. Visit:

<http://www.dseinternational.org/en/events/see-and-learn-numbers/>

### BREAKING BARRIERS - REVISED NUMICON RESOURCE

Numicon have recently revised their publication "Closing the Gap" specifically designed for teaching children with special educational needs and disabilities, and those working well below age-related expectation. <https://global.oup.com/education/product/9780198354116/?region=uk>

### SUNSHINE AND SMILES

Fortnightly on a Monday - Sunbeams group for birth to 3 year olds and parents or carers, 1 to 2.45pm.

13th September Shabang! will be providing entertainment.

For full details visit: <http://www.sunshineandsmiles.org.uk/>

### FACEBOOK AND PEOPLE WITH LEARNING DISABILITIES

A recent study has found the Endeavour Connect software, developed by AbleLink Technologies, makes significant improvements to the user interface on Facebook making it easier to use for people with learning disabilities. [Click here](#) for more details or scroll down to the 10th August on <http://www.nationalelfservice.net/learning-disabilities/>

### AMAZING DANCE IMAGES

Actress Sarah Gordy, who featured in the BBC's 'Call the Midwife' drama last year, has released some powerful images of her and others during her dance training. The pictures are amazing! <https://www.flickr.com/photos/111680398@N08/page1/>

### DARK HORSE THEATRE

Dark Horse are offering a brand new theatre skills course for adults aged 18+ with a learning disability covering voice, movement and acting. No experience required. It will run every Thursday 10am to 3pm term time at the Lawrence Batley Theatre, Huddersfield. For more info contact 01484 484441/Email [hello@darkhorsetheatre.co.uk](mailto:hello@darkhorsetheatre.co.uk)

### YOUR MEMBERSHIP RENEWAL

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

### SEPTEMBER REMINDERS

11th Sept, 4.45 and 7pm Circus in Peel Park.

12th Sept, 10am to 12pm, family Saturday session at Haworth Road Methodist Church. Early education.

14th Sept, 6 to 7pm street dance re starts.

15th Sept, various times, speech and language groups with Mary.

15th Sept, 6.30 to 8.30, DS and ASC evening at the centre.

19th Sept various times, speech and language groups with Ben.

19th Sept various times, speech and language groups with Gina.

20th Sept, 11 to 12pm, swim, splash and play at Bingley Pool. FREE.

30th Sept, 9am to 1pm, training at the centre - Introduction to Down syndrome.

WisH Club EVERY Friday 6 to 10pm

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

### DOWN'S HEART GROUP

Issue 55 of the DHG newsletter is now available online. Just follow the link <http://www.dhg.org.uk/getfile.aspx?187&e=.pdf> or visit the website [www.dhg.org.uk](http://www.dhg.org.uk) and search on the newsletter tab.

Some useful information:

"Looking Up" a book produced by Cornwall Down's Syndrome Support Group. The book features stories and pictures following the early years of 28 children with Down syndrome. Visit: <http://www.edgeoftime.co.uk/index.php?c=lkup>

**A guide to transition to adulthood.** This guide provides a framework for parents, all services and agencies to work together to support young people during their whole transition. Free copies are available from Together For Short Lives or can be downloaded from: [www.togetherforshortlives.org.uk/steppingup](http://www.togetherforshortlives.org.uk/steppingup)

"Tooth Decay" an easy read booklet produced by the Foundation for People with Learning Disabilities. It can be downloaded at: [tinyurl.com/easytooth](http://tinyurl.com/easytooth)

**Grown up shoes for tiny feet.** Visit: [www.pretty-small-shoes.com](http://www.pretty-small-shoes.com) or [www.shoetastic.co.uk](http://www.shoetastic.co.uk) or [www.petite.shoes](http://www.petite.shoes)

**The Family Carer Support Service (FCSS)** has a Freephone service for family carers of people with learning disabilities; 8.30am and 4.30pm on weekdays. Helping family carers know their rights, understand the law, navigate health and social care systems and challenge decisions. Visit: [www.hft.org.uk/familycarersupport](http://www.hft.org.uk/familycarersupport) 0808 801 0448

We will be reviewing the above for inclusion in our library.

**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  
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