



Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994

Company registered in England and Wales 6915555

March 2016

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Our next Saturday meeting is on

12th March, 10am to 12pm at

Haworth Road Methodist Church Hall, BD9 6LH

During the morning members of the Independent Support Team, based at Barnardos will be joining us. The team now have 11 staff who can support you and your child as they transfer from a Statement of Special Educational Needs to an Education Health Care Plan. This can be through home or school and can involve sessions with your child to acquire information on their aspirations. The team are independent of Bradford Education.

There will also be our usual fun learning activities including magic bag, parachute, fantastic elastic, table top and floor play with Izzi and our wonderful volunteers, without whom we would not be able to deliver the morning.

Wendy Uttley will be in Denmark delivering training on Numicon and sexuality relationships education over the weekend.

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.

WORLD DOWN SYNDROME

CELEBRATIONS

FAMILY EVENT AT CEDAR COURT

SATURDAY 19th MARCH 2016

We are fully booked for this event and busy preparing for a fun filled weekend with entertainment from our dance troupe dance21*, a disco room for older children/young adults, a quieter disco/party DJ for the younger families with pass the parcel, piñata and other party games, tombola, raffle, award ceremony for our shining stars, photographer, hot buffet, sleep over, use of hotel leisure facilities, including swimming pool and gym, and breakfast the following morning. Amazing!

For families who have booked confirmation letters are included with this newsletter.

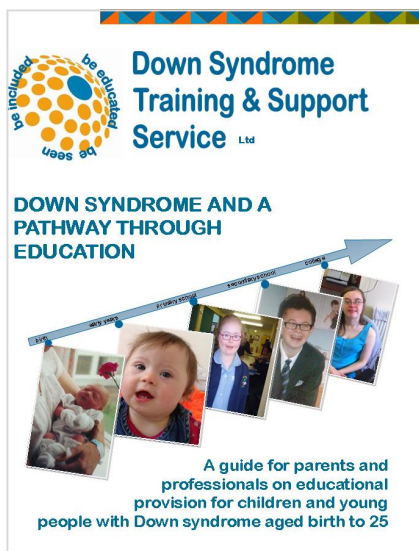
LAUNCH OF OUR NEW PUBLICATION FOR WORLD DOWN SYNDROME DAY:

***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.***

After months of writing and editing we are pleased to announce that this new publication is now in print.

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. All support groups in our Network North have been invited to order the booklets. They will be available for FREE or in bulk for a donation of £50 per 100. Please spread the word.



CAN YOU HELP RAISE AWARENESS?

We have put together a letter asking schools, organisations and businesses to have a go at doing something to mark World Down Syndrome Day and help raise awareness and funds. Part of the letter explains a little bit about what Down syndrome is and how we like to refer to the condition - so we like to say *children with Down syndrome* rather than *Down syndrome child* which we believe reinforces the attitude that our children are first and foremost children who happen to have the condition and need to be seen as children first.

We also have a CD of resources which includes a poster, sponsor form, ideas to raise cash, labels for collecting tins/ buckets and a PowerPoint should any school wish to deliver an assembly on what Down syndrome is.

We are also offering to deliver free assemblies in schools.

CAKE STALL AT SKIPTON FINANCIAL SERVICES RAISES OVER £300

SFS held a cake stall and raffle at their Head Office on Friday 5 February to raise some money and awareness for World Down Syndrome Day. They raised £353.37.

A big thank you to all of their staff for their continued Support.



REGULAR SUPPORT SESSIONS

EARLY DEVELOPMENT GROUPS DATES UP TO EASTER



YELLOW GROUP This is our baby group for children aged up to 2 years, 10am to 12pm with Izzi Ashman on Tuesday 8th and 22nd March, return after Easter on 19th April. New babies are welcome to attend from 11am for chat, singing and signing.

RED GROUP with Izzi Ashman on Tuesday 1st and 15th March, 10.30am to 12.30pm. Return after Easter on 12th April. For children aged up to 3 years.

BROWN GROUP with Margaret Southern. This group will run Thursday 3rd and 17th March, 10am to 12pm. Return after Easter on 14th April. Also for children aged up to 3 years.

BLUE GROUP, with Wendy Uttley. This group, for children aged up to 4, will run Tuesday 15th March (NOT MONDAY), 10am to 12pm and return after Easter on 11th April.

PURPLE GROUP This group will run on Thursday 10th and 24th March, 10am to 12pm, with Izzi Ashman; for children aged up to 4 years. Return after Easter on 21st April.

GREEN EARLY EDUCATION GROUP, with Izzi Ashman. This group will run Thursday 3rd and 17th March, 9.30 to 11.30am for children aged up to 5. Return after Easter on 14th April. 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 7th and 21st March, 10am to 12pm. Support staff are very welcome. Return after Easter on 18th April.

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

EEG1, delivered by Izzi Ashman is on Monday 21st March, 10am to 12pm, EEG3, delivered by Wendy Uttley is on Tuesday 22nd March, 10am to 12pm and EEG4, with Izzi will run Monday 7th March, 10am to 12pm.

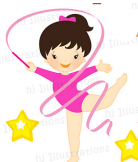
Support staff are encouraged to attend these sessions rather than parents in a bid to share best practise with schools.

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.

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.

WE ARE CURRENTLY SEEKING VOLUNTEERS TO HELP IN THESE SESSIONS.



FREE SWIM, SPLASH AND PLAY

FAMILY SWIM SUNDAY 13th MARCH, 11AM TO 12NOON, FREE AT BINGLEY POOL.

For our sole use.

Funded by Brelms Trust



dance21 •



Weekly street dance sessions for young people with Down syndrome aged 11+, 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.

QUESTIONNAIRES

We have compiled two questionnaires; one for parents and one for young people, to gather feedback on these sessions, venue, day and time. We are also seeking volunteers to help lead the dancers a little during external performances. If you can help please let us know.

The school and sports centre at Nabwood is currently being rebuilt and the old site is to be demolished and thus we are in the process of reviewing these sessions.



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.

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.

NEW FACEBOOK GROUP. We have recently set up a closed group for the Wish Club.

Follow the link to join:

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

TAXI - we are seeking volunteers to help drive or escort members to/from the centre. If you are interested please contact the office. Mileage expenses will be paid at 45p per mile.



DOWN SYNDROME NETWORK NORTH

Closed Facebook page:

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

Launch of Education Pathway Thank you to everyone who has helped with reading and editing this publication which is now in print. If groups would like to order in bulk please get in touch.

NEXT TRAIN THE TRAINERS DAY

We have scheduled our second train the trainers day for Tuesday 26th April when we will cover delivering assemblies for schools and community groups and how to deliver a 3 week toileting course. Booking form now available.

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

9th March, Introduction to Down syndrome and signing, full day, Oldham.

23rd March, Using visual resources to develop speech, language, communication and literacy skills, plus more signing, Oldham.

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.

SLEEP APNOEA AND CHILDREN WITH DOWN SYNDROME

There are currently several research studies into sleep apnoea and children with Down syndrome and the links between sleep, memory development, expressive vocabulary development and other skills, such as fine motor skills. It is estimated that up to 50% of children with Down syndrome can experience sleep apnoea and the reasons are many including narrower passageways, smaller mouth, a tongue that may be a little larger than their mouth and also a bit floppier. This means that even if children have adenoids and tonsils removed sleep apnoea could still be an issue. It has become increasingly apparent that it is vital to detect and address sleep apnoea because of its impact on development and behaviour for the typical population: poor attention, memory and language development, anxiety, reduced immune system, reduced growth and repair and increased behavioural problems. It can also lead to increased cardiovascular issues in later life.

ALL of these symptoms are present for many people with Down syndrome!!

The Down Syndrome Medical Interest Group (DSMIG) are due to provide guidelines for practitioners soon.

Research: Sleep and early cognitive development in children with Down's syndrome

<http://www.downs-syndrome.org.uk/about/research-campaigns/current-research-projects/sleep-and-early-cognitive-development-in-children/>

Coventry University are looking for children aged two to four years, with or without Down's syndrome, to take part in a study to see whether sleep is related to early cognitive development.

DOWN SYNDROME + AUTISTIC SPECTRUM CONDITION SUPPORT GROUP

Our next two meetings are Tuesday 1st March when we will be discussing communication and 19th April when the topic will be intensive interaction, 7 to 9pm, with Wendy Uttley, Peter Murray and Shelley Russell.

The first session discussed methods to address behaviours, a topic which we will return to in July, and included an interesting discussion on cows milk protein intolerance (CMPI). It is suggested that up to 30% of children with Down syndrome may experience CMPI, as opposed to 3% for the typical population. Symptoms include: colic, reflux, cough, runny nose, wheezing, skin conditions, diarrhoea or constipation. In addition there is increasing evidence that children with ASC may be affected due to poor absorption (leaky gut syndrome) linked to hyperactivity, temper tantrums, reduced speech and reduced eye contact.

A number of parents are experimenting with a cows milk free diet. We will let you know the results.

Search *cows milk protein intolerance* for details.

FREE MINDFULNESS RELAXATION COURSES AT OUR CENTRE

A precious time for relaxation and a break from everyday life: just for Yourself! Sessions have now started and run weekly, Fridays 10.30am to 12pm at the centre with Susan Shaw.

Funded by money raised by Skipton Financial Services.

A second course will run Friday evenings after Easter, dates and times to be confirmed, but the sessions will run at the same time as the WisH Club.

If you would like to book a please contact the office.



RECENT NEW ADDITIONS TO OUR LIBRARY

CAN I TELL YOU ABOUT DOWN SYNDROME A children's book about David a boy with Down syndrome. David invites readers to learn about Down syndrome from his perspective.

LOOKING UP A book of uplifting photos produced by the Cornwall Down Syndrome Support Group aimed at parents of newborns.

FASTEN YOUR SEATBELT by Brian Skotko

Even the closest brothers & sisters don't always get along or understand each other. Add a disability like Down syndrome to the mix, & sibling relationships get even more complicated, especially for teenagers. With nearly 100 questions & answers on a broad range of issues this book is a complete guide to the joys & challenges of growing up with a brother or sister who has Down syndrome.

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

SIGNING AND CHILDREN WITH DOWN SYNDROME

Session 1 - Wednesday 9th March 2016

Session 2 - Wednesday 16th March 2016

Time 9.30 until 11.30am

Session 1 will cover 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 will cover signs for the home, school day, colours, descriptions, time/days, questions and connective/link words. Followed by 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 for a second member of staff from the same school)/£20 per family member; both sessions inclusive.

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.*

All courses are detailed on our [website](#) and on Bradford Schools Online (BSO)

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

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

Wednesday 20th April 2016, 9.30 to 3.00pm

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

Sexuality relationships education and Down syndrome—this course has been postponed until the Autumn term.

FREE CLICKER 7 BREAKFAST SEMINARS IN YORKSHIRE AND HUMBERSIDE

Barnsley, Thursday, March 03, at the Ibis Styles Barnsley Hotel.

Bradford, Tuesday, March 15, at the Best Western Cedar Court Hotel.

Harrogate, Thursday, March 17, at the Old Swan Hotel.

Huddersfield, Tuesday, March 22 at the Old Golf House Hotel.

All events will start promptly at 8:15am and finish at 10:00am.

Free refreshments and Danish pastries on arrival.

To book visit: <http://www.cricksoft.com/uk/products/clicker/regions/yorkshire.aspx>

CLICKER 6

Wendy has recently delivered training on Clicker 6 at our centre. The training was well attended with good feedback. Following this session we have yet to decide whether we will continue to offer this training or modify to Clicker 7 since many schools currently have Clicker 6 and it is expensive to upgrade.

VIDEO LINKS TO PRESENTATIONS FROM THE WORLD DOWN SYNDROME CONGRESS, INDIA, AUGUST 2015

Over the three days of the conference over 100 presentations were delivered on many topics including health, education, employment, support systems, self determination, social awareness, rights and the law. Delegates from 37 countries, including over 100 young people with Down syndrome, attended the event.

To view videos of the presentations visit:

<http://www.i-videos.in/wdsc-2015/speakers>

My plan is to post several each week on our Facebook page, look out for the talks from Patrick Sheehan, Sheila Puri, Brian Skotko, myself and the many amazing self advocates Wendy

The British Institute for Learning Disabilities (BILD)

The 2016 BILD Active Support and Positive Behaviour Support Conference will take place in Leeds on 18th March. Training is aimed at creating the right conditions to improve the quality of life experienced by people with learning disabilities and their carers. There is good evidence to show that Active Support and Positive Behaviour Support work well together and can reduce the need for behaviours that concern or that challenge services. International experts will deliver the day aimed at practitioners, team leaders and personal assistants from health, education and social care.

To download the booking form visit

<http://www.bild.org.uk/our-services/events/as-and-pbs-conference/>

Tel 0121 415 6970 or email learning@bild.org.uk

SPEECH & LANGUAGE MARCH SESSIONS

BEN'S GROUPS: Saturday 5th March.

GEORGINA'S GROUPS: Saturday 12th March.

MARY'S GROUPS: Tuesday 8th March.

LAUREN'S GROUPS: Wednesday 2nd March.

EVALUATION Thank you to parents who have completed their evaluation form, If you haven't done so yet please could you do so this month? Your comments are used to help us and the therapists, better plan the sessions and also provide comments for our Big Lottery Fund evaluations.

GOODBYE TO MARY AND BEN

The March sessions will be the last sessions delivered by Mary and Ben. They will be greatly missed by both parents and children. We wish them all the best.

We are currently interviewing for two replacement therapists and two new trainee therapists.

LECTURE VIDEO LINK -

Speech, language and cognition

An update on implications for education and effective interventions with Professor Sue Buckley

Sue discusses the importance of education on the speech, language and cognitive development of children with Down Syndrome, providing an in-depth developmental profile associated with Down Syndrome and specifically focusing on speech, vocabulary, grammar and reading. Sue also explores how this can be linked to curriculums in schools.

This lecture was filmed at 'Progress for children with Down Syndrome: Health and education', on 20 November 2015.

Length: 44 minutes and will cost £6 to download for non members of the Royal Society of Medicine

[http://links.mkt2962.com/servlet/MailView?](http://links.mkt2962.com/servlet/MailView?ms=MTM1Nzk2MjU1&r=MjQ4MTMwMTgxNDY2S0&j=NzAxODM5MjA5S0&mt=1&rt=0)

[ms=MTM1Nzk2MjU1&r=MjQ4MTMwMTgxNDY2S0&j=NzAxODM5MjA5S0&mt=1&rt=0](http://links.mkt2962.com/servlet/MailView?ms=MTM1Nzk2MjU1&r=MjQ4MTMwMTgxNDY2S0&j=NzAxODM5MjA5S0&mt=1&rt=0)

SEE & LEARN FIRST VOCABULARY APP

Down Syndrome Education International have brought out a new See and Learn First Vocabulary 1 app for iPads. Previously See and Learn First Word Pictures, the app provides activities and step-by-step guidance to help parents and educators teach young children to understand and say 60 common first words. It is the first step in See and Learn Language and Reading - a structured teaching program designed to teach children with Down syndrome to talk and to read. To download the app visit: <https://itunes.apple.com/us/app/see-learn-first-vocabulary/id1078001188?mt=8>

TRANSITION TO ADULTHOOD EVENING

On Tuesday 23rd February members of the travel training team, Independent Support, Branardos and Transitions Team joined us for a very informative evening. The travel team are due to increase by 9 staff shortly and young people/adults can be referred by parents or schools. There is no specific age limit. The Independent Support team can support your child in school to help them contribute to their Education Health Care Plan. The transitions team consist of social workers, occupational therapists and community care officers and focus on social care, rather than education and health. The plan is to develop a team that will also tackle health and education. Copies of slides and handouts available.

'It's My Move' Performance

On Wednesday 2nd March at 6pm, at Mind the Gap Studios, Lister Mills, Bradford. Mind the Gap along with Face Front Theatres are hosting/putting on a performance about the transition from school to adult life for young people with learning disabilities and their parents/carers. For further information call 01274 487390 or visit <http://www.mind-the-gap.org.uk/>

WORKFIT

NORTH WEST REGIONAL CONFERENCE

Supporting adults into the world of work

On Friday 11th March, 11am to 3pm the Down's Syndrome Association are holding a conference at the Premier Inn, Manchester Piccadilly, 72 Dale St, Manchester, M1 2HR. The day will detail how the DSA are supporting people with Down syndrome into employment and include presentations both from young people who have been successfully placed in work and from their employers. The day will provide an opportunity for professionals and practitioners involved in supported employment, adult services and education to network and ask questions. Contact Alison.thwaite@downs-syndrome.org.uk, 07973612720.

PHOTOGRAPHY EXHIBITION AT NATIONAL MEDIA MUSEUM

Photographer Polly Braden has spent the last two years working with people with learning disabilities capturing everyday moments, successes and big events. Her photographs are filled with moments that reflect how barriers are beginning to shift; using public transport, finding employment, leaving school, getting married. The exhibition is from 28th Feb to 10th April.

SUPPORT FOR SIBLINGS with SIBs

www.sibs.org.uk

SIBs, a charity for brothers and sisters of disabled children and adults, are aiming to develop a UK wide network of face-to-face adult sibling groups, to help adult siblings meet others in similar situations and to help them cope better with planning for the future and with managing multiple caring responsibilities.

They are running a workshop in Leeds for adult siblings on 9th March. To read more about the adult sibling project visit <http://www.sibs.org.uk/adult-siblings/adult-sibling-support-group-network-uk>

or contact: info@sibs.org.uk 01535 645453
http://twitter.com/#!/Sibs_uk
<http://www.facebook.com/SibsCharity>

Traineeship Opportunity

Bradford City Community Foundation and B2B Engage are offering a traineeship opportunity to young people aged 16 - 18 years old, (up to 25 with an EHCP). Experiences include: coaching in schools, lunch time and after school clubs, soccer camps, girls football, disability football, Futsal and our Heritage Project. Traineeship lasts 12 weeks, it will start on Monday 4th April. [Click](#) here for details or call 01274 706850.

DONATIONS DURING FEBRUARY

Thank you for your donations:

Tony Walton, £30.

Skipton Financial Services, £225.02

Clarke Foley Centre, Ilkley, £20.

Sue Szepler, £25.

WELCOME TO OUR NEW MEMBER OF STAFF

CLAIRE POWIS

Claire is our newly appointed staff manager. She is employed 10 hours a week to manage our increasing team which now number 10 employees and 4 speech therapists.

THANK YOU TO MICHELLE SWALLOW

Michelle, a Director since October 2014, has recently stood down from role of Director. We should like to thank Michelle for her hard work and commitment and wish her and her family all the best.

IMAS - International Mixed Ability Sports

www.mixedabilitysports.org

IMAS urgently need your views on bringing together disabled and non-disabled participants in traditional sports and activities and are asking both groups to complete a survey. Click on the link for the online version:

[Mixed Ability Sport Survey on Google Forms.](#)

Or contact our office for a paper version.

DOWN'S HEART GROUP LATEST NEWSLETTER

Follow the link <http://www.dhg.org.uk/getfile.aspx?200&e=.pdf> or visit their website www.dhg.org.uk and search on the newsletter tab.

SHINE TOGETHER OPEN DAY

All Saints Landmark Centre, inside All Saints Church, Great Horton, Bradford run a disability group called Shine Together which is a youth group for disabled young people on a Saturday. On 19th March 2016 2-4pm, they are holding a Community Open Day - stalls, refreshments, bouncy castle, facepainting, balloon artist, scrap magic play and fun games.



LOTTERY FUNDED

MARCH REMINDERS

1st Mar, 7 to 9pm, Down syndrome and Autism evening at the centre

2nd Mar, various times Lauren's speech & language groups.

5th Mar, various times, speech and language groups with Ben.

8th Mar, various times Mary Hampton's speech & language groups.

9th Mar, 9.30 to 11.30, Signing training at the Centre. Session 1.

12th Mar, 10am to 12pm, family Saturday session at Haworth Road Methodist Church. Independent Support, Barnardos.

12th Mar, various times, speech and language groups with Gina.

13th Mar, 11 to 12pm, swim, splash and play at Bingley Pool. FREE.

16th Mar, 9.30 to 11.30, Signing training at the centre. Session 2.

19th-20th Mar, Celebration event at Cedar Court Hotel.

WEEKLY WISH CLUB - FRIDAYS 6 TO 10PM

WEEKLY STREET DANCE - MONDAYS NABWOOD, 6 TO 7PM

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

HEART AND SOLD ART EXHIBITION SALFORD MUSEUM AND ART GALLERY

Open day Saturday 5th March, 2 to 5pm, and then the exhibition runs until 5th June.

The collection is an eclectic mix of paintings, photography and line drawings from established and developing artists who happen to have Down syndrome. For more info visit

www.heartandsold.org.uk and

www.salfordcommunityleisure.co.uk/culture

YOUR MEMBERSHIP RENEWAL

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

RAFFLE AND TOMBOLA PRIZES NEEDED

Do you have any unwanted Christmas gifts? Please consider donating them for our World Down Syndrome Day raffle and tombola. Thank you.

Have you visited us on Facebook yet?

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



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