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

December 2015 & January 2016

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.

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.

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.

MY DONATE WITH BT

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

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.
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

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.

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.

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 4th 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.

**EDUCATION HEALTH CARE PLANS – ONE YEAR ON**

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
- **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 1st 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.

**Preparation 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](http://www.preparingforadulthood.org.uk/what-we-do/best-practice-and-information)

**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/](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](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=k4W0javoa30](http://Www.youtube.com/watch?v=k4W0javoa30)

You can also watch conference presentations from:

- Hazel Watson, Head of Mental Health and Learning Disability, NHS England on [Delivering services for the future](http://future)>
- Chris Hatton of Lancaster University on [Support for people with learning disabilities: past, present and future](http://future:inclusive societies for people with learning disabilities)>
- Fintan Sheerin of Trinity College Dublin on [Fight for the future](http://future:inclusive societies for people with learning disabilities)>

There’s lots more BILD videos on their You Tube page, [take a look](http://future:inclusive societies for people with learning disabilities)>

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**WEBSITE TO HELP ADULTS WITH A LEARNING DISABILITY**

[http://www.thera.co.uk](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.
## 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**

## 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.

## 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_wellbeing_grant_application_form_2015-16.pdf](http://disabledpf.org.uk/media/uploads/carers_wellbeing_grant_application_form_2015-16.pdf) complete it and return it either by email to cwbrgrant@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

Website: [http://disabledpf.org.uk](http://disabledpf.org.uk)

Facebook: [https://www.facebook.com/](https://www.facebook.com/)

## 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/](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:


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.