



Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994

Company registered in England and Wales 6915555

May 2016

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Our next Saturday meeting is on

14th May, 10am to 12pm at Haworth

Road Methodist Church Hall, BD9 6LH

During the morning Wendy will be facilitating an informal discussion on toileting in the small room in preparation for our three week course in June.

There will also be the usual fun learning activities 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.



WE ALL BELONG, PLEASE DON'T SCREEN US OUT

On Monday 18th April twenty families joined us in Bradford City Park for a rally to raise awareness of our children and the non-invasive prenatal testing (NIPT).

Our message was about concerns that NIPT will lead to an increase in terminations and a reduced awareness of people with Down syndrome. We believe that all parents should be supported and given clear, unbiased information when facing decisions so that the choice is informed.

Reduced awareness of people with Down syndrome can lead to reduced expectation and inclusion leading to an 'out of sight, out of mind' society that is ignorant of the potential of children with Down syndrome and a fear of the unknown.

We wished to highlight that our children do not lead negative lives, they love life and any negativity comes from society's perceptions and lack of understanding.

During the day a larger rally had taken place in London. Visit www.dontscreenusout.org

We are still keen to provide training for midwives and health visitors in order to address these concerns but, despite our best efforts, as yet we have not managed to arrange this. The BBC documentary highlighting these issues and featuring our dancers and Sally Phillips is yet to be screened.

NEWS ON FUNDING

Unfortunately recent large funding bids to BBC Children in Need and the Reaching Communities strand of BLF have been unsuccessful.

Since January 2011 our services have been part funded by the Big Lottery Fund to the amount of approximately £70 000 per year. This covers about 50% of our total running costs. This year is our last year of funding from the BLF and we are busy trying to secure funding so that we can maintain, and if possible, continue to develop our services to meet the needs of children and young people with Down syndrome. However we are beginning to run out of options for such large, long term funding needed for salaries and speech and language provision

We are in the process of setting out a plan for 2017 should we have to cut our services. We usually manage to raise about £80 000 each year through other smaller funding bids, donations and your amazing fundraising efforts. This is enough to keep us running but with a 50% reduction in provision.

We will keep you posted on developments but if anybody would like to help to raise funds towards our £70 000 shortfall please get in touch.

Call for Volunteers

We have many opportunities to get involved and volunteer, please let us know if you would be interested. We would be especially interested in young people (16yrs+) with Down syndrome to help out at our Family Saturdays at Haworth Road. Duties could include helping out in the kitchen. Please contact the office if your young person is interested or you know someone who may like to volunteer.



EARLY DEVELOPMENT GROUPS DATES

YELLOW GROUP This is our baby group for children aged up to 2 years, 10am to 12pm with Izzi Ashman on Tuesday 3rd and 17th May. New babies are welcome to attend from 11am for chat, singing and signing.



RED GROUP with Izzi Ashman on Tuesday 10th and 24th May, 10.30am to 12.30pm. For children aged up to 3 years.

BROWN GROUP with Margaret Southern. This group will run Thursday 12th and 26th May, 10am to 12pm.

BLUE GROUP, with Wendy Uttley. This group, for children aged up to 4, will run Mondays 9th and 23rd May, 10am to 12pm.

PURPLE GROUP This group will run on Thursday 5th and 19th 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 12th and 26th May, 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 Tuesday 3rd May and Monday 16th 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 23rd May, 10am to 12pm.

EEG3, delivered by Wendy Uttley is on Tuesday 17th May, 10am to 12pm.

EEG4, with Izzi, will run Monday 16th May, 10am to 12pm. Support staff are encouraged to attend these sessions rather than parents in a bid to share best practise with schools.

PLEASE NOTE THERE WILL BE NO GROUPS FROM 30TH MAY TO 3RD JUNE AS WE ARE CLOSED FOR SPRING BANK.

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.

NO CLASS SATURDAY 14th MAY



FREE SWIM, SPLASH AND PLAY

FAMILY SWIM SUNDAY 15th MAY 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+ at Nabwood Sports Centre on Monday evenings 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.

The next dance21 performance is on 22nd June at Leeds Northern Ballet.

SPRING BANK - NO CLASS MONDAY 2nd & 30th MAY.



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.

SHOE LACES

Over the next few weeks we will be practising tying shoe laces. Please can we ask that parents also provide opportunities to reinforce this at home. View the video on the Wish Club FB page - a bit patronising but the best one of many I've viewed. Facebook group.

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



BBC
Children in Need



LOTTERY FUNDED

DOWN SYNDROME NETWORK NORTH

Closed Facebook page:

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

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

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

21st May, 1 to 4pm, toilet training for the Down Syndrome West Pennine group.

24th May, 7 to 9pm, introduction to Down syndrome at Sunshine and Smiles, Leeds group.

10th June, teaching basic number skills using Numicon, full day, Huddersfield group.

For details please contact our office.

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.

We are pleased to report that over 800 copies of our booklet have now been sent out, mainly to other support groups across the UK. Comments on the publication have been fantastic. Thank you.

Please contact the office if you would like a single copy for FREE. Bulk copies are also available at a cost of £50 per 100 plus postage.

SPEECH & LANGUAGE SESSIONS - REVISED OPTIONS NOW INCLUDE ONE TO ONE SESSIONS

This month sees the start of Lauren Drake and Ellie Coleman's monthly group sessions. We have also decided to offer more options for you and your child and thus both Lauren and Ellie are offering some half hour one to one sessions to ANYONE who feels they would benefit. In order to make costs fair for all attendees the fees for these sessions have been revised. Payable by donation, they will be as follows:

Group session: £6 per session per child. Groups have up to 5 children in them.

Half hour one to one session, £15/one hour £30. These sessions must be booked a month in advance but cannot be booked over several months in advance.

This means for example your child may be in a group but you may wish for an additional one to one session in June. This can be booked with either Lauren or Ellie and your fees that month will be £6 + £15.

Another example is of a child who may not be involved in monthly group sessions but may wish for a one to one session over one hour. This would cost £30.

Another option may be that 2 children wish for a one hour session together. This would be classed as two half hour sessions and cost £30.

GINA'S AND ELLIE'S GROUPS will all take place on Saturday 14th May. Laurens sessions, to be confirmed.

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

DOWN SYNDROME + AUTISTIC SPECTRUM CONDITION SUPPORT GROUP

Our next meeting is on Tuesday 17th May, 7 to 9pm when the topic will be 'What is Autistic Spectrum Condition?', with Shelley Russell.

At our meeting in April Peter Murray discussed what is meant by intensive interaction and how the methods can be used to develop communication with a non verbal child.

Please let us know if you are able to attend our May session or not. Thank you.

SPEECH AND LANGUAGE NETWORK NORTH AND CLINICAL EXCELLENCE NETWORK JOINT EVENT

On 11th July, 9.30 to 3pm we will be holding our 4th specialist training and information day for speech and language therapists across the North of England at the Pamela Sunter Centre, Bingley. We are delighted to share the day with the Clinical Excellence Network.

Speaker: Leela Baksi

Topic: Visual supports for expressive syntax with Down syndrome: sharing practice examples.

Audience: speech & language therapists only.

The day will be an opportunity for sharing experiences and resources that we all use.

COST: £25 per head. Booking form available soon. Please contact our office.

SPECIALIST FEEDING INFORMATION SESSION AT OUR CENTRE TO HELP SUPPORT PARENTS OF CHILDREN WHO ARE TUBE FED

On Tuesday 21st June, 12.30 to 2pm we are planning an information session at the Pamela Sunter Centre aimed at families whose children are tube fed or are experiencing difficulties with feeding. Jo Gallagher, Highly Specialist Speech and Language Therapist, Leeds and Caroline Nally, Paediatric Dietitian, Bradford will deliver the session. A crèche will be available but will need booking in advance and cost £10 per child.

The session is FREE but please can you let us know if you would like to attend.

New Book - Exploring Fluency in Down Syndrome by Monica Bray

Monica Bray has been writing a book about dysfluency and people with Down syndrome for the last couple of years and using some of the young people attending the WisH Club for her studies and recordings. She has kindly given us a copy of her new book which is written for both parents and professionals. The book explores speech problems in people with Down syndrome including the thoughts, feelings and ideas of parents, professionals and those living with speech differences.

The book is available through J&R Press and a copy is now in our library.

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

Teaching basic number skills 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

Resources created using images of Numicon shapes.



POSTPONED FROM APRIL:

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

Wednesday 11th May, 9.30 to 3.00pm

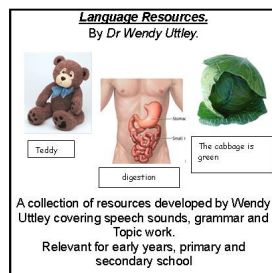
Children with Down syndrome are visual learners and research has demonstrated how the use of words in print can be used successfully to support speech and language development.

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.



Reading language intervention programme (RLI)

18th and 25th May 2016 - 2 day course, 9.30 to 12.30pm both days

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 monitor and record progress and how to deliver the daily intervention with examples from, and reference to, the teacher's handbook and DVD.

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 second person from same school)/£30 per parent

Sexuality relationships education-(SRE) and Down syndrome

Thursdays 16th, 23rd, 30th June and 7th July 9.30 to 12.30pm

The course is suitable for parents and professionals working with children aged 6+ with a range of learning disabilities. It will cover:

- How important SRE is for young people with learning disabilities.
- Names for body parts. Privacy.
- Puberty for girls, puberty for boys,
- Feelings,
- Personal hygiene and self help skills.
- Masturbation, touching, hugging, affection,
- Friendships, relationships and dating.
- Safety in the community. Assertiveness. Abuse prevention strategies.
- SRE in schools.

£150 per professional (£50 for a second member of staff from the same school)/£50 per parent. This is for the 4 week course and includes a folder of handouts and a memory stick of resources for you to take and keep.

FOR FULL DETAIL ON ALL TRAINING PLEASE CONTACT THE OFFICE OR VISIT OUR WEBSITE:

<http://www.downsupportbradford.btck.co.uk/Trainingforparentsandprofessionals>

SUPPORTING CHILDREN WITH LEARNING DISABILITIES AND CHALLENGING BEHAVIOUR IN BRADFORD

As part of a feasibility study to develop thinking around the kind of service which would be most useful/effective in supporting children with learning disabilities and challenging behaviour in Bradford a meeting has been arranged for Wednesday 4th May, any time between 11am and 4pm convenient to parents. If 4th May is not convenient they will be happy to arrange to meet with parents at a later date, possibly by conference call.

They would love to have a few parents of children aged 8+ either currently at high risk of home and/or school placement breakdown who are receiving a high level of support at home/school from social care and/or health services, OR: have already/previously been taken into residential care, potentially outside Bradford.

They would also be very interested in hearing from any other parents in Bradford with an interest in this area. Please contact Douglas Hull

douglas.hull@socialfinance.org.uk Tel: 0207 667 6387

The Specialist Inclusion Project and the Duke of Edinburgh Award for young people with disabilities

Are you adventurous, caring, sporty, creative? However you might describe yourself, the Duke of Edinburgh Award is for you. The Specialist Inclusion Project are running Duke of Edinburgh workshops which will involve, team building games, making new friends, walking, tent building, outdoor cooking, map reading and much more. Young people will develop skills that will help them to prepare for leaving school education and achieve an Award. Please contact the Specialist Inclusion Project for more details; Tel: 01274 438744, text: 07582 101141

Email: jason.hudson@bradford.gov.uk

DONATIONS DURING APRIL

Thank you for your amazing donations during April which amount to over £3000.

- Darren Pitt and the staff of Northern Rail, Leeds, £205.65, from an odd sock day, Easter egg raffle and a general collection.
- ABC Supper Club, following dinner and a short presentation, £250.
- Bingley Five Rise Frocks—Women's Institute, £539 from a cake sale.
- Louise Hodgson and family who held a family raffle, £640.
- Eldwick Church from an Advent Calendar fill. £125.
- Horton Grange Primary School, £25
- Pauline Fletcher, £40
- DJ Sands, the executor of Desmond Laughlins will, £500
- Helen Worrall, £25
- Richard Hunt's, £466 from his Paris Roubaix Challenge.
- Tony Walton, £10
- Collection tins, £59.67
- Reece Crook's grandma, £140

Managing transition to post 16 education for young people with additional needs.

The Department for Children's Services SEN Team is hosting a transition to post 16 education event on Friday 20th May 9.30 to 12pm in Victoria Hall, Shipley, BD18 3JS. The aim is to establish relationships between FE colleges, secondary schools and special schools; in particular when a child has an EHC plan. The event is open to parents, professionals and schools.

If you are interested in attending please email:

Elaine.watmough@bradford.gov.uk

Down Syndrome Early Support Guide

This is a guide specifically for parents with children and young people who have Down syndrome.

Visit: www.downs-syndrome.org.uk/?wpdmdl=1700

Portage Workshop for Early Years

A Portage Workshop, accredited by the National Portage Association (NPA), will run 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 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

Special Words 3 App

The Special Words App has been changed and you can now control the app using a remote keyboard. A lot of children get frustrated and upset if you try and change the activity settings while they are using the ipad so these changes are for the parents, teachers and speech therapists out there. For more information see: <https://www.youtube.com/watch?v=Vz7OWOrUJWY>



Richard Hunt as he finished his event in Paris. You can still donate by visiting:

<https://mydonate.bt.com/fundraisers/richardhunt69#.VvxJO9a-V6w.facebook>

Super Sundays at Eureka

On Sunday 22nd May Eureka are running a FREE session especially for children with Down syndrome. The session is 10am to 12pm followed by a sensory story at 2pm. To book please ring 01422 330012. For more details visit <https://www.eureka.org.uk/whats-happening/helping-hands/#sthash.VVZTOyN1.dpuf>

FAMILY SPRING BANK FUN DAY

Maggie, Halliday, Jack's grandma has arranged a family fun day on Monday 30th May, 2pm at the Hudson Arms in Haworth especially to raise funds for the Down Syndrome Training and Support Service Ltd. All welcome.

FAMILY FUN DAYS AT NELL BANK

Four fun days specifically for children with disabilities and their families have been planned throughout 2016. The first one is on 31st May, 11am to 3pm. Activities include adventure playground, habitat trail, pond dipping, water play and den building. FISICAL coaches will also be running football, cricket, rounders and tennis sessions. FREE to all Bradford families and £5 for families outside Bradford. Bring your own picnic. Booking essential, contact Nicola Norris on 07582101307, nicola.norris@bradford.gov.uk.

Summer Camps 2016

The Specialist Inclusion Project are running a summer camp to the William Henry Smith School in Brighouse in August. The breaks will be 4 nights and take place on 8th-12th, 15th-19th and 22nd-26th August. Prices start at £300 and include 1:3 staff to child support; accommodation; meals and activities. Greater support can be provided depending on need but will involve a higher cost. For further information and bookings tel 01274 438744, 07582 103558 email: s.i.p@bradford.gov.uk

PHOTOS FROM OUR WORLD DOWN SYNDROME DAY

We still have loads of lovely photos taken at our World Down Syndrome day event, see right. If you would like your photo please let us know.

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.

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*

MAY REMINDERS

4th May. 9.30 to 3.30pm Training at the centre—teaching basic number skills to children with Down syndrome and other learning difficulties using the Numicon approach.

11th May. 9.30 to 3pm Training at the centre - using visual resources to develop the literacy, language and communication skills of children with Down syndrome

14th May, 10am to 12pm, family Saturday session at Haworth Road Methodist Church. Toileting.

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

15th May, 11 to 12pm, swim, splash and play at Bingley Pool. FREE.

17th May, 7 to 9pm, Down syndrome and Autism evening at the centre. What is ASC?

18th & 25th May. 9.30 to 12.30pm Training at the centre - reading language intervention programme (RLI), 2 day course.

WEEKLY WISH CLUB - FRIDAYS 6 TO 10PM

WEEKLY STREET DANCE - MONDAYS NABWOOD, 6.30 TO 7.30PM (NEW TIME). NO CLASS 2ND OR 30TH MAY

WEEKLY DANCE 5 TO 11 YEARS - SATURDAYS, 2.15 TO 3.15 AT MARY'S STUDIO. NO CLASS 14TH MAY.

SPRING BANK: WE ARE CLOSED 30TH MAY TO 3RD JUNE - AND SOME SOCIAL SESSIONS MAY NOT RUN THIS WEEK.



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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