



# Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994

Company registered in England and Wales 6915555

# December 2015 & January 2016

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HO! HO! HO! MERRY CHRISTMAS

**Our next Saturday meeting is our  
Christmas party on 19th 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 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 available if required, please contact the office.

## **GOING OUT CLUB**

### **CHRISTMAS PARTY**

On Wednesday 23rd December we  
have arranged a Christmas party for  
young people with Down syndrome  
aged 9 upwards. The evening will take place at Go  
Bowling, Shipley Lanes. Come along in your party  
clothes for bowling 6 to 7pm followed by a disco and  
buffet in the upstairs  
function rooms 7pm until 9pm.

We hope this will be a great  
opportunity for the young  
people to be together and  
party while parents can  
socialise and have a drink in  
another room/area.



**A HAPPY CHRISTMAS AND A PEACEFUL  
NEW YEAR TO ALL OUR READERS**

## **DATES FOR 2016**

Our first family Saturday session at Haworth Road  
Methodist Church will take place on 9th January  
2016. Leaflets detailing dates, services, training  
and events are enclosed with this newsletter.

**PLEASE NOTE - THERE WILL NOT  
BE A JANUARY NEWSLETTER**



Over the Christmas break the WisH Club will run as follows:

Friday 11th December - as usual

Friday 18th December - Christmas party

Tuesday 29th December 1pm to 5pm an afternoon chill out  
at the club. Come along with some of your gifts and share  
your Christmas news.

Friday 8th January - back to normal .

If you are aged 11 or more why not come along and try out  
our youth club. The WisH Club, short for Weekend is Here  
is full of equipment; pool table, X box, TV, DVD player,  
football table, air hockey, large Connect 4, chill out area  
with bean bags and comfy couches. You are welcome to bring  
along a friend or sibling age 11+. (6 'til 8pm age 11 to 13, 6 'til  
10pm age 11+)

## **BBC DOCUMENTARY ON DOWN SYNDROME**

We are excited to tell you that the BBC are making a  
documentary on Down syndrome and have been in  
touch with us and wish to meet families from a range  
of ages, ethnicities and socioeconomic backgrounds  
in order to give a good balanced view of experiences  
of families caring for a child, young person or adult  
with Down syndrome.

They will be coming to our centre on Wednesday 9th  
December drop in between 9.30am to 2.30pm. If you  
are able to come along, please can you let us know  
asap so that we can achieve the above mentioned  
balance.



## **DANCING CLASSES FOR CHILDREN WITH DOWN SYNDROME AGED 5 TO 11**

Our new 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 will break 26th Dec and 2nd Jan and return on the 9th January 2016.

## **DOWN SYNDROME NETWORK NORTH**

On Wednesday 2nd December, 10am to 2pm, our second gathering of people who play an important part in running support groups across the North of England will run at our centre. The agenda includes:

- an overview of what Wendy Uttley learned on her trip to the 12th World Down Syndrome Congress in India.
- details of the topics discussed at the recent Down Syndrome Education International (DSEI) Research Forum.
- an opportunity to review and comment on our draft pathways through health and education, written by Claire Fisher and Wendy Uttley.
- discussions on: train the trainer, CPD accredited training, advisory teachers for Down syndrome and supported employment.

## **DONATIONS DURING NOVEMBER**

We have had some amazing donations over the last month. A big thank you to:

Colette Byrnes, £200 in memory of her mum Miranda, who died on 10th August 2015.

Chris Fisher, £60.

Pauline Fletcher, £50.

Winifred Beck, £30.

The Davies family who raised a total of £826 when they climbed Snowden. This will be matched by Santander.

Collection tins £82.30.

George Martin Trust £2000.

Furniture from next doors company - desks, chairs and Stationery.



## **St James Church Christmas Tree Festival**

Thornton Road, Bradford

28th November 2015 - 5th December 2015

St James invite you to come and see the trees representing your favourite charities. 45 charities are represented including our charity. You are welcome to visit the trees and donate to our group and any others. Santa's grotto is also there for you to visit.

## **SPEECH & LANGUAGE**

### **DECEMBER/JANUARY SESSIONS**

**BEN'S GROUPS:** Saturday 12th December & 16th January.

**GEORGINA'S GROUPS:** Saturday 12th December & 16th January 2016

**MARY'S GROUPS:** Tuesday 1st December.

**LAUREN'S GROUPS:** Tuesday 8th December.

Lauren Drake has recently qualified as a speech and language therapist and her sessions will be supervised by Ben over the first few months.

We do now have a few places available should anyone need a place please contact the office.

**WENDY RHODES WILL TEXT FAMILIES WITH JANUARY DATES**

## **FREE SWIM, SPLASH AND PLAY**

**FAMILY SWIM SUNDAY 20th DECEMBER AND 10th JANUARY 11AM TO 12NOON, FREE AT BINGLEY POOL**



The swim session is free and the pool is for our sole use. Come along for a splash around, play with the floats and practise your swimming. A big thank you to Brelms Trust who are funding these sessions for another year. Thank you.



## **dance21.**

Our weekly street dance sessions are for young people with Down syndrome aged 11+ and run 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.

Last one 14th December then classes will break for Christmas and start again on 11th January 2016.



## **MY DONATE WITH BT**

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

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







## **EARLY DEVELOPMENT GROUPS DATES FOR DECEMBER AND JANUARY**

**YELLOW GROUP** This is our new baby group for children aged 12 to 18 months, 10am to 12pm with Izzi Ashman on Tuesday 8th December, 19th January and 2nd February 2016. New babies are welcome to attend from 11am for chat, singing and signing.

**RED GROUP** with Izzi Ashman on Tuesdays 1st Dec, 12th and 26th January 2016, 10.30am to 12.30pm. For children aged 2 years.

**BROWN GROUP** with Margaret Southern. This group will run Thursdays 3rd Dec, January 14th and 28th 2016, 10am to 12pm. Also for children aged 2+.

**BLUE GROUP**, with Wendy Uttley. This group, for children aged 3+, will run Mondays 11th and 25th January, 10am to 12pm.

**PURPLE GROUP** This group will run on Thursdays 10th Dec, 21st January and 4th February, 10am to 12pm, with Izzi Ashman; for children aged 3+.

**GREEN EARLY EDUCATION GROUP**, with Izzi Ashman. This group will run Thursdays 3rd Dec, January 14th and 28th 2016, 9.30 to 11.30am for children aged 4+. Support staff are very welcome to attend these sessions.

**EARLY EDUCATION GROUP 2** This group runs fortnightly for children aged 5. Alternate sessions will be delivered by Wendy Uttley and Izzi Ashman. Sessions will run on Mondays 7th December, 18th January and 1st February, 10am to 12pm. Support staff are very welcome.



### **EARLY EDUCATION GROUPS PLUS**

Our two early education groups plus will run once per month. EEG1, delivered by Izzi Ashman is on Monday 11th January 2016, 10am to 12pm and EEG3, delivered by Wendy

Uttley is on Tuesday 12th January, 10am to 12pm.

## **DOWN SYNDROME + AUTISTIC SPECTRUM CONDITION FLEDGLING SUPPORT GROUP**

We have postponed the meeting of this group until the New Year when we hope that we have gathered more feedback from parents who wish to be involved. Last month all parents who attended previous meetings were sent out a questionnaire in order to gather comments on timings and content of meetings. In particular we want to provide information on:

- What is Autism? - detailing the different areas
- Intensive interaction
- Sensory/environmental issues
- Ideas to manage/modify behaviour
- Ideas to develop communication

Speakers for these sessions will need to be organised. Please can parents contact the Office so that we can gather this much needed feedback and continue to plan this support group. Thank you.

## **QUIZ NIGHT AT SKIPTON FINANCIAL SERVICES RAISES £6245**

On 12th November several of us, including two young adults with Down syndrome, attended a Charity Fund Quiz at Skipton Financial Services. SFS have been supporting our charity, and Cancer Support Skipton, for the last year. We had a fantastic night, with hot buffet, free drinks and a very entertaining quiz, which at our request included a number of questions our team were able to answer.

A record 110 attended which made for a superb night not only raising a vast amount of money to be split between the two charities but also raising awareness of the needs of young adults with Down syndrome.



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

Dates for our spring and summer training courses are now available and bookings are being taken. Please see enclosed training booklet for details on:

- Introduction to Down syndrome
- Signing and Down syndrome
- Teaching number skills to children with Down syndrome and other learning disabilities
- Can I catch the bus? Teaching time and money skills to people with Down syndrome and other learning disabilities
- Sexual relationships education
- The inclusion of children with Down syndrome - expectations of behaviour.
- Three week toilet training course.
- Six week behaviour course
- Reading Language Intervention programme
- Clicker 6
- Train the trainer day

All courses are detailed on our website:

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

and on Bradford Schools Online (BSO)

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

## **SPEECH AND LANGUAGE NETWORK NORTH**

**Friday 22nd January 2016**

### ***Feeding issues, gastro tubes and children with Down syndrome***

Our next training and information day for speech and language therapists working with people who have Down syndrome will take place on Friday 22nd January 2016. The topic will be tube fed babies; issues around feeding and oral motor development.

9.30 arrive, tea/coffee, networking.

10.00 How, why, when feeding tubes are used with Sheila Puri, Consultant Paediatrician in Community Child Health, Leeds.

11.00 break

11.15 A parent's experience. Supporting a baby/child with a gastro tube and feeding difficulties.

12.00 lunch and networking.

1.00 to 3.00 Mary Hampton, Talktools Trainer and Jo Gallagher, specialist speech and language therapist will talk about how to meet the needs of babies and children with feeding difficulties.

A booking form will be available soon.

## **DOWN SYNDROME NETWORK NORTH TRAIN THE TRAINERS DAY - Planning and delivering training for health workers**

Our very first train the trainers day took place on Tuesday 10th November. Six members from other support groups from Wakefield, Leeds, Manchester, Bury and Cheshire attended and we had a very busy day discussing how to best deliver training. We worked through the content of a session for health workers, midwives and health visitors covering awareness, facts and information on medical needs and expectations around inclusion, development and education and detailing the timetable for delivery. Our second training day is now scheduled for 26th April and will cover assemblies and how to deliver a toileting workshop.



## **SHINING STARS**

### **LET'S CELEBRATE OUR CHILDREN'S ACHIEVEMENTS**

We all know how hard our children work and how fantastic it is when they achieve that goal - their first step, blowing a bubble, going on an independent bus journey, learning to spell their name, reading a book and many, many more that make us so proud and full of emotion.

As part of our world Down syndrome celebrations in March 2016 we would like to recognise and celebrate the achievements of our children through an award ceremony. There will be a certificate for all nominees and a shiny star medal for the person whom the Board of Directors decide is the most deserving in each category.

If you would like to nominate someone please contact the office for a form or visit our website.

Categories are: aged birth to 5, aged 6 to 11, aged 12 to 18, adult and sibling.

Deadline for nominations 29th February 2016.

## **WEEKEND AWAY TO INGLEBOROUGH HALL**

A two night stay has been provisionally booked for 2 young people and their families from our charity at Ingleborough Hall on the weekend of 4<sup>th</sup> March 2016. The weekend will be fully funded through Short Breaks.

Please contact the office if you are interested and would like further details.

## **New US TV Series features young adults navigating life**

Follow the link below to learn about a new documentary series following young adults with Down syndrome. Cameras follow seven Southern California young adults and their families as they navigate jobs and relationships and look to gain greater independence.

[https://www.disabilitycoop.com/2015/11/16/new-tv-series-down-syndrome/20963/?dm\\_i=6N7,3UANT,GQ8377,DUELK,1](https://www.disabilitycoop.com/2015/11/16/new-tv-series-down-syndrome/20963/?dm_i=6N7,3UANT,GQ8377,DUELK,1)

Have you visited us on Facebook yet?

[https://www.facebook.com/  
groups/828178080588905/](https://www.facebook.com/groups/828178080588905/)





## EDUCATION HEALTH CARE PLANS - ONE YEAR ON AN UPDATE BY INDEPENDENT SUPPORT

The Independent Support Service at Barnardo's is supporting parents, young people and children with transfers from statements to EHCPs and new parental requests. This includes supporting young people to complete their "This is me" section, supporting parents to attend transfer meetings and looking through draft plans.

The new system for special needs in education has now been in place since September 2014. Parents in the district have accessed a variety of training and information sources to support their understanding of how the new regulations affect their children.

Barnardo's has the Independent Support contract in Bradford, and support can be accessed in the following ways:

Telephone: 01274 481183

Email: [bradfordindependentsupport@barnardos.org.uk](mailto:bradfordindependentsupport@barnardos.org.uk)

Facebook: [Bradford-Parent-and-Young-Peoples-Partnership-Service-PYPPS](#)

Twitter: [@bradfordpypps](#)

Website: [http://www.barnardos.org.uk/bradford\\_pypps\\_service\\_leaflet.pdf](http://www.barnardos.org.uk/bradford_pypps_service_leaflet.pdf)

Nationally there have been challenges in relation to timescales - this has seen a change and from September 1<sup>st</sup> 2015 the 16 week timescale for transfers has been extended to 20 weeks.

There are a number of things that are useful to know in Bradford when dealing with EHCPs.

- Bradford Council may refer to **transfers** as **conversions**.
- Bradford Local Offer is found at [localoffer.bradford.gov.uk](http://localoffer.bradford.gov.uk)
- Paperwork (including parental request forms) can be found at Bradford Schools Online ([bso.bradford.gov.uk](http://bso.bradford.gov.uk))

Transfers are being carried out at transition stages in education. Children and young people with current statements in years Reception, 2,6,9,11 and 13 will begin the transfer process this academic year. All young people with an LDA (Learning Difficulties Assessment) should be due to have an EHCP transfer this year.

***The team currently have eleven support staff available to help you. We would like to encourage parents to contact them and make use of this service.***

## Preparing for Adulthood.

"Preparing for Adulthood" provide knowledge and support to local authorities and their partners, including families and young people; so they can ensure young people with SEN and disabilities achieve paid work, independent living, good health and community inclusion as they move into adulthood. An e-bulletin is available, <http://www.preparingforadulthood.org.uk/what-we-do/best-practice-and-information>

## WEBSITE TO HELP ADULTS WITH A LEARNING DISABILITY

<http://www.thera.co.uk> Thera is a group of companies that support adults with a learning disability to have control over their own life. They believe that good support empowers people with a learning disability in society. They have recently published a book: *Safe and Secure*, which provides step-by-step advice to ensure people have a safe and secure future surrounded by people who care about them when family, friends and carers are not around.

## Public Forum for Education (PFE) meeting

### Healthy Lives

The next Public Forum for Education will take place on: Thursday 10<sup>th</sup> December from 4.30pm - 6.30pm (buffet from 4.00pm) at Green Lane Primary School, Green Lane, Bradford BD8 8HT.

Few would argue with the statement that healthy children perform better in school. Researchers have known this for years, yet health and well-being are often not a priority in schools. Speakers will explore the scientific background on which this statement is based, how outdoor education impacts on capacity to learn and, finally, hear from a leading Headteacher on the challenges and opportunities of including physical activity within the curriculum.

The Public Forum for Education is a fantastic opportunity to hear about and share good practice. Anyone with an interest is welcome. They would particularly like parents and young people to attend. Just phone Heidi Hardy on (01274) 434335 or e-mail the reply slip to [Public.Forum.for.Education@bradford.gov.uk](mailto:Public.Forum.for.Education@bradford.gov.uk)

## NEWS FROM THE DOWN'S SYNDROME ASSOCIATION

### **Vision & people with Down syndrome.**

One of the DSA's current projects is to publish a series of information and resources about vision and people with Down syndrome.

People with Down's syndrome are more likely to have problems with their eyesight. Even if they wear glasses, the quality of their vision will be impaired. This is why children and adults should have regular eye checks. Guides for parents, teachers and optometrists are available by visiting:

<http://www.downs-syndrome.org.uk/for-families-and-carers/health-and-well-being/vision/>

If you have a few minutes to spare please can parents complete a questionnaire so the DSA can gather more information. Visit:

<https://www.surveymonkey.com/r/seeabilityadultsurvey>

## BRITISH INSTITUTE OF LEARNING DISABILITIES

To watch a video of the presentation to BILD Annual Conference last month from Sunderland People First talking about 'What Matters to Us', follow the link: [www.youtube.com/watch?v=k4W0java030](http://www.youtube.com/watch?v=k4W0java030)

You can also watch conference presentations from: Hazel Watson, Head of Mental Health and Learning Disability, NHS England on [Delivering services for the future >](#)

Chris Hatton of Lancaster University on [Support for people with learning disabilities: past, present and future >](#)

Fintan Sheerin of Trinity College Dublin on [Fight for the future: inclusive societies for people with learning disabilities >](#)

There's lots more BILD videos on their You Tube page, [take a look >](#)

### **ACTIVITIES WITH LS29**

Thurs 3rd Dec, 7.45pm SOLID GOLD 70s SHOW. A night out for parents, carers and friends. £21 a ticket.

Sun 6th Dec, 1.30pm SANTA STEAM TRAIN @ BOLTON ABBEY, leaving from Bolton Abbey Station. £5 per child/adult, under 2s free.

Wed 30th Dec, 2.30pm ALADDIN PANTOMIME Carriageworks, Millenium Square, Leeds. £5 per seat. Extra relatives/friends will be full price.

TO BOOK ANY ACTIVITIES PLEASE EMAIL  
ls29groups@yahoo.co.uk

### **CARERS GRANT, BRADFORD**

Applications for a Carer's Wellbeing Grant of up to £200 to help carers to promote their own health and wellbeing are now available. The grant is not means tested.

A Carer can apply for a Carer's Wellbeing Grant if they are an unpaid carer (carers are considered unpaid even if they are in receipt of Carer's Allowance or manage Direct Payment/Individual Budget Funds for the person for whom they care). The fund is not for Personal Assistants or unpaid volunteers. The carer must live and care for someone living in the Bradford District, and Airedale, Wharfedale & Craven Clinical Commissioning Groups.

Your application must be for something to spend on yourself to promote your own health and wellbeing.

To apply download the application form from: [http://disabledpf.org.uk/media/uploads/carers\\_well\\_being\\_grant\\_application\\_form\\_2015-16.pdf](http://disabledpf.org.uk/media/uploads/carers_well_being_grant_application_form_2015-16.pdf)

complete it and return it either by email to [cwbgrant@carersresource.org](mailto:cwbgrant@carersresource.org) or by post to Carer's Wellbeing Grant Carers' Resource Unit 15, Park View Court St Paul's Road Shipley BD18 3DZ.

The closing date for applications is Friday 29th January 2016. CONTACT: Cath Stevenson (Chair) & Emmerson Walgrove (Deputy Chair)

Bradford & District Disabled People's Forum (BDPF) Unit 76a, Carlisle Business Centre, Bradford, BD8 8BD Tel: 01274 481590, Text: 07807 593248

Email: [info@disabledpf.org.uk](mailto:info@disabledpf.org.uk)

Website: <http://disabledpf.org.uk>

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

### **DECEMBER & JANUARY REMINDERS**

2nd Dec, 10am to 2pm Down Syndrome Network North meeting at the centre.

8th Dec, various times, speech and language groups with Lauren.

9th Dec - BBC at the centre.

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

18th Dec, 6 to 10pm, WisH Club Christmas Party.

19th Dec, 10am to 12pm, family Christmas Party, Saturday session at Haworth Road Methodist Church with Father Christmas.

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

23rd Dec, 6 til 9pm Going Out Club Christmas Party at Go Bowling, Shipley, age 9+, bowling and disco.

29th Dec, 1 to 5pm, Chill out Tuesday at the WisH Club

### **DATES IN THE NEW YEAR**

9th Jan, 10am to 12pm, family Saturday session at Haworth Road Methodist Church.

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

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

22nd Jan, 9.30 to 3.00 Speech & Language Network North training day

### **CONTACT A FAMILY**

Contact a family now have information on local support groups and produce an e newsletter for more information visit

<http://www.cafamily.org.uk/>

### **YOUR MEMBERSHIP RENEWAL**

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

### **Clear and Easy: Making information easy to read and understand**

Clear and Easy is a handbook for making written information easy to read and understand for people with a learning disability. The handbook, produced by Learning Disability Wales, is for anyone who is, or should be, producing accessible information for people with a learning disability. Clear and Easy will help you whether you are from a local advocacy group, a public sector organisation, or a private service provider, such as a bank. Follow the link:

[https://www.disabilitycoop.com/2015/11/16/new-tv-series-down-syndrome/20963/?dm\\_i=6N7,3UANT,GQ8377,DUELK,1](https://www.disabilitycoop.com/2015/11/16/new-tv-series-down-syndrome/20963/?dm_i=6N7,3UANT,GQ8377,DUELK,1)

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.



## **LOTTERY FUNDED**

**CONTACT Wendy Uttley or Wendy Rhodes**, The Pamela Sunter Centre, Down Syndrome Training & Support Service Ltd, 2 Whitley Street, Bingley, Bradford, BD16 4JH Tel/Fax 01274 561308

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