



# Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994

Company registered in England and Wales 6915555

# December 2016 January 2017

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**HO! HO! HO! MERRY CHRISTMAS**

**Our next Saturday meeting is our Christmas party on 17th December, 10am to 12pm at Haworth Road Methodist Church Hall, BD9 6LH**



**ALL FAMILIES  
WELCOME TO COME  
ALONG AND JOIN  
IN THE  
CHRISTMAS FUN**

Christmas party food,  
Christmas magic bag,  
songs and signs,  
Christmas play dough,  
pass the parcel,  
decorations to make and

pictures to colour, a visit to the nativity scene and, of course, Father Christmas.

Please bring a wrapped and clearly labelled present for your child(ren) ready for Santa's sack.

**FOOD:** This year we will be providing food but if you want to bring along a sweet or savoury contribution you are welcome. Please let us know so that we can plan the catering. Thank you.

**Transport:** we may be able to help towards transport costs, please contact the office.

## **JANUARY 2017 FAMILY SATURDAY SESSION**

Our first session of the New Year will take place on Saturday 14th January at Haworth Road Methodist Church and be open to children and young people of all ages and their families. The hall and entrance space will be set up as usual with toys and activities aimed at children with Down syndrome aged birth to around 11 years of age. In a bid to provide a little more for some of the older children the small room will offer crafts, activities and music for young people aged 11+. It would be wonderful if some of the young people wanted to be involved in helping in the kitchen or serving food at snack time.

Sara helping to clear the tables after snack



**dance21 •**

## **GREAT NEWS**

Every Monday 6 to 7pm at Shipley Lanes. Sessions are for young people with Down syndrome aged 11+. We have recently reviewed the funding towards these sessions and are



delighted to let you know that sessions will run until July 2017. With funding from David Solomon Charitable Trust, the Cotton Trust and your weekly contributions costs are covered. A big thank you to the parents and young people for their continued support. Last session 12th Dec, recommencing 9th Jan.

## **TELEGRAPH AND ARGUS COMMUNITY STAR AWARDS**

We are delighted to announce that our charity has reached the final 3 in the Community Star awards under the community group category. People have to vote for a winner and the deadline for votes is 2nd December. Several of us will be attending the awards ceremony on 7th December at the Midland Hotel.

**DOWNLOAD OUR APP AND HAVE A  
DIRECT LINK TO OUR WEBSITE,  
EDGs AND NEWSLETTER ON YOUR  
PHONE**



We now have an APP that can be downloaded using Google Chrome. You need to type (or paste) in the full link as it is not listed in Google Play.

<https://dstssapp.appsme.com/app/dstss/be-seen-be-educated-be-included>

## **OUR NEW VIDEO IS READY TO VIEW**

We are excited to announce that our new promotional video filmed and edited by Matt Dowson. Is ready for you to view. We think it's great; many thanks Matt.

<https://vimeo.com/191124305>



£70000



£44676



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

All courses are detailed on our website:

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

[Trainingforparentsandprofessionals/CurrentTrainingandCourses](#)

Dates for our courses are now available up to the end of the summer 2017 term. Please find a booklet enclosed detailing all courses and dates. Please feel free to pass these details onto your child's school.

If you or your child's school or college could benefit from training in signing, number, language development, reading, behaviour, toileting, sexuality relationships education, time, money, Clicker or an overview of the basics in our ever popular 'Introduction to Down syndrome' course please spread the word. We can also provide these courses as in house training.

From the New Year we will also be able to attend your child's school for a consultation meeting at a cost of £50 per hour. Please contact the office for details.

### **TRAINING JANUARY 2017**

On 27th January, 9am to 1pm our Introduction to Down syndrome course will run at the centre. The course will introduce Down syndrome to people who have little experience of working with children with Down syndrome and cover society's view of Down syndrome, health implications, strengths and weaknesses in the classroom and outline ways to address the specific learning needs and manage behaviours of children with Down syndrome.

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

Refreshments provided.

- *Fabulous course - given me some real insight. Will definitely amend/tweak practice.*

## **'WORKFIT' YORKSHIRE AND HUMBERSIDE REGIONAL CONFERENCE**

The conference will take place on Friday 20th January 2017, 10.30am to 3pm, venue to be confirmed. The day will include: information from the DSA (Down's Syndrome Association) on how they are supporting young adults into employment in the area, networking opportunities, information on adult services, travel training and the opportunity to talk to employers and employees currently involved in the scheme.

Contact [Alison.thwaites@downs-syndrome.org.uk](mailto:Alison.thwaites@downs-syndrome.org.uk) 07973612720 .

### **New online training course with Down Syndrome Education International: Supporting early development for children with Down syndrome from birth to 5 years**

DSEI has launched an online course focused on development from birth and early intervention through the preschool years. The course looks at many aspects of early development, including play, cognition, speech, language, number and motor skills.

Presented and led by Professor Sue Buckley, the course includes 10 modules, each of which includes a video presentation, handouts and an assessment. The video presentations can be viewed, handouts downloaded and assessments completed at any time. In addition, course participants are invited to join an online discussion forum with DSE tutors for the opportunity to ask questions and seek additional advice. For details click [here](#) or search using the title above.

## **SPEECH AND LANGUAGE NETWORK NORTH**

### **Training for speech and language therapists across the North of England**

We are delighted to announce that our 5th networking, training and information day will take place at our centre on Friday 20th January 2017, 9.30 to 3pm

Speakers: Jo Gallagher & Wendy Uttley

Topics: Feeding difficulties in children with Down syndrome. Jo will discuss feeding issues, what needs to be taken into consideration, how we can meet needs and help the child to progress to become a good independent eater.

Signing - Wendy will discuss how and why we use signing with children who have Down syndrome and cover approx. 100 signs. The session will include an opportunity to practise basic communication using signing.

The day will be an opportunity for therapists to network and share experiences.

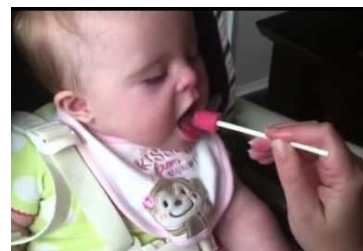
COST: £20 per head. Refreshments will be provided but please bring your own lunch (the fee will be classed as a donation—we do not wish to exclude any therapist due to cost)

### **FEEDING SUPPORT GROUP**

#### **GUIDANCE AND SUPPORT TO HELP PARENTS OF CHILDREN WHO ARE TUBE FED OR ARE EXPERIENCING DIFFICULTY WITH FEEDING**

We are sorry that these sessions were unable to run in November as planned but we are very hopeful that the session will now take place on Monday 19th December at our centre, 12.30 to 2pm, with Jo Gallagher, Highly Specialist Speech and Language Therapist and Caroline Nally, Paediatric Dietitian. Jo has suggested parents bring along a short video clip of their child feeding. A crèche will be available but will need booking in advance and will cost £10 per child.

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



### **TRAINING at OTHER SUPPORT GROUP WITH WENDY UTTLEY**

2nd February, number skills and Down syndrome, Hull.

7th February, Introduction to Down syndrome, Calderdale.

For more information please contact our office.





# funding news

Over the last month we have seen our funding thermometer rise to a stunning £44676, thanks to a large grant of £15000 towards salaries plus your amazing efforts. Wonderful news. The decision to continue dancing sessions until July 2017 has already been made and by the end of December we should know if a further bid to fund speech and language sessions is successful. Let's hope for a wonderful New Year.

Below are the latest contributors to our '70 events to raise £70 000' campaign. Please, please, keep them coming.....

Ilkley Arts £25

Suzie Baron £15.94 from a collection tin

Disco charity ball £400 plus £1000 matched funding from Barclays

Hendersons Global Investors, £500

Arris Charity Committee (PACE) £750 donation

Lidget green primary school £163 from monies raised following an assembly

Amanda Mettrick £230 from a sponsored run

Emerald GP publishing £50

Lisa Moakler £50

Karen Goodman £92.50 from her wonderful massages

Alan & Liz Rodgers £300 from climbing Snowden for us.

Pauline Fletcher £40

Collection tins £49.96

Bailey Thomas £15000 towards salaries

**COLLECTION TINS -**  
**AN EASY WAY TO RAISE CASH**  
**PLEASE CONTACT THE OFFICE**  
**IF YOU WOULD LIKE ONE**  
**FOR YOUR PLACE OF WORK, LOCAL**  
**SHOP, ETC. THANK YOU**



Visit our BT Donate page to view how we are progressing towards our £70 000 target.

<https://mydonate.bt.com/events/70events/304610>

## MASSAGES HELP RAISE FUNDS

On Thursday 10th November Karen Goodman Picken came to our centre and spent the day massaging parents and members of staff. Fees from all massages until the end of December will be donated to help our charity. If you would like a massage contact Karen direct on 07976015134/ [karengoodmanpicken@yahoo.co.uk](mailto:karengoodmanpicken@yahoo.co.uk) Karen is a fully qualified Occupational Therapist and Holistic Masseur.



## ST JAMES CHRISTMAS TREE FESTIVAL

St James Church, Thornton, Bradford is again running a Charity Christmas Tree Festival with around 50 trees decorated in support of favourite charities, including ours. Visitors welcome from Saturday 26th November to 3rd December 12.30 to 7pm, coffee shop, Santa, Christmas shop and lots of lovely trees to enjoy.



## CHRISTMAS RAFFLE

Thank you to everybody who has come forward to help sell raffle tickets. The response has been amazing with 1500 tickets being posted out. The deadline for returning stubs and monies is 14th December and the draw will take place at our Christmas party on 17th December.

**1ST PRIZE CASHMERE WRAP (worth £300)**

**2nd prize Betty's Christmas hamper**

**3rd prize Pure wool blue bedspread**

**4th prize Devonshire Arms, afternoon tea for two**

**Plus many more runner up prizes.**



## Vote for us in the Aviva Community Fund

Voting is open 21 Oct - 18 Nov You can cast up to 10 votes to support our project by registering at [avivacommunityfund.co.uk](http://avivacommunityfund.co.uk)

**AVIVA** | Community Fund | Retirement | Investments | Insurance | Health



## WE ARE AVIVA FINALISTS

Thanks to your amazing efforts we are through to the final 30 in the Aviva Community Fund vote. Now it is up to a panel of people to decide who will win the money. We will know the result by 10th January. The money will go towards funding our early development groups. Fingers crossed everybody.

## 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.



£70000



£44676



## EARLY DEVELOPMENT GROUPS

### DATES

#### December and January



**PINK GROUP** Our newest group for infants aged 1 to 2 years, Wednesday 11th and 25th January, 10am to 12pm, with Izzi Ashman. Any new babies welcome to attend the second hour from 11am.

**YELLOW GROUP** Tuesdays, 10th and 24th January, 10am to 12pm with Izzi Ashman for children aged 2 to 3 years.

**RED GROUP** with Izzi Ashman on Tuesday 6th Dec and 17th and 31st January, 10.30am to 12.30pm, for children aged 3 to 4 years.

**BROWN GROUP** with Margaret Southern, Thursday 1st Dec, 12th and 26th January, 10am to 12pm.

**BLUE GROUP** Mondays, 10am to 12pm, 9th and 23rd January. This group is now in its 4th year and is delivered by Wendy Uttley. Please note the centre is now closed on Mondays but in order to accommodate parents this group will continue to take place on a Monday until end of summer term.

**PURPLE GROUP** Thursday 8th Dec, 19th Jan and 2nd Feb, 10am to 12pm, with Izzi Ashman. This group is also in its 4th year; for children aged up to 5 years.

### EARLY EDUCATION GROUPS

These sessions run monthly and support staff are encouraged to attend rather than parents to enable best practice to be shared with school. Children in these groups can also access our monthly speech & language groups.

**GREEN EARLY EDUCATION GROUP** This group is in its 5th and final year of the programme and runs monthly with Izzi Ashman. The session will run Thursday 1st Dec and 12th January 9.30 to 11.30.

**WHITE EARLY EDUCATION GROUP** This group runs monthly with Izzi Ashman on Wednesday 14th December and 18th January, 10am to 12pm.

**ORANGE EARLY EDUCATION GROUP** This group runs monthly with Wendy Uttley on Mon 12th December. In the New Year this group will move to Tuesdays and the first session is on 10th January, 10am to 12pm.

Funded by Sovereign Health from 1st January 2017

## SPEECH & LANGUAGE SESSIONS

### DATES THIS MONTH:

LAUREN and ELLIE'S sessions will take place on Saturday 10th December.

Lauren is also running a session on Wednesday 7th December. Half hour one to one sessions are available with Lauren or Ellie, booking essential.

Cost: £6 per group session, £15 per half hour one to one session.

These are the last sessions until further funding is secured. We are hoping for good news on a bid specifically for these sessions but we will not hear the result until 19th December. Please check out our Facebook group and page for updates.

## OUR OWN SCREENING OF

### 'MY FERAL HEART'

#### AT NATIONAL MEDIA MUSEUM, BRADFORD

Our own screening of the film 'My Feral Heart' will take place at the National Media Museum, Bradford on Thursday 29th December 2016 at 12:00pm.

Tickets are still available at a cost of £8 each, please follow the link below to purchase.

### MY FERAL HEART

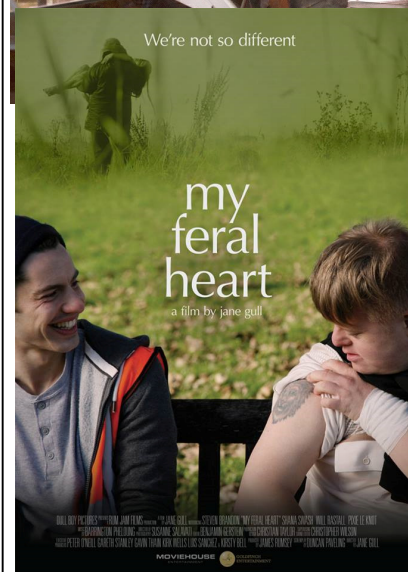
Duncan Paveling, the writer and producer of this British feature film writes:

'My Feral Heart', tells the story of Luke, an independent young man who lives with and cares for his elderly mother, whom after her death, is moved into a care home; Luke is a young man with Down Syndrome.

From the outset, our intentions for the film were to showcase 'ability', challenge perceptions and highlight the commonalities in life 'everybody' shares and experiences. With the reception we've had from audiences at various festivals around the world to date (inc. California, Cannes, Singapore, Edinburgh, with Russia and others to come) we are delighted to say the film has connected with an incredibly diverse audience.

Steven Brandon, our lead actor is a quite incredible talent and his performance is one that deserves as wide an audience as possible. One of the most noticeable reactions we've had from audiences, is that so many with a connection to Down Syndrome, have stated that it's so rare to see a positive representation put to screen; something we are delighted to hear.

Official website: [www.myferalheart.co.uk](http://www.myferalheart.co.uk)



### TO BOOK

please follow this link

<https://www.ourscreen.com/screening/42693>

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.



## **GROSVENOR CASINO** **CHRISTMAS PARTY FOR CARERS**

**Wednesday 7th December, 5pm - 7pm**

All Bradford carers are invited to Grosvenor Casino, Leisure Exchange, Vicar Lane, Bradford, BD1 5LD on Wed 7th December 5pm to 7pm for an evening socialising with like minded people.

Grosvenor Casino want to offer carers a break to enjoy Christmas dinner. Parents can also take part in a lucky number bet and a learn to play session. Places are strictly limited and booking is essential.

For more information or to book a place, contact **Anne Wells** on 01423 500555. Please book your place by Friday 2nd December.

Download poster



## **Carers Resource December newsletter**

To download the December issue of the Carers Resource newsletter, CHOICES, visit

<http://www.carersresource.org/choices-newsletter/choices-issue-97-december-2016/>



## **STUDY INTO SUPPORTING CHILDREN WITH COMMUNICATION AND MOBILITY DIFFICULTIES TO TAKE PART IN LEISURE ACTIVITIES**

Jennifer McAnuff, a Senior Occupational Therapist in Leeds Community Healthcare NHS Trust is leading a study at Newcastle University about supporting children aged 8 to 12 with communication and mobility difficulties to take part in leisure activities. They are seeking parents and practitioners; teachers, sports coaches, health workers, support staff, to take part in the study. For information on how to take part visit:

[http://www.ncl.ac.uk/ihs/people/profile/jennifer.mcanuff#tab\\_profile](http://www.ncl.ac.uk/ihs/people/profile/jennifer.mcanuff#tab_profile)

Tel 0191 208 7045

Email: [jennifer.mcanuff@newcastle.ac.uk](mailto:jennifer.mcanuff@newcastle.ac.uk)

We can also email out an information sheet to you.

## **EDUCATION HEALTH CARE PLAN SURVEY**

A survey to collect feedback from parents, young people and practitioners on the process of obtaining an Education Health Care Plan is available by following the link [EHCP online survey](https://localoffer.bradford.gov.uk/Docs/Bradford%20POET%20EHCP%20Letter%20Oct%202016.pdf), ([https://localoffer.bradford.gov.uk/Docs/Bradford POET EHCP Letter Oct 2016.pdf](https://localoffer.bradford.gov.uk/Docs/Bradford%20POET%20EHCP%20Letter%20Oct%202016.pdf))

The information will be used to help improve the system both locally and nationally.

## **(PBFA) PARENTS FORUM FOR BRADFORD AND AIREDALE** **SURVEY TO GATHER YOUR THOUGHTS TOWARDS THE LOCAL AUTHORITY INSPECTION**

PBFA are collecting information from parents in the area, and any information you give will be passed on anonymously. At the moment, Bradford Council do not know exactly when this inspection will take place, but they are collecting information to be prepared.

The inspection will focus on three questions:

1. *How effectively does the local area identify children and young people who have special educational needs and/or disabilities?*
2. *How effectively does the local area assess and meet the needs of children and young people who have special educational needs and/or disabilities?*
3. *How effectively does the local area improve outcomes for children and young people who have special educational needs and/or disabilities?*

These questions focus on all three areas of education provision, social care and health.

If you would still like to let them know your views, you can submit them, anonymously via this link: <https://www.surveymonkey.co.uk/r/3BHGFVY>.

## **THE ARCHIE STUDY**

Researchers from the University of Oxford are looking for children with Down syndrome within the first 5 days of a flu-like illness to take part in the NIHR funded ARCHIE Study. The ARCHIE study aims to discover whether treating children with antibiotics early during their illness might prevent them from becoming more unwell and developing further complications such as ear, chest or sinus infections. For more details please follow the link below to the DOWN'S SYNDROME ASSOCIATION (DSA) newsletter

<http://us6.campaign-archive2.com/?u=00c890c2cc6959ff34ea434dd&id=60ecaf2f62&e=55b4b1800f>

## **Barnardo's Leeds 3 Day Portage Workshop**

The workshop will run:

Mon and Tues, 27<sup>th</sup> and 28<sup>th</sup> February 2017 from 9.30am to 4.30pm and Tuesday 25<sup>th</sup> April 2017 from 9.30am to 1.00pm at Two Willows Children Centre, Cardinal Square, Beeston, Leeds, LS11 8HS

Closing date for applications: Friday 10 February 2016

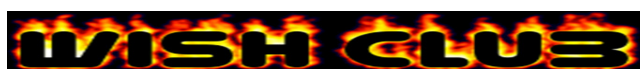
For further information please contact a member of the Portage Team on 0113 2720832.

## **WEEKLY DANCE CLASS AGE 5 TO 11**

The funding of these sessions has recently been reviewed and we are delighted to say that they will continue to run weekly until July 2017. Classes are on a 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. A big thank you to parents, the David Solomon Trust and the Cotton Trust who's generosity is ensuring these sessions continue. Last session 17th Dec, recommencing 14th January 2017.

## **CHRISTMAS FREE SWIM, SPLASH AND PLAY AT BINGLEY POOL**

Sunday 18th December 11am to 12noon. As part of our reduction in service the monthly swim sessions will not continue in the New Year. This is the last session. Come along and enjoy floats, balls, and the whole baths to ourselves.



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

**Friday 16th December is Christmas jumper and party time at the club.**

The WisH Club will run every Friday over the Christmas break, however please note on Friday 23rd and 30th December - the session will be 1 to 5pm rather than in the evening.

Keep up to date with what's happening by becoming a member of the closed WisH Club Facebook group. Visit <https://www.facebook.com/groups/wishclubyouth/>

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.



## **VISIT OUR NEW PUBLIC FACEBOOK PAGE**

<https://www.facebook.com/DownsyndromeTSS/>

For more general and formal information.

## **AND TWITTER ADDRESS**

<https://twitter.com/DownsyndromeTSS>

Our closed Facebook group will continue as before providing information on day to day activities.

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



## **DECEMBER & JANUARY REMINDERS**

2nd & 9th Dec, 9.30 to 12.30 day 1 of 2 days training on Reading Language Intervention at the centre.

10th Dec, various times, Lauren' and Ellie's speech and language groups.

17th Dec, 10am to 12pm, Christmas party at Haworth Road Methodist Church. Father Christmas. All welcome. Plus Christmas raffle draw.

18th Dec, 11 to 12pm, swim, splash and play at Bingley Pool. FREE.

19th Dec 12.30 to 2pm feeding support group at the centre.

23rd Dec 1 to 5pm WisH Club

29th Dec, 12pm My Feral Heart private screening at Bradford Media Museum.

30th Dec, 1-5pm WisH Club

14th Jan, 10am to 12pm family Saturday session at Haworth Road Methodist Church - activities for all.

20th Jan, 9.30 to 3pm Speech & Language Network North - training day at the centre for SLTs

27th Jan, 9.00 to 1.00pm, Introduction to Down syndrome. Training at the centre.

- **WEEKLY WISH CLUB - FRIDAYS 6 TO 10PM**, excluding 23rd and 30th Dec (see above)
- **WEEKLY STREET DANCE - Mondays at the Shipley Lanes, 6 to 7pm**, last session 12 Dec, recommencing 9th Jan
- **WEEKLY DANCE 5 TO 11 YEARS - SATURDAYS, 2.15 TO 3.15 AT MARY'S STUDIO**, last session 17th Dec, recommencing 14th Jan.

## **Tuesday Night Project with HALE**

HALE, Healthy Action Local Engagement, have a new project for young people aged 11-18 years, running every Tuesday evening, 4.30-6.30pm from HALEs Cafe at Canalside in Bingley. Music, films, crafts, games, cooking, WiFi, drinks and cake.

## **AUDIOLOGY INFORMATION SESSION - ADVANCE NOTICE**

On Wednesday 1st February, 12.30 to 2.30pm Rob Gardner, Head of Audiology Services, Bradford and Sue Marsden from the Hearing Impaired Team, Bradford Education will be joining us at the centre to speak to parents about current audiology practise and children with Down syndrome. All parents are welcome to come along to share/discuss any issues they are experiencing. This session has taken us just over a year to organise and we are very pleased to be able to work with Audiology to ensure our families are receiving the best service possible and our children's needs are being met. The session is free but if you require a crèche place there will be a charge of £10 per child.

**CONTACT Wendy Uttley or Wendy Rhodes**, The Pamela Sunter Centre, Down Syndrome Training & Support Service Ltd, 2 Whitley Street, Bingley, Bradford, BD16 4JH Tel/Fax 01274 561308  
Mobile 07816 465 845/07512346717 Email: [office@downsyndromebradford.co.uk](mailto:office@downsyndromebradford.co.uk)  
Web: [www.downsupportbradford.btck.co.uk](http://www.downsupportbradford.btck.co.uk)