

Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994

Company registered in England and Wales 6915555

April 2016

اطلاعات عامه

Our next Saturday meeting is on 9th

April, 10am to 12pm at Haworth Road
Methodist Church Hall, BD9 6LH

During the morning there will be flower arranging for parents in the small room. Fun learning activities will be provided for all children including play dough, sand pit, soft play and singing and signing with the magic bag, parachute and fantastic elastic.

FAMILIES WITH CHILDREN AGED BIRTH TO 11 ARE WELCOME TO COME ALONG AND JOIN IN THE FUN
Transport available if required, please contact the office.

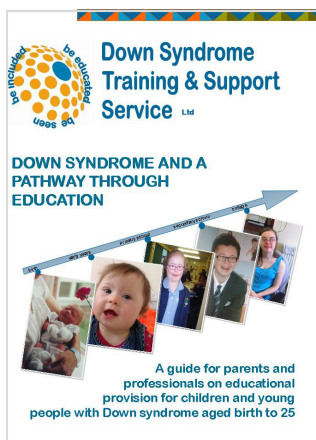
LAUNCH OF OUR NEW PUBLICATION FOR

WORLD DOWN SYNDROME DAY:

DOWN SYNDROME AND A PATHWAY THROUGH EDUCATION: A guide for parents and professionals on educational provision for children and young people with Down syndrome aged birth to 25.

To date over 400 copies have been posted out to parents and other support groups. Feedback is excellent. Thank you.

The 16 page booklet, written in parent friendly language covers different educational options, questions to ask when visiting schools/colleges, details to consider when contributing to your child's Education Health Care Plan and where to seek support from birth right through to age 25. Single copies are available for FREE or in bulk for a donation of £50 per 100. Please spread the word.

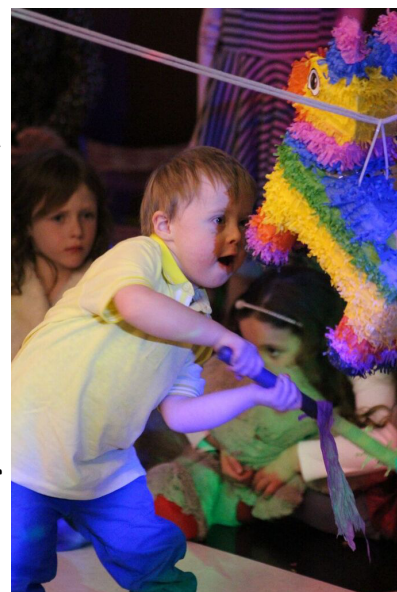


World Down Syndrome Day Celebrations

On Saturday 19th March 58 Families totalling 215 people joined us at Cedar Court Hotel for a massive party. The evening was very busy, kicking off with the biggest pass the parcel circle ever, followed by dancing with dance21 and a hot buffet. All nominees in our Shining Stars awards were presented with a certificate and Nathan, Emerson, Lucy and Amelia received engraved golden stars. Full details on the nominees and awards can be found on our website. There were some wonderful nominations and everyone enjoyed applauding as they were read out; a very proud and emotional time.

During the evening a number of family photos were taken. If you would like a copy of these please let us know and they can either be printed off or emailed to you.

A big thank you to all of our volunteers for helping to make the event so successful.



FLASH MOB! LONDON

On Friday 4th March, after two weeks of practicing the dance routine, fourteen young people and their parents/carers set off to London on an adventure! They stayed overnight in a Premier Inn and then joined the rest of the mob at Whitely Shopping Centre, London for a morning of rehearsals and filming.

Dragonfly Film and TV Productions Ltd (along with the BBC) had planned the event with inclusive dance and theatre groups to focus

on, and celebrate diversity and highlight the importance and beauty of inclusion. The dance was filmed as a closing sequence to their documentary on Down syndrome and non intrusive prenatal testing (NIPT) featuring Sally Phillips, whose son happens to have Down syndrome. We still do not know the broadcast date, but will keep you posted.



DONATIONS DURING MARCH

Thank you for your donations:

World Down Syndrome Day tombola raised £256

World Down Syndrome Day raffle raised £361.

A big thank you to: The Deep, Flamingo Land, Outside the Box, Cedar Court Hotel, Clip 'n' Climb, Canon Hall Farm, Go Bowling, Wetherby Whaler, Bouquets of Bingley, Flower Couture, Betty's, Disney Store, The Entertainer Bradford, Silsden ARLFC and Nick Pyran and colleagues at the Royal Mail, Keighley for donating raffle and tombola prizes for our World Down Syndrome Day celebrations. Skipton Financial Services £728

Alchemy Foundation, £500

Carrwood Primary School, £355.27

B Kenningham, from Xmas tree decorated at St James Church, Thornton, £101.48

Callcredit Info Group, Christmas card campaign, £500

Sacred Heart RC School, £185 from World Down syndrome day event
Hill Top Primary School, £81 from World Down syndrome day event.
Creative owl??

EARLY DEVELOPMENT GROUPS DATES

EVALUATIONS Please can parents and support staff involved in these sessions provide comments to help us improve our delivery and also feedback to our funders, the Big Lottery Fund and BBC Children in Need. Thank you.



YELLOW GROUP This is our baby group for children aged up to 2 years, 10am to 12pm with Izzi Ashman on Tuesday 19th April and 3rd May. New babies are welcome to attend from 11am for chat, singing and signing.

RED GROUP with Izzi Ashman on Tuesday 12th and 26th April, 10.30am to 12.30pm. For children aged up to 3 years.

BROWN GROUP with Margaret Southern. This group will run Thursday 14th & 28th April, 10am to 12pm.

BLUE GROUP, with Wendy Uttley. This group, for children aged up to 4, will run Mondays 11th & 25th April, 10am to 12pm.

PURPLE GROUP This group will run on Thursday 21st April and 5th May, 10am to 12pm, with Izzi Ashman; for children aged up to 4 years.

GREEN EARLY EDUCATION GROUP, with Izzi Ashman. This group will run Thursday 14th & 28th April, 9.30 to 11.30am for children aged up to 5. Support staff are very welcome to attend these sessions.

EARLY EDUCATION GROUP 2 (EEG2) This group runs fortnightly for children aged up to 6 with Wendy Uttley on Monday 18th April and Tuesday 3rd May, 10am to 12pm. Support staff are very welcome.

EARLY EDUCATION GROUPS PLUS (monthly EEG1, EEG3 and EEG4)

EEG1, delivered by Izzi Ashman is on Monday 25th April, 10am to 12pm.

EEG3, delivered by Wendy Uttley is on Tuesday 19th April, 10am to 12pm.

EEG4, with Izzi will run Monday 18th April, 10am to 12pm. Support staff are encouraged to attend these sessions rather than parents in a bid to share best practise with schools.

WEEKLY DANCE CLASS AGE 5 TO 11

Our 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.. Classes recommence Saturday 9th April.



FREE SWIM, SPLASH AND PLAY

FAMILY SWIM SUNDAY 10th APRIL 11AM TO 12NOON, FREE AT BINGLEY POOL.

For our sole use.
Funded by Brelms Trust



dance21 •

Following the results of our questionnaire our weekly street dance sessions for young people with Down syndrome aged 11+ will continue to run at Nabwood Sports Centre on a Monday evening but at the new time of 6.30 to 7.30pm. The cost is £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.

We now have several bookings lined up for the dance troupe and we should like to encourage some new members to come forward. Thank you.

Wendy Rhodes will text our the start date after Easter.



WISH CLUB FOR YOUNG PEOPLE WITH DOWN SYNDROME AGED 11+

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. An additional session will take place over Easter on Wednesday 6th April, 1pm to 5pm.

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; prices, 40p for healthy and 60p for unhealthy snacks. 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.

Have you joined our closed Facebook yet?

Follow the link to join:

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

and view some pictures of dance 21. at our world Down syndrome celebrations.

MINDFULNESS RELAXATION COURSE AT OUR CENTRE

Due to poor attendance we have decided to cancel the Friday morning Mindfulness sessions. However the Friday evening 6 week course will commence Friday 22nd April, 6.30 to 8pm at our centre with Susan Shaw. Sessions aim to provide a precious time for relaxation and a break from everyday life; just for yourself!

The course is subsidised by monies raised by Skipton Financial Services, however we will be asking parents for a booking fee of £20 towards costs. Thank you.

The remaining dates are: 22nd, 29th April, 6th, 13th, 20th, 27th May. If you would like to book a please contact the office.



BRILLIANT WEEKEND TRIP TO INGLEBOROUGH

The first weekend in March saw several families, including myself, Sam and his dad Peter, taking part in an activity weekend at Ingleborough Hall. We stayed Friday and Saturday night. We were very well fed and enjoyed scrambling up gorges, caving, walking, tree climbing and abseiling. The leaders were very experienced and very well organised and we felt in very safe hands. The weekend was aimed at families caring for a child/young person with a learning disability. It is only the second time such a weekend has been delivered but I would highly recommend the trip and should like to encourage families to come forward to take part in the next one. *Wendy.*



SPEECH & LANGUAGE UPDATE

We have been busy interviewing replacement therapists for Mary and Ben and are pleased to announce we have appointed Ellie Coleman and Lauren Drake who will start this month. In order to achieve a good transition Ellie will be taking over Ben's groups and one of Mary's and Lauren will be taking over the remaining of Mary's groups. April will be spent getting to know the children/young people through one to one sessions. We have also appointed two trainee therapists: Grainne who will continue to help in Gina's sessions and Aqeela who will help out in Ellie's sessions.

GINA'S GROUPS: will run as usual on Saturday 16th April.

LAURENS CURRENT GROUP: Wednesday 13th April.

LAURENS ONE to ONES: Saturday 30th April

ELLIE'S ONE TO ONES: Saturdays 23rd and 30th April.

Wendy Rhodes will be in touch with everyone involved to confirm dates and times.

If you are not involved with our speech & language provision and would like a place please get in touch.

CHALLENGE and the National Citizens Service (NCS) INFORMATION EVENING AT OUR CENTRE

On Friday 15th April members of the Challenge Team will be joining us at the centre between 7 and 8pm (during the WisH Club) to provide information on a 3 week activity course aimed at building skills for work, life and transition to adulthood for 15 to 18 year olds, (up to 25 for our children) which runs during the summer holidays. The course involves spending a week at an activity centre, working with a team on a community challenge and much more. All parents welcome to come along and find out more.

DOWN SYNDROME + AUTISTIC SPECTRUM CONDITION SUPPORT GROUP

Our next meeting is on Tuesday 19th April, 7 to 9pm when the topic will be intensive interaction, with Peter Murray and Wendy Uttley.

At our meeting in March we discussed different methods of communication. Covering in detail the ways our children communicate with us and how we communicate with them. It was interesting to reflect on the many ways, other than speech, our children use to communicate their needs - one thing for certain, there is not one set route and methods for children with Down syndrome alone, or Autism alone, do not always fit. For example: signing is a good tool for some, especially if it is used without speech, writing requests is another aid and using printed words/images to support speech best for others. The main thing is we need to be aware of any attempt to communicate and build this into our own attempts. This will be picked up on at our April session and is part of what intensive interaction is all about.

BRAINWAVE

Brainwave is a charity that aims to help children living with disabilities and additional needs to achieve greater independence. The children they support have a range of diagnoses: autism, cerebral palsy, Down syndrome, developmental delay and rare genetic disorders.

Brainwave runs children's therapy centres and clinics across the UK. There are currently five locations and Brainwave aspires to add further locations in future. There are 500+ children on the Brainwave programme, and they have capacity for 750 at present. They have recently identified the East Midlands and Yorkshire as being underserved, and desire to increase awareness in the area.

The Brainwave programme is an enhancement to the standard medical provision. What is special about the programme is that the home-based therapy sessions are tailored to each individual child. In addition, the assessments are comprehensive and across a range of mainstream disciplines. The initial assessment, for example, takes two days. Reassessments take one full day. Each time a child is reassessed, the therapy programme is updated to build upon their achievements to date. The range of expertise Brainwave provides includes:

- Speech & Language Therapy
- Paediatric Physiotherapy
- Occupational Therapy
- Educational Therapy
- Sensory Integration
- Hydrotherapy

Brainwave is holding a free event for parents and children in Doncaster on Tuesday, 26th July 2016, 2-3pm at Doncaster School for the Deaf. The purpose of the event is to discuss the Brainwave programme, and for families to have an opportunity to consider joining.

Follow the link below to view a brief video about the charity

<https://www.youtube.com/watch?v=A6pRTjylTFk>

Or visit www.brainwave.org.uk/

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

FREE SIX WEEK BEHAVIOUR COURSE FOR PARENTS, CARERS AND SUPPORT STAFF OF CHILDREN WITH DOWN SYNDROME

PLACES LIMITED TO 7 FAMILIES

Fridays: 15th, 22nd, 29th April, 13th, 20th, 27th May, 10am to 12pm

The course will cover an overview of the learning profile of a child with Down syndrome looking at how difficult behaviours may develop. Parents will then be encouraged to focus on a specific behaviour they wish to modify and we will discuss methods and ideas to modify the behaviour. Support staff working with the child are welcome to come along and be involved in the session in a bid to provide a consistent approach.

Each week opportunities will be offered to discuss progress and learn from each other. Please note that this course is primarily for parents.

Creche available 10am – 12pm, £10, per child, per session.

- *My child has improved enormously, I have confidence in dealing with unwanted behaviours.*
- *I am happier and more relaxed. My relationship with my child has improved.*
- *I have been practising the strategies at home which are improving my child's behaviour.*
- *My knowledge has increased and I can help and understand my child more.*

Using visual resources to develop the literacy, language and communication skills of children with Down syndrome

Wednesday 20th April, 9.30 to 3.00pm

Children with Down syndrome are visual learners and research has demonstrated how the use of words in print can be used successfully to support speech and language development.

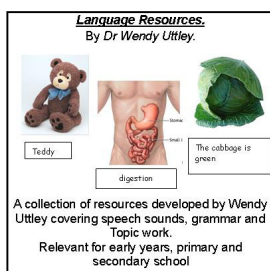
The day will cover:

- 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.
- A software demonstration of Clicker 6 and Clicker 7.
- Details of the Reading Language Intervention programme.

COST: Full day £95 per professional (£30 for a second member of staff from the same school)/£30 per family member.

Lunch included in price.

Resources available on a memory stick for £5.



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

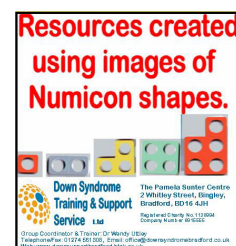
Wednesday 4th May 2016, 9.30 to 3.30pm

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, introducing place value and look at realistic targets for children with Down syndrome in this area.

COST: £95 per professional (£30 for a second member of staff from the same school)/£30 per family member.

Lunch provided. Memory stick of resources available £5



Reading language intervention programme (RLI)

11th and 18th May 2016 - 2 day course, 9.30 to 12.30pm both days. PLACES LIMITED TO 16. For more details please visit our [website](#).

DOWN SYNDROME NETWORK NORTH

Closed Facebook page:

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

NEXT TRAIN THE TRAINERS DAY - DELIVERING ASSEMBLIES AND TOILET TRAINING

Tuesday 26th April 9.30 to 2.30.

The morning will cover delivering assemblies for schools or community groups and the afternoon will detail how to deliver our 3 week toilet training workshop.

A training schedule, Powerpoint presentation and all handouts will be provided on a memory stick for you to take home.

This training is aimed at trainers/members of support groups who wish to deliver their own training. Experience of delivering training would be an advantage.

Lunch will be included. Cost: £20

TRAINING DAYS WITH WENDY UTTLEY IN OTHER AREAS OVER THE NEXT FEW MONTHS:

12th April, Introduction to Down syndrome, Leicester.

13th April Introduction to Down syndrome, Huddersfield.

6th May, Inclusion of children with Down syndrome, expectations of behaviour, York.

For details please contact our office.



LOTTERY FUNDED

MORE ON CLICKER 7

Visit <http://www.learninggrids.com/UK>

- Introduction video - a short video highlighting what's new in Clicker 7, including the children's voices, Voice Notes and Clicker Board.
- Free trial - this is a full version of the product that you can download and use on your machine for 28 days.
- Step by step training guides in PDFs - discover just how easy Clicker 7 is to use.

Free Easter resources - Easter egg hunt featuring reading book, sentence building, matching, speaking, grammar, prepositions; all the amazing things Clicker does.

If you would like training in Clicker 7 or Clicker 6 please let us know; if there is enough interest we will schedule a training session.

DisabledGo Information Day

DisabledGo, working in partnership with Bradford Council, now provides access guides to over 1,600 venues within the area. DisabledGo provide information on all sorts of venues such as shops, restaurants, leisure centres, hotels, parks, museums, resource centres and many more. The guide is available online at www.disabledgo.com and on <http://www.bradford.gov.uk/bmdc>.

LEARN MORE ABOUT THIS GUIDE AND HELP REVIEW IT.

On Tuesday 19th April, 1.30 to 3pm you are invited to an information session at the Touch IT Room, Morley Street Resource Centre, 124 Morley Street Bradford, BD7 1BB. At the session their website will be demonstrated along with guidance on how to use the guide within the Bradford District. They welcome any feedback and suggestions for new venues to be included in the guide. For more information please contact - Rachel Carter, 01438 842710, rachel.carter@disabledgo.com

The 2016 BILD International Positive Behaviour Support Research and Practice Conference - Revolution or Evolution?

The 2016 BILD (British Institute for Learning Disabilities) International Positive Behaviour Support Research and Practice Conference will take place 5th and 6th May in Liverpool.

This is billed as Europe's leading positive behaviour support event. For details of speakers and topics visit www.bild.org.uk

REVIEWING THE LOCAL OFFER IN BRADFORD

Do you want to be involved?

The focus group last met in June 2015 and now wish to discuss developments including the new things to do section and the new children and young people's section of the website and the new Local Offer guide booklet and gather feedback. The meeting is on Friday 29th April, 10.30am to 12.30pm at McMillan Tower Ground Floor (Old Central Library), room 104, City Centre, BRADFORD, BD1 1NN. Refreshments will be provided. If you are able to attend please could you let the Office know as we need to confirm numbers.

Volunteer Befriender Opportunities

West Yorkshire Sport and Bradford Disability Sport and Leisure and partners are to start a befriending service. This opportunity involves supporting a disabled person in Bradford who would like to take part in sport or physical activity. You do not need to be 'sporty' yourself but must be friendly, reliable, enthusiastic and patient.

Your role will be to help a disabled person take the first steps to becoming active by attending a sports club or physical activity session with them. Volunteers must be available for at least two months and able to volunteer 1 - 2 hours a week.

Full training and an induction will be provided, travel expenses will be paid and DBS check will be completed. You will be matched to someone with similar interests and will meet with them and the services coordinator in advance to decide if you are happy with the match. Ongoing training will be offered to those who volunteer beyond two months.

For further information please call Andrew Lane on 0330 2020 280 (option 2) or email andrew.lane@yorkshiresport.org

Portage Workshop for Early Years

The Portage Workshop is accredited by the National Portage Association (NPA) and is held over 2 days with a follow up half day. Full attendance is required for course members to receive certification. The training will be delivered on the 8th & 9th June, 9.30am - 4.30pm, with follow up day: 20th July 9.30am-12.30pm at BITMO's Gate, Aberfield Gate, Belle Isle, LEEDS LS10 3QH. The cost is £100 for professionals but there are also 5 free places reserved for Leeds parents/carers who have a child who is either in receipt of Portage home visits or on the Portage waiting list. Parents you will need to pay a £20 deposit to secure a place but this will be returned on completion of the course. Maximum places available: 24.

Closing date for booking: 20th May.

For an application form please contact Janice Brown by email janice.brown@barnardos.org.uk

For further information please contact a member of the Portage Team on 0113 2720832

"Growing up with Down syndrome"

instructional videos of activities for young children

Visit : <http://www.downs-syndrome.org.uk/2016/02/03/growing-up-with-downs-syndrome-activities-for-young-children/>

Twelve delightful films made by Movimento Down, Brazil, which show activities for babies and toddlers guided by physiotherapist Alexandra Wakahara. The short films describe activities and supports for children from birth to 3 months, 6 to 9 months, 9 to 12 months and for children older than 12 months.

Well worth a visit.

They recommend parents discuss any of the activities shown with their child's physiotherapist before undertaking them, so they know they are right for their child.

Updated SEND guidance for health professionals

The Department of Health has published an [update of its guidance](#) for local authorities and professionals on working with children and young people with Special Educational Needs and Disabilities. Search *SEND guide for health professionals*.

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.

FAMILY FUN DAYS THIS EASTER

Outdoor fun at Hirstwood, Saturday 2nd April, 10am to 11.30am. Meet at Hirstwood car park, Hirst Lane BD18 4DD at 9.45am. For children aged 0-5 yrs, older children may attend with younger siblings under 5, £1 up to 2 children and 50p for each additional child. Please confirm your attendance so they can ensure adequate resources and staffing for the session. Sessions include: mud play, story telling, using tools, den building, natural art & game playing. Outdoor clothing required. Please ring 07484 056 365 for further details

Owlet children's & Family Centre, Thursday 7th April, 10am to 12pm Barn croft, (off Owlet Road), Windhill, Shipley BD18 2JG. No need to book. £1 per child.

Strong Close Nursery School and Children's Centre, Airedale Road, Keighley, BD21 4LW. On Tuesday 5th April, 9.30 to 11.30am they will be making chicks, Easter bonnets and decorating eggs. Ring 01535 605272 for details.

HEALTHY ME - 5 DAY LEARNING HOLIDAY

An exciting opportunity for people with learning disabilities to experience a five day learning experience in Skipton. The focus will be on learning how to make healthy choices in life through fun and interactive sessions on shopping, cooking, exercise and caring for your body. All staff are trained and experienced and can support individuals. You can also bring your own support. Between April 2016 and March 2017 there will be five such holidays. The first is 16th to 20th May. Contact Hanna or Jane at Keighley Peoples First, 01535 607222, email peoplefirst@live.co.uk

Carersmart.org

www.carersmart.org offer benefits and discounts exclusively for carers and people with care needs. Joining is easy and free, once you're a member, you can benefit from a wide range of offers including:

- Cash back on shopping from numerous high street retailers.
- Best rates from energy providers.
- Reductions on insurance renewals.
- Discounts on holidays and travel arrangements.
- Reduced price lifestyle activities., for example discounted gym membership.
- Free legal advice services.

Have you visited us on Facebook yet?

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



YOUR MEMBERSHIP RENEWAL

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

APRIL REMINDERS

9th Apr, 10am to 12pm, family Saturday session at Haworth Road Methodist Church. Spring flower arranging.

10th Apr, 11 to 12pm, swim, splash and play at Bingley Pool. FREE.

13th Apr various times Lauren's speech & language groups.

15th Apr, 7 to 8pm, Challenge information evening at the centre.

15th Apr, 10am to 12pm, six week behaviour course starts at the centre.

16th Apr, various times, speech and language groups with Gina.

19th Apr, 7 to 9pm, Down syndrome and Autism evening at the centre. Intensive Interaction.

20th Apr. 9.30 to 3pm Training at the centre - using visual resources to develop the literacy, language and communication skills of children with Down syndrome

22nd Apr, 6.30 to 8pm, six week Mindfulness course starts at the centre. Booking needed.

23rd and 30th Apr various times, speech and language one to ones with Ellie Coleman.

26th Apr, 9.30 to 2.30pm train the trainers day at the centre. Assemblies and toilet training.

30th April, one to one speech & language sessions with Lauren.

WEEKLY WISH CLUB - FRIDAYS 6 TO 10PM

WEEKLY STREET DANCE - MONDAYS NABWOOD, 6.30 TO 7.30PM (NEW TIME)

WEEKLY DANCE 5 TO 11 YEARS - SATURDAYS, 2.15 TO 3.15 AT MARY'S STUDIO.

Everybody loves
the piñata!



MY DONATE WITH BT

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

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



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Web: www.downsupportbradford.btck.co.uk