

# Down Syndrome Training & Support Service Ltd

Registered Charity No.1130994  
Company Number 6915555

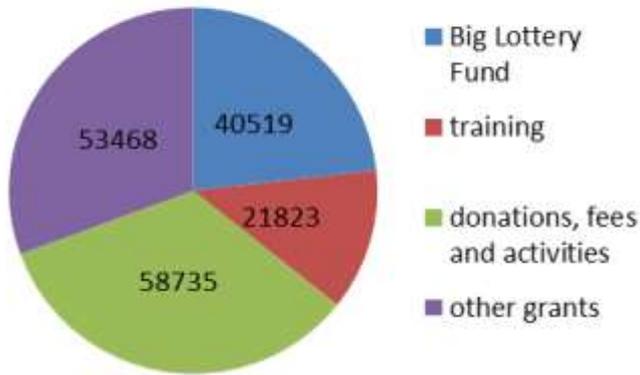


31st MAY 2017

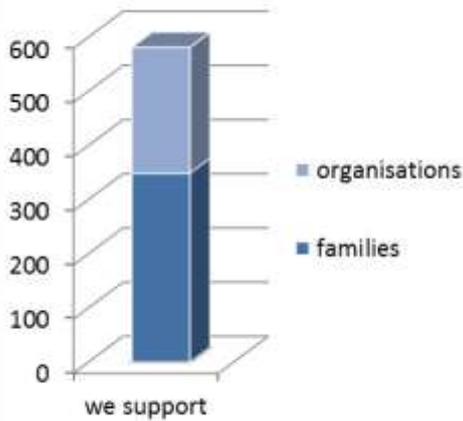
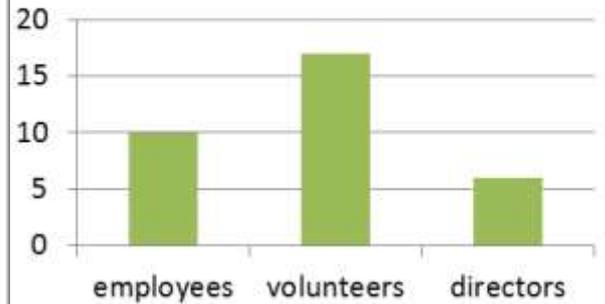
**Pamela Sunter Centre**  
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*This group improves the outlook for any child or person with Down syndrome in the area. The staff are very knowledgeable and approachable. The work they do to raise awareness of Down syndrome is key to the successful futures of all the children they support.*

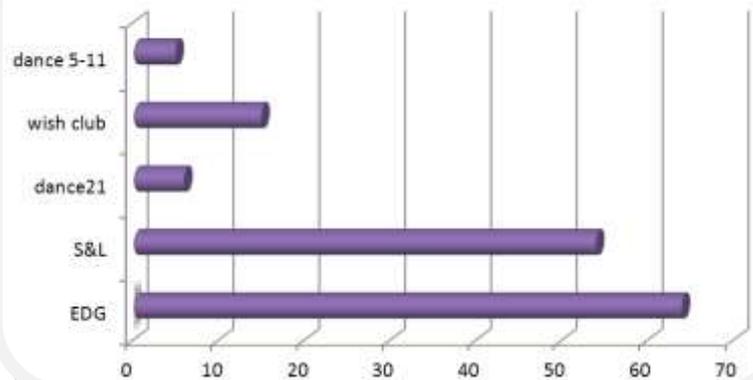
## Income 2016/17 in £s



## staffing



## number of families benefitting on average



## Training 2016/17



The Year at a glance 

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# INTRODUCTION

This report covers our financial year 1st June 2016 to 31st May 2017.

The bad news:

2016 was our last year of funding from the Big Lottery Fund and most of the year was spent in preparation for the impact of this during 2017.

In September 2016 our staffing hours were reduced from 148 to 130 per week then from January 2017 hours were further reduced to 92 and it was decided to close the centre on a Monday.

In a bid to reduce our annual expenditure from £150 000 to £88 000 it was also decided to cease the following services until further funding could be secured:

- All speech & language group sessions
- Family swim sessions
- World Down syndrome day celebrations
- Summer trip
- Down syndrome learning support packs
- Taxi fares
- Dance21 and dance 5-11
- Newsletter to be reduced to bi monthly
- Additional courses such as mindfulness, counselling, etc not to run

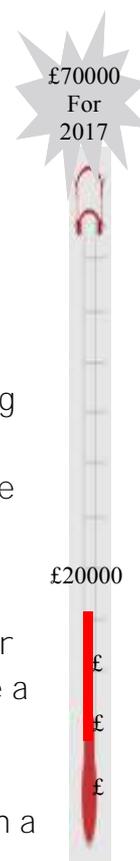
The services we planned to continue were:

- All early development groups
- Support for families via phone, visits and online
- All training courses
- Family Saturday sessions but under review to better include older children.
- WisH Club,
- Rent, utilities and administration costs

The good news

We launched a campaign to raise £70 000 before the end of the year, calling it **'70 events to raise £70 000' and encouraging people to do something to** raise up to £1000 for us. As you will read in the following pages the response was brilliant. With several successful funding bids plus many fundraising events we smashed the target, raising £71 464 ready for 2017.

So we were able to continue with our speech and language group sessions, our dance classes, our learning support packs, a monthly newsletter and organise a couple of less expensive summer trips. Staffing hours currently number 120 per week and we are still officially closed on Mondays but our annual expenditure is back up to £120 000 which is secure for 2017. We are now on a campaign to raise sufficient for 2018 and the target is £80 000.



# FUNDING 2016 TO 2017

The total funding income for the last financial year was £175 954.

We received £40 519 from the Big Lottery Fund, £58 735 from donations, fees and activities, £53 468 from grants, and £21 823 from training. Our overall expenditure was £130 413.

Over the next few pages we detail this income and expenditure and report on how we are progressing with the training and support services we continue to offer.

*A fantastic service which is second to none and would be a devastating loss to the community if it was to close due to lack of funds!*

*There is no other group that provides what this does. Experts, support, advice, clubs, outings advice, care and understanding!*

## END OF OUR BIG LOTTERY FUNDING

In January 2017 we submitted our final funding report to the Big Lottery Fund. It was an excellent report and it is worth sharing a couple of paragraphs and some statistics from it here.

*We have done an amazing job over the last 5 years and grown from strength to strength reaching out to well over 400 families and over 500 professionals each year. 76 children have been through our early development groups and some have started school on a par, and occasionally above, their peers. We have become known as a hub of expertise for professionals and people travel from all over the country to use our services.*

*It has changed the lives of many children and young people with Down syndrome whom we now believe are in mainstream schools because we have made this possible through our work with the children and their families and school staff - nurturing expectation and demonstrating how to help the children achieve their full potential by ensuring all involved understand how the children learn and what needs to be done.*

Over the last 5 years we have:

- received £382 259 from the Big Lottery Fund and spent a total of £721 671,
- trained 4039 adults
- delivered 29 assemblies to 8431 pupils
- delivered fortnightly intervention sessions to 76 children under the age of 6
- delivered monthly speech & language group sessions to over 100 families



# FUNDING GRANTS



**LOTTERY FUNDED**

## BIG LOTTERY FUNDING FOR SALARIES AND SPEECH & LANGUAGE SESSIONS

In July and September 2016 we received our final two payments from the Big Lottery Fund totalling £40 519. This funding was for speech & language groups sessions and 5 staff salaries. This funding expired at the end of 2016.

### SALARIES

We received £15 000 from the Bailey Thomas Foundation towards salaries for two years and £5 000 from the Masonic Charitable Trust.

### SPEECH & LANGUAGE GROUP SESSIONS

We received £14 906 from the Henry Smith Foundation enabling these speech & language sessions to continue from January 2017. This funding will be repeated in 2018 and 2019t and will ensure that this service continues until December 2019.

### EARLY DEVELOPMENT GROUPS

A grant of £8216 from BBC Children in Need expired December 2016. This award funded the group sessions during 2016. The sessions are currently funded by Sovereign Health Care who awarded us £7000 for 2017.

### RESOURCES FOR THE GROUPS

We received £500 from the Aviva Community Fund vote, **£250 from Warburton's** and **£500 from the Yorkshire Building Society** towards the many resources produced to support these groups.



### TRAINING

The Sobell Foundation awarded us £5 800 per year for two years. £200 of this is for taxis to support parents and the remainder is to fund training courses for parents in toileting, behaviour, counselling and sexuality relationships education.

### DANCE SESSIONS

We received a total of £5100 towards the dance sessions: David Solomon Charitable Trust donated £1000, the Cotton Trust £500, Greggs Foundation £2000, Barbara Ward £1400 and Karen McNulty £200.

*You are the best of the best. Keep going and never stop.*

### WISH CLUB FUNDING

The WisH Club received funding of £4 752 from Jeans for Genes and £3 954.48 from the Bingley Soroptomists.



### DOWN SYNDROME LEARNING SUPPORT PACKS

We received a total of £1 500 towards the cost of our Learning Support Packs; £1000 from Albert Hunt and £500 from the Birmingham Bodenham Trust.

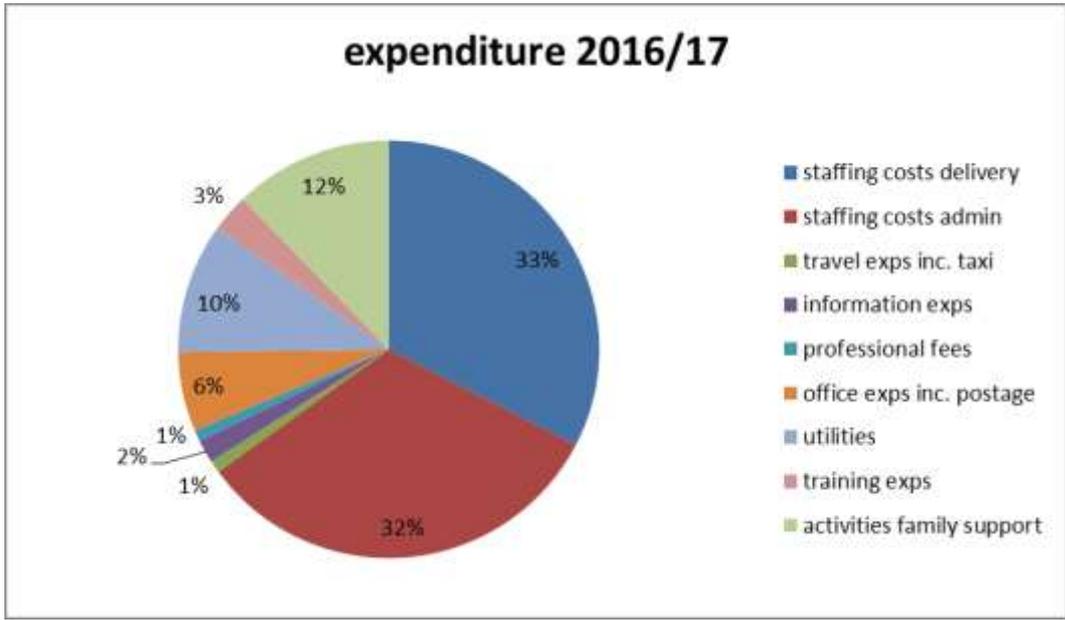
### SUMMER TRIP 2016

The trip to Cleethorpes, August 2016, was funded by Bradford MDC, £680 and Happy days £1160.

### RUNNING COSTS OF THE CHARITY

We received £5 000 from the closure of Horton Outreach towards the cost of postage and utilities.  
 We also received £5 000 from Wakefield and District Health and Community Support to pay for the rent for 2017.  
 Funds of £500 from Ian Garbett, £500 from the Samuel Sunderland Trust, £500 from Hendersons Global Investors and £500 from Next Plc also contributed towards these costs.

*This service is absolutely crucial to many children, young people and families it provides support, advice, education, recreation and leads to fuller, richer more meaningful lives in a world where disability is still not catered for or supported*



## YOUR FANTASTIC FUNDRAISING EFFORTS

Throughout the year people have nominated us, taken part in sponsored events, held various sales and other special events, all of which are detailed below. Well done to everybody for their hard work and commitment to raising funds for, and awareness of our charity and Down syndrome.

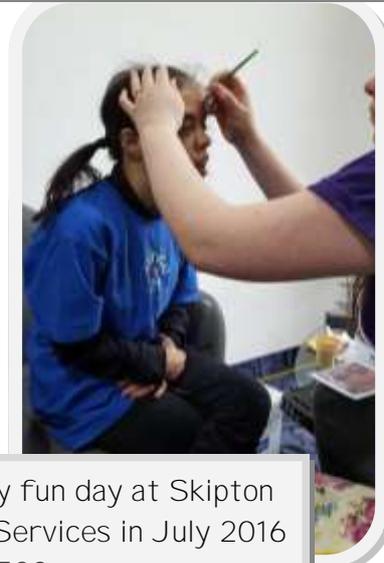
- The Sun Inn, Ann & Rob, £45.56
- Crown Fisheries, Hebden Bridge, £60.16
- Becky & Don Szepler, £16
- Mr Thorpe, £10
- Happy Frier, £10
- Dawn Hamilton and staff at HMRC, £122.50
- Elaine Buckingham and staff at HH Birch, £50
- Pauline Fletcher, £80
- Claire Smith, £100
- Our Easter raffle, £60
- Tony Walton, £50
- Capita Assets Services, £75 from a dress down day
- C Walsh, £230
- Dave Richardson for his Thor Hammer, £50
- Our stall at Bingley Christmas Fayre, £409.12
- Elsie Hobley & Hollins Hall Leisure Club, £35
- Margaret Southern, £40
- Michelle & Stanley Morris, £25
- Singing for Fun, £33
- Singing for Fun, £60 in lieu of Christmas cards
- Les & Shirley Burrows, £25
- Cryotherm Insulation, £100
- The I sherwoods, £50



Simon and Rachel McNulty ran the Leeds 10K on 10th July 2016 and raised £505.



Janine and her family staffed a stall at Bradford Fire House open day selling toys and gifts from **Aladdin's cave** and raised **£126**.



The family fun day at Sipton Financial Services in July 2016 raised £1500.

- Bradford West Rotary Club, £100
- Owen Thomas, £100
- Anonymous, £200
- Anonymous, £2000
- Z Hussain, £75
- R Solomon, £50
- Bradford Central Lions Club, £100
- Haworth Road Church, £400, from coffee mornings
- Michelle Swallow, £10
- Tracy Gardner, £10
- Lata Creative (via Skipton BS), £200
- Pat Featherstone, £20
- Bingley Fitness Studios, £176.57
- Matt Rawlings, £10
- Saliha Falouri £30
- Rose Dunne, raised £217.50 from a sponsored cross trainer event
- Pat Binnington, £50
- Bingley Methodist Church, £600
- Mandy Mawer, £20
- Siemens Plc, £25
- UK Gas & Power, £500, via Naseem Akhtar
- Ian Halliday, £150
- Fartown Christian Fellowship, £15
- Mrs Yeatman, £100
- Keighley Soroptomists, £50 following a performance by dance21
- Ilkley Arts £25



Lewis cycled from Saltaire to Skipton via the towpath on 2nd July 2016 and raised £225. Well done Lewis.



A **bag pack at Morrison's Keighley** in August 2016 raised £337.28 including monies raised from a craft stall **selling Angie Drake's beautifully sewn aprons, bags, hats and crafts.**



Amy Clayton and her friends completed the Three Peaks in 11 hours raising £791.25.

- Shareplan, £3500
- Albert Hunt, £1000
- Amanda Mettrick £230 from a sponsored run
- Emerald GP publishing, £50
- Curry night organised by Sharon Fisher **at Zaara'a raised £340**
- Alan & Liz Rodgers £300 from climbing Snowden for us.
- Arris Charity Committee (PACE) £750 donation
- HH Birch & Sons, £500
- WisH Club bun sale, £15.15
- Kathleen King £5.86



#### MUD STORM

Silsden Storm A.R.L.F.C held a fundraiser in August 2016 organised by Nick Pyrah. The lads really enjoyed themselves and raised £180.82



- **Julie Kellett, £150 in memory of Leah's** grandma
- Jennifer Hall, £50 in memory of her brother, David Wray
- Laura Wallace Prints Ltd, £2635 in memory of Sue Feather
- I n memory of KM Gaffney, £740
- Julie Champman, £213.70 in memory of her mum Pamela Jean
- Janine Burgan, £350 in memory of her father

#### COAST TO COAST

Max and Harry McLean raised £1182.51 from their sponsored coast to coast cycle ride. One of the contributors was the staff at Santander (Bradford) who raised £70 through a dress down Friday.





**WRESTLING MANIA  
FOR  
DOWN SYNDROME AWARENESS**

In April 2017 several families enjoyed an amazing night at the wrestling in Batley organised by Richard Szepler. A big thank you to all of the staff and wrestlers for their hard work in making the night so successful. The total raised from a raffle, tombola and entry fees was £896.

**LONDON MARATHON**  
Paul Oakley and his colleagues ran the London Marathon and presented us with a cheque for **£585. Jensyn's family joined us** at our Saturday session to present the cheque.

**CHRISTMAS FAYRE**  
Titus Salt School DSP  
Christmas Fayre raised **£357 selling items they'd** made themselves.



**OUR SPONSORED WALK**  
In August 2016 we held a sponsored walk round Ilkley Park. Five families joined us for a lovely walk by the river. We raised £546.40.

**ST JAMES CHRISTMAS TREE FESTIVAL**

St James Church,  
Thornton, Bradford ,  
donated £80.11 from  
their Charity Christmas  
Tree Festival.



**MASSAGES HELP  
RAISE FUNDS**  
Karen Goodman Picken  
came to our centre and  
spent the day  
massaging parents and  
members of staff and raised  
£1092.50.





**SAINSBURY'S BAGPACK**

£400 was raised at our bag pack and gifts stall at Sainsburys, Keighley.



**GREAT NORTH RUN**

Cheryl Jenkinson ran the Great North Run in a cow costume with 2 friends raising £663.15.

*It is very hard to define the positive impact your service has had on our lives we would be lost without you*

**OUR SUMMER PARTY**  
 At our summer party, August 2016, we held a craft and cake stall.  
**Parents and Tesco's Ilkley** donated cakes and buns and Angie Drake donated beautifully crafted aprons, bags and much more. We raised £70.



**SPONSORED CYCLE RIDE**  
 Lucy and Kitty Dix cycled from our centre in Bingley along the Leeds to Liverpool canal and finished at Hillary Place, The University of Leeds raising £2183.75

**DI SCO BALL**  
 A Disco Ball at the Midland Hotel Sept 2016 raised £400 plus £1000 matched funding from Barclays Bank.

### Gifts in kind

- Yorkshire Building Society staff volunteered for two days and cleared our car park.
- James Brett donated wool for our new knitting group
- Fiona, Polly & Claire knitted items for our Christmas Fayre
- Angie Drakes donated beautiful garments and crafts.
- Matt Dowson made a wonderful promotional video of our group featuring our early development groups and our Saturday morning sessions. The video is linked to our website.

Raffle prizes were donated for our Christmas raffle. Thanks to:

- Pinta Designs for donating beautiful cashmere and pure wool items
- Devonshire Arms for donating an afternoon tea
- **Betty's for donating a Christmas Hamper**
- Hollins Hall for donating a round of golf
- Ophiuchus for a hairdressing voucher

Our Christmas raffle raised £950

### COLLECTION TINS - AN EASY WAY TO RAISE CASH

We purchased 20  
more collecting tins  
and raised a total of  
£774.94



Many thanks to the following people and organisations for taking and filling our tins:

- Liz Mclean
- Donna, Smith, Junction Pub
- Sunilla Verkley
- Oukila Best
- Suzie Barron
- Silsden Storm RLFC
- Mary Cuthbert, Bingley Fitness Centre
- Heather Chattell
- Neena Rani
- Elena Keyamy
- Holland and Barrett, Ilkley & Keighley

### GIFT AID

When ever possible we Gift Aid any donations made to us. This year we have gained an additional £2291.79 . If you are a UK tax payer any donations made to us can be Gift Aided. This means the government pays us an additional 25%, so if you donate £10 we actually get £12.50.

## WORLD DOWN SYNDROME DAY 2017 FUNDRAISERS & AWARENESS EVENTS

We put together a pack of resources - poster, labels for collecting buckets, list of fundraising ideas and a Powerpoint presentation to help schools and businesses raise both funds and awareness around the 21st March. We also delivered several assemblies and held an open day at our centre to mark World Down Syndrome Day.

We held a wonderful open day at the centre. Over 70 people came to visit throughout the day, joining us for refreshments, to buy crafts, gifts and second hand goods in Aladdins cave, to view the many dazzling paintings produced by Les Burrows and the members of the WisH Club and to be entertained by our dance21. We raised £250.70.



Bingley Soropomists awarded us with a cheque for £3954.48.



Cllr Joanne Dodds awarded us with a cheque for £1000 from the Lord Mayors Spread a Smile.

A huge thank you to all the schools who raised money for us:

- St Matthews CofE odd sock day, £138.35
- Titus Salts bun sale, £75
- Parkside Primary School, £117.41
- Pool CofE Primary School, £295.22, from a bun sale and silly sock day
- Ilkley Sacred Heart Primary School, £200, from an odd sock day
- Carrwood Primary School, £143.73, from bun sale and name the teddy
- Lidget green primary school £163 from monies raised following an assembly

## CHARITIES OF THE YEAR

### Skipton Financial Services (SFS)

We continued to be one of SFS chosen charities until February 2017. During the last financial year they raised:

- £360.44 from a dress down day
- £935.70 from a sponsored walk
- £2000 from a football event
- £77.39 from their holiday lottery



We are currently one of the Co ops local causes and are raising funds for the door alarm. Visit <https://www.coop.co.uk/membership>.

### ASDA SHIPLEY

We won the Asda green token collection, £500 thanks to all your votes



### TELEGRAPH AND ARGUS COMMUNITY STAR AWARDS

Several of us attending the Community Star Awards ceremony in December at the Midland Hotel. We received a certificate as runner up.



## LORD MAYORS CHARITY APPEAL

We were delighted to announce that on 16th May we were made one of the Lord Mayor's Charities of the year for 2017/18. All funds raised will be split 50/50 between our charity and the Wishing Well Appeal, which will provide small grants to other charities across Bradford.

Louise Hobley and Wendy Uttley attended a ceremony at Bradford City Hall where the new Lord Mayor, Cllr Abid Hussian, and Deputy Mayor, Cllr Doreen Lee were installed. Following a lovely lunch they were joined by Liz and Frances McLean, Sam Murray, Chris Wood, Kim Booth and Stephen Hobley to meet the Lord Mayor ready for photos and a press release.



### FUNDING EVENTS

On 24th May the Lord Mayor's Appeal held its first fundraising event at The Royal Taj, Bradford. Everyone had a very enjoyable night and dance21 were received by rapturous applause. A calendar of events for the year is currently underway



## ONLINE DONATIONS

### BT-MY DONATE & VIRGIN MONEY

We use BT-My Donate and Virgin Money to



collect donations people wish to make online.

Anybody can use this

service to create a

fundraising page and raise funds for us or donate direct to

our charity. Gift Aid from funds raised this way is easily

allocated and really helps to boost funds.



Give as you Live™

### GIVE AS YOU LIVE

We have an account with Give As You Live. If you shop online they will donate

a small percentage of your payment to

our charity, for example, Tesco's will

donate 5%. AT NO EXTRA COST TO YOU.

Visit [www.giveasyoulive.com](http://www.giveasyoulive.com)

### CHARITECARDS

We are members of [www.charitecards.com](http://www.charitecards.com) a website that will donate to our charity if you use it to send cards by email to your friends and family. Visit

[www.charitecards.com](http://www.charitecards.com)

## SOCIAL MEDIA

Our website, [www.downsupportbradford.btck.co.uk](http://www.downsupportbradford.btck.co.uk) contains a wealth of information about our services.

### PUBLIC FACEBOOK PAGE

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

For more general and formal

information.



### OUR APP

This gives a direct link to our website and then FB

Using Google Chrome. You need

to type (or paste) in the full link as it is not listed in Google Play.

<https://dstsapp.appsme.com/app/dsts/be-seen-be-educated-be-included>



### CLOSED FACEBOOK GROUP

Our closed Facebook

group provides information on day to day activities .

### TWEET US AT

<https://twitter.com/DownsyndromeTSS>

## POLICIES IN PLACE

We currently have the following policies in place:

Child protection policy (Officers Wendy Rhodes, Jenny Rowlands, Wendy Uttley & Peter Murray)

Complaints policy

Confidentiality policy

Conflict of interest policy

Data protection policy

Day trips policy

Disciplinary policy

Equality and diversity policy

Fundraising Policy

Grievance policy

Health & safety policy

Key holders policy

Lost Child policy

Maternity policy

Parent Participation Policy

Personal evacuation plan policy

Recruitment policy

Reserves policy

Safeguarding policy

Social media policy

Touch policy

Training Policy

Volunteer policy

Vulnerable adults policy

Whistleblowing policy

ALL POLICIES ARE REVIEWED ANNUALLY

### INSURANCE

Our public liability insurance, employers liability insurance and contents insurance is with Illingworth McNair, Markel UK Ltd.

### FIRST AIDERS

Wendy Uttley, Isabel Ashman, Wendy Rhodes, Julie Wood, Maria Thelwell, Jen Senior.

### OUR DIRECTORS

We currently have six Directors on the Board of Trustees:

Julie Wood

Farzana Kauser

Heather Chattell - re elected Oct 2016

Jenny Rowlands (Chair) - re elected Oct 2016

Cheryl Jenkinson

Claire Fisher

Thank you to all our Directors for their time, commitment and support.

*Amazing, caring people. Give over and above to support children and their families to educate and understand and help overcome the difficulties they face daily.*

### Chamber of Commerce

We are now members of the Bradford Chamber of Commerce.

## OUR STAFF



Wendy Rhodes



Louise Hobley



Kimberley Booth



Sam Murray



Maria Thelwell

*Wendy Uttley* is our Coordinator & Trainer, 30 hours per week. Wendy manages the group and develops and delivers training, early development groups, writes the monthly newsletter, provides home visits, writes funding bids and attends meetings to promote awareness of the Charity.

*Wendy Rhodes* is our Family Support and Events Coordinator, 20 hours per week, term time only. Wendy arranges our early development groups and speech and language groups and any other events we undertake during the year including fundraising events. In addition Wendy provides support via telephone and home visits.

*Louise Hobley* is our Information Coordinator, 10 hours per week, term time only. Louise oversees the library, learning support packs for families and attends meetings to represent the group, gather and share information.

*Kimberley Booth* is our Office Assistant, 3.5 hours per week, Wednesday mornings, term time only. Kim helps with mailshots and making resources for our groups.

*Isabel Ashman* is our Early Years Practitioner, 20 hours per week. Izzy delivers 5 of our early development groups and delivers our training courses Introduction to Down Syndrome and Signing. Izzy also helps to manage our volunteers and deliver Saturday family sessions.

*Sam Murray*, assistant youth worker, 4 hours per week

*Claire Powis* is our Staff and Funding Coordinator, 10 hours per week. Claire overviews our finances and manages our funding and staffing, including volunteers.

*Maria Thelwell* started work in March 2017 as our lead Youth Worker, 4 hours per week. Maria runs our WisH Club on Friday evenings.

*Jennifer Senior* started work in March 2017 and is our Youth Pastoral Care Worker in the WisH Club, 4 hours per week on a Friday evening.

*Heidi Shepherd* started work in March 2017 and is our new administrator working 10 hours per week term time only.



Wendy Uttley



Isabel Ashman



Claire Powis



Heidi Shepherd



Jennifer Senior

## OUR VOLUNTEERS

A big thank you to everyone who has helped voluntarily with our administration, summer trip, Saturday sessions, WisH Club, crèches and the early development groups:

Wendy Tuddenham, Safia Hussain, Les Burrows, Janette Akeroyd, Rhiannon Bloor, Mya Hughes, Maggie Holliday, Margaret Southern, Katie Williams, Jodie Rushworth, Ella Peace, Philline Maddalora, Sue Warburton, Elliot Scott, and all of our parent volunteers.

All of our staff, volunteers and Directors have a current DBS/CRB certificate and undertake basic training in safeguarding children.

## BENEFICIARIES

Our number of family beneficiaries is currently 350 and we have 230 organisational beneficiaries. Subscribers continue to be contacted on a rolling monthly programme to renew membership using ready completed forms that just need to be signed and returned. These keep us up to date **with contact details, child's school, permission to use photos of the child,** Gift Aid and the option of receiving information and our monthly newsletter by email rather than by post.

Forms also offer subscribers the opportunity to donate to our charity or set up a monthly subscription.



### NEWSLETTER

We continue to produce a monthly newsletter detailing our events, services and developments in the field of Down syndrome and relevant information from other services. Electronic copies are emailed out and posted on our website and Facebook page.

*Impressed with the service this centre provides, it's an important resource for education and parents of people with Down syndrome.*

## TRAINING

Over the last 12 years Wendy Uttley has developed and now delivers many different training courses in the specific learning needs of children with Down syndrome. The table below details the courses delivered Sept 2016 to July 2017. This academic year we have delivered 53 training sessions and trained a total of 1070 people, yet again an increase, especially in the number of professionals which numbered 882. Parents attending training numbered 188 a reduction on the previous year. 192 attendees were new to working with a child who has Down syndrome. We have also delivered 5 assemblies to a total of 900 pupils and 31 staff.

Course title	Number of times delivered in Sept 2016 to July 2017	Number of attendees	Locations
Introduction to Down syndrome delivered by Wendy Uttley and I zzi Hogan	18	461 professionals 50 parents 511 total	Bradford, Leeds, Cumbria, Calderdale, Wakefield, Kirklees
Teaching basic number skills to children with Down syndrome using the Numicon approach	6	91 professionals 17 parents 108 total	Bradford, Huddersfield, York, Hull, Kent
Using visual resources to help develop speech, language and communication skills in children with Down syndrome	4	41 professionals 13 parents 54 Total	Bradford, Huddersfield
Signing and children with Down Syndrome delivered by Wendy Uttley and I zzi Hogan	4	37 professionals 13 parents 50 total	Bradford, Leeds, Skipton
Clicker 6/7	1	6 professionals 1 parent 7 total	Bradford
The inclusion of children with Down syndrome—expectations of behaviour	6	81 professionals 19 parents 100 total	Bradford, Huddersfield Hull, Leeds
Six week behaviour management course	0		
Sexuality relationships education course	2	95 professionals 56 parents 151 Total	Bradford, Cumbria

Course title	Number of times delivered in Sept 2016 to July 2017	Number of attendees	Locations
Reading Language Intervention	2	23 professionals 4 parents 27 total	Bradford
Can I catch the bus? Teaching time and money skills to people with Down syndrome	2	30 professionals 4 parents 34 total	Bradford and Kent
Toileting course	1	0 professional 9 parents 9 total	Bradford
Consultations	7	17 professionals 2 parents 19 total	Bradford, Leeds, Lancashire
Totals	53	882 professionals 188 parents 1070 in total	
Assemblies	5	900 pupils 31 staff	Bradford, Leeds, Calderdale

A booklet is produced each term detailing the courses that we are offering. Courses are also detailed on our website and on the Bradford Schools Online (BSO) website. We are still the only charity in the region developing and delivering training courses for adults living and working with children and young people who have Down syndrome.

**REPRESENTING THE NEEDS OF OUR CHILDREN AND FAMILIES**  
Wendy Uttley sits on the Special Educational Needs and Disability Strategy group which meets monthly in Bradford. Wendy attends as a parent and also aims to represent our charity and the needs of our families in discussions on education, health, transport, transition and social care.

At the end of every training session evaluation forms are completed. Below is a collation of responses.

22% were new to working with a child with Down syndrome
82% said their understanding of Down syndrome had increased
82% said they felt more confident in their support of a child with Down syndrome
89% said they felt they could apply and act on the ideas suggested
92% said they felt they could improve their practise
82% said they felt that they understood inclusion more
81% said they felt empowered and inspired
46% said they felt they needed further training/information

It is wonderful to know that 92% of participants feel that they can improve their practise because of our training and 82% feel they understand Down syndrome and inclusion more. These figures are very similar to last year which means we are maintaining our standards.

DETAILS AND EVALUATION COMMENTS FROM EACH COURSE

*An introduction to Down syndrome*  
 This course has again been the most popular, delivered 18 times to a total of 511 people in Bradford, Leeds, Cumbria, Calderdale, Wakefield and Kirklees.

This course is 4 hours long but can be reduced to 2 hours for a twilight session in schools. It introduces Down syndrome to people who have little experience of working with children with Down syndrome and covers **society's view of Down syndrome, health implications, strengths and weaknesses in the classroom** and outlines ways to address the specific learning needs and manage behaviours.

- FEEDBACK ON THIS COURSE INCLUDES
- *Wonderful presentation - great knowledge shared*
  - *Wonderful, was very engaging. Would love to come to more. Really eye opening and helpful*
  - *The most interesting training I have ever been to. Thank you so much*
  - *I feel so much more prepared equipped to manage/teach*
  - *Informative, interesting and concise.*
  - *Fantastic - pace, information & knowledge - I want to learn more*
  - *Brilliant presentation - easy to follow.*

*Teaching basic number skills to children with Down syndrome and other learning difficulties using the Numicon approach.*

This course has been delivered 6 times to a total of 108 people from as far afield as Kent. A set of resources detailed in the course using Numicon in pdf is available on a memory stick.

The morning covers how we learn to count and basic number skills up to 10. It introduces the Numicon Foundation Kit and includes 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 covers counting beyond 10, introducing two digit numbers, addition and subtraction, counting in 10s, introducing place value and looks at realistic targets for children with Down syndrome in this area.

This training day has recently been split over two days and now includes sessions on teaching time and money; to replace the **full day of training 'Can I Catch the Bus?'**

**FEEDBACK I INCLUDES**

- *Got lots of ideas for teaching strategies.*
- ***I'll go away today with a head crammed with new ideas - thank you .***
- *The whole workshop was very good. Will definitely get me back on track using Numicon.*
- *Enjoyed the course and liked the new ways I have learnt to use Numicon to make it more fun.*
- *This course has encouraged me to use a lot more Numicon at home with my little boy.*
- *Really engaging presentation style - all explained brilliantly with lots of practical activities.*
- *A fantastic course, plenty of information, easily understood, great activities.*

*Signing for children with Down syndrome*

This course has been delivered 4 times to a total of 50 people. A book, Signing and Down syndrome accompanies the course.

The course is over two, 2 hour sessions and covers why we use signing with children with Down syndrome and the signs for the alphabet, manners, animals, food, family and other people, the home, school day, colours, descriptions, time/days, questions and connective/link words. It includes practice sessions of useful phrases and **familiar children's songs and finishes with a** discussion on how behaviour can be addressed through introducing signing.

**FEEDBACK I INCLUDES**

- *This has been the most useful training I have ever attended. I put it into practice immediately, the child responded to me and made me feel more confident.*
- *Very beneficial and taught well.*
- ***Very helpful, I've learnt so much.***

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

This course has been delivered 4 times this year to a total of 54 people. A memory stick of 100s of resources is available.

The course covers 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, visual timetables, conversation diaries and ideas to develop reading, writing and spelling skills. A software demonstration of Clicker 6/7 and details on the new Reading Language Intervention programme are outlined in the afternoon.

**FEEDBACK I INCLUDES**

- *Very useful. Gained lots of clarification and confidence.*
- *Great training and lots to take back to school.*
- *Thank you a very informative and practical course*

### *The inclusion of children with Down syndrome - expectations of behaviour*

This course has been very popular this year; delivered 6 times to a total of 100 people in Bradford, Hull, Leeds and Huddersfield.

By considering the learning profile of a child with Down syndrome and looking at areas of need this course aims to address areas where difficult behaviours may develop.

It looks at expectations, appropriate behaviour, including self help skills and goes on to outline strategies focusing on wanted behaviour.

#### FEEDBACK I INCLUDES:

- *Excellent course, good to meet and speak with others in similar situation.*
- *Got lots of information from this course, I think it would be a great help if you can come into school to do an assembly with all the other children.*
- *A very lively, fun way of learning. Learning through real life experiences Wendy has had. Very comfortable environment*
- *This is the most useful training course I have ever attended.*
- *Fantastic content for use with children with behaviour not just Down syndrome.*
- *Brilliantly presented, interactive and chance to discuss individual issues - thank you.*
- *Absolutely fantastic. I have learnt a lot, very informative, interesting. A huge learning curve.*

### *Reading, language intervention for children with Down syndrome*

This course is increasing in popularity. This year it has been delivered twice to a total of 27 people in Bradford.

#### **The RLI programme, detailed in a teacher's**

handbook and DVD developed and produced by Down Syndrome Education International, comprises of two strands of intervention; a reading strand and a language strand. Its aim is to improve spoken language and literacy skills of children with Down syndrome and improve teaching practice and support educators. Training is over two 3 hour sessions and includes lots of hands on activities to reinforce how to put the programme into practice.

#### FEEDBACK I INCLUDES

- *This course has consolidated what I am doing, this is great because I know now that I am doing the correct thing.*
- *Really enjoyed course and learnt a great deal*
- *Very well presented and will really help me in my role.*
- *Good early strategies, would have liked to know how to move the intervention on further and link to spelling and writing.*



#### Reading Language Intervention coffee mornings

Following the training we held a couple of coffee mornings focussing on grading books and taking a running record. Parents and support staff in attendance spent the time working on books they had brought in from school.

*Sexuality relationships education and Down syndrome .*

*ME, my body, my friends, my life.*

This course is now over 2 days rather than 5 half days. This year the full course has been delivered once at the centre and a much reduced presentation was delivered in Cumbria. In total 95 professionals and 52 parents have benefitted from the training.

This can be a subject that some people find very uncomfortable to approach yet it is vital for our children to understand the many areas covered. Through fun activities the course helps overcome these fears. The course includes a set of resources, worksheets and programme of delivery written by Wendy Uttley to tackle topics such as:

Public and private conversation, actions, touch, places and body parts, feelings, puberty, personal hygiene, safety in the community, social boundaries and appropriate greetings.

#### FEEDBACK I INCLUDES

- *I found the public and private and puberty **most useful as that's what I'm teaching in SRE at the moment. I got lots of different ideas for activities.***
- ***I've delivered sexual health in many capacities, on a health bus on a Friday evening, in schools, to parents, in youth cafes but never to children with additional needs or DS. This course was extremely helpful, I'm very at ease talking about sexual health but this has given me the confidence to speak to my student about it.***
- *I will be working with my student on body parts, then moving on to privacy. I am excited about looking through the worksheets on the memory stick*
- *My lessons will have new activities and more detail.*
- *There will be huge benefits from this course.*
- *Learnt a lot about independence and where we should be going next.*

#### EQUIPMENT ON PERMANENT LOAN FROM BRADFORD SEXUAL HEALTH TEAM

Due to a reduction in services at the Bradford Sexual Health team all of their resources, including books, DVDs and a second set of anatomically correct large dolls are now being kept at our centre.

*Can I catch the bus? Teaching children with Down syndrome and other learning disabilities time and money skills*

This course covers all the skills needed to be able to tell the time and use money. It was delivered twice in the last academic year to 34 people. It includes two programmes written by Wendy Uttley on time and money respectively. Due to poor uptake this course is now part of our number training day.

The course is now reduced from a full day session to 2 one hour sessions in the afternoon of the second day of the Numicon/number **training 'beyond 10'. It covers the passage of time, days of the week, months and step by step how to learn to tell the time with an analogue clock.**

The money programme consists of 120 finely graded activities to help teach a person with Down syndrome to understand and use money. Starting with learning the names for the coins and playing simple shopping games, moving on to learning the value of coins and progressing to working with pounds and pence.

#### FEEDBACK I INCLUDES

- *Thanks for helping me to know how to move forward with both time and money. We were stuck in a rut!*
- *A clear and concise delivery - leaving me wanting to get straight on and teach time!*

### *Toilet training for all ages FREE*

The course was delivered once to a total of 9 parents.

Our 3 week workshop continues to be very enjoyable and we **get some great updates from parents on their child's progress** in mastering toileting skills.

A crèche was also available allowing parents to attend who otherwise would not have been able to.

Sessions run over three weeks and cover how the bladder develops, skills needed to use the toilet, tips on toilet training, constipation, day and night time wetting and set targets for each child. There are also opportunities for mutual support sharing ideas and resources and monitoring progress.

FREE but cost to us £200

### FEEDBACK I INCLUDES:

- *Venue is very welcoming and timing is spot on. Organisation of sessions are brilliant and always well prepared.*
- *I found it to be very friendly, brilliant to be part of, times were fantastic.*
- ***The session was really helpful, enjoyed everything, especially discussing about my son's needs and finding out that I am not on my own, other kids have same problems.***
- ***I have really enjoyed the sessions. Mostly feeling that I'm not on my own and the support is fantastic.***
- *Sharing the experience with other mums - fantastic*
- ***I'm actually really looking forward to the summer holiday and to getting my child out of nappies***

### *School assemblies, (1/2 hour) FREE*

*Introduction to Down syndrome for primary schools.*

*Introduction to Down syndrome for secondary schools.*

Both sessions cover what Down syndrome is and what it means to have Down syndrome with time for questions and answers. They are always very well received by both pupils and staff. A peer leaflet is given out at the end of assemblies and we leave a number of books featuring children with Down syndrome in school for several weeks for pupils to read. This year we have delivered 5 assemblies to a total of 900 pupils and 31 staff.

FREE but cost to us £80 per assembly



### *Circle of friends training FREE*

This training is available upon request but has not been delivered 2016/17

FREE but cost to us £100

### Clicker 6/7

The course was delivered once this year to 1 parent and 6 professionals. Training focused on Clicker 6 since most attendees are still using this version, however we did discuss the modifications available to Clicker 7 users.

The training, which runs over 2 three hour sessions, introduces Clicker 6 and demonstrates its many features that can help people with Down syndrome develop their literacy and language skills.

#### FEEDBACK I INCLUDES:

- *Moved at a pace suited to the needs of the group. Very valuable work for school.*
- *A great additional resource!*

## OTHER COURSES AT OUR CENTRE

### AUDIOLOGY INFORMATION SESSION

In February 2017, we held an informal Audiology session at the centre with Rob Gardner, Head of Audiology Services, Bradford and Sue Marsden from the Hearing Impaired Team, Bradford Education. The event was well attended with good feedback:

*'The speakers answered most of our questions in relation to Down syndrome. We found the informal chat at the end very good.'*

*'I am glad we had the chance to get a second opinion on my child's recent audiograms especially as there has been such a big question mark over the need for grommets or hearing aids.'*

*'Learnt a lot of new things and felt more informed. I actually understand an audiogram properly now !'*

Following the success of this day we have planned a full conference day in November 2017 covering hearing, eyesight, sleep and feeding issues.

Unfortunately due to lack of capacity and funds we have not been able to offer additional free courses as in previous years. Courses such as our six week behaviour management course for parents, Mindfulness, Counselling, Transition to adulthood and support for families with a dual diagnosis of Down syndrome and Autism have not been delivered.

We do however now have funding from the Sobell Foundation to run a counselling course in the Autumn term of 2017 and we will also be offering our free 6 week behaviour management course .



Cost £350  
per course

### DOWN SYNDROME NETWORK NORTH (DSNN)

During 2016/17 we have placed this venture on hold due to reduced staff hours, capacity and funding.



Cost per  
day £150

## RESEARCH

### SPREADING THE WORD TO UNIVERSITY STUDENTS

Wendy Uttley delivered an Introduction to Down syndrome training session at Leeds University as a guest lecturer and a talk on number skills and Down syndrome as a visiting lecturer on the post graduate psychology course at York University.

Following these talks a number of students came forward to volunteer for us. In addition speech and language students from Leeds Beckett University are invited to attend our Speech and Language Network North information and training sessions.

It is good to have close links with both York and Leeds Universities.

### FAMILY PLACEMENTS FOR MEDICAL STUDENTS AT LEEDS UNIVERSITY

We were again contacted by the University of Leeds to ask if some of our families would kindly consider welcoming students into their own home to discuss what it is like caring for a child with a disability and the needs of their family. It was a great opportunity for us to inform the medics of tomorrow and help to continue to improve practice and understanding.

*This service provides a wealth of information & experience that I have not found elsewhere. The training is excellent & is accessed by both parents/carers & professionals. This encourages discussions & builds relationships.*

*These services have made a huge difference to our lives; educational techniques and resources, behaviour courses, and counselling. This is a fantastic charity providing much needed help and support to families and people with Down syndrome.*

*I wish some training had been available 15 or so years ago when I taught my first child with Down syndrome or 30 years ago when I first met a relative of my wife with Down syndrome.*

## OUR OWN PUBLICATIONS AND RESOURCES



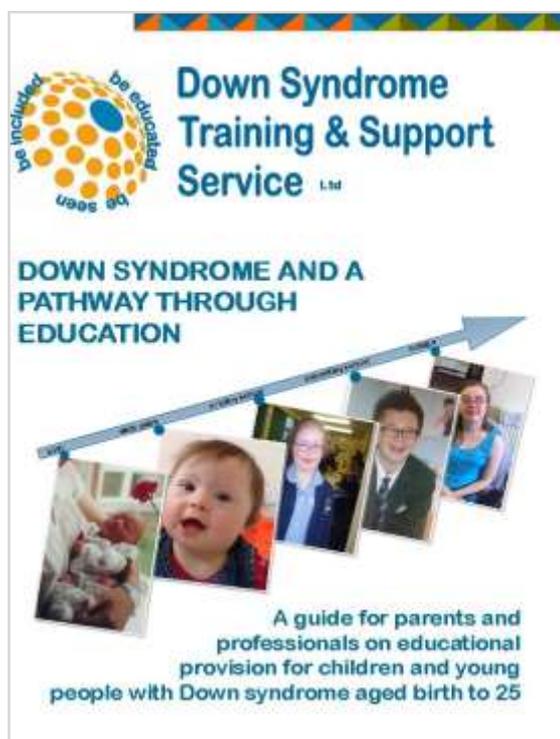
**EARLY LEARNING BOOKS LINKED TO RLI SCHEME**  
Wendy Uttley launched her first set of 10 books written at level 1 of the Hatcher grading scheme. The books include many of the early vocabulary we introduce in our early development groups, have large clear print and images on a clear

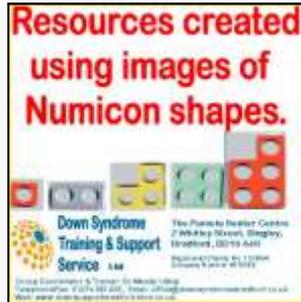
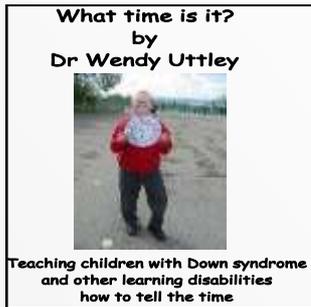
white background. Each page has a repetitive sentence as the vocabulary builds and is revisited throughout the set. The books are available in hard copy for £20 plus postage for the set of 10 books or can be downloaded from Dropbox at a cost of £10.

Books are selling well and a second set of books has recently been developed.

**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.

A 16 page booklet, written in parent friendly language covering different educational options, questions to ask when visiting schools/colleges, details to **consider when contributing to your child's** Education Health Care Plan and where to seek support from birth right through to age 25.





## RESOURCES

Over the years we have put together five different sets of resources and programmes to support our training courses. All resources are in pdf format and loaded onto memory sticks and sell for £7 each.

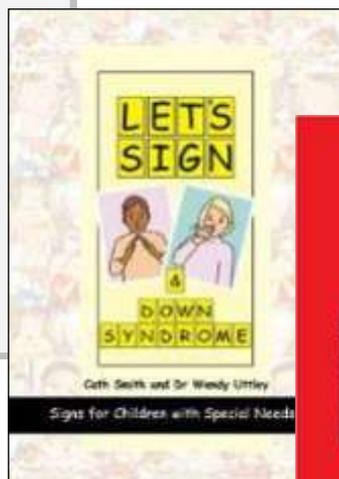
- What time is it? Teaching children with Down syndrome and other learning disabilities how to tell the time
- ME - my body, my friends, my life. Resources to support the teaching of sexuality relationships education
- Teaching Money Skills - 150 finely graded activities
- Numicon resources to accompany the course 'Teaching basic number skills using the Numicon approach'
- Language resources to accompany the course 'Using visual resources to develop speech, language and communication skills'

*This amazing group has helped us and supported us since my son was six months old he is now 7 years. They provided some great courses and training in all areas from potty training, signing, behaviour management, reading for Down syndrome, speech therapy courses for parents and children, group counselling, trips, play sessions, swimming, clubs and a lot more...*

## SIGNING BOOK

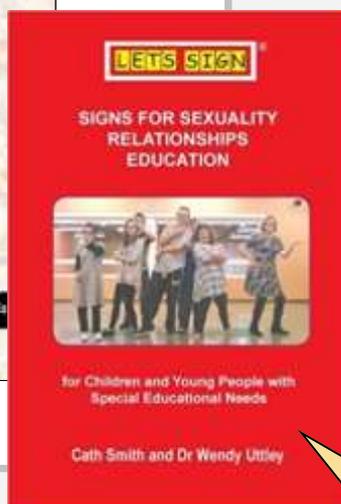
### *Lets Sign and Down*

*Syndrome* written by Cath Smith and Wendy Uttley, (£7). The book, which accompanies our signing course, continues to sell well.



*Signs for Sexuality Relationships Education for young people with SEN* written by Wendy Uttley and Cath Smith, (£6).

This book was produced to accompany our sexuality relationships education course.



## LIBRARY OF BOOKS AND RESOURCES

A booklet detailing the contents of the library is available on our website.

It contains a wealth of information and resources on many areas:

- Education and inclusion
- Speech & language development
- Signing
- Early development
- Sexuality relationships education
- **Children's books featuring children with Down syndrome**
- Health and medical issues
- Maths and number skills
- Family experiences
- Literacy and reading
- Benefits



## IPADS, APPS AND SOFTWARE LIBRARY

Our software library contains over 50 pieces of software that are still very much applicable though we are finding they are much less used due to the increased use of online resources. We also have 4 iPads loaded with a wealth of relevant apps available to borrow from our library on a monthly loan.

## NEW ITEMS IN THE LIBRARY

We have bought a number of new books for our children's/ assembly section of the library:

- My sister is special - my sister has Down syndrome by Marla M Schmidt-Mendez
- **Freddie teased about Jaheem's Down syndrome** by Richard Carlson Jnr.
- My friend had Down syndrome, lets talk about it, by Jennifer Moore-Mallinos
- Down syndrome - **what's it like**, by Angela Royston
- Supporting positive behaviour in children and teens with **Down syndrome. The respond but don't react method** by David Stein
- Boyfriends and girlfriends by Terri Couwenhoven

## DOWN SYNDROME LEARNING SUPPORT PACKS

During 2016/2017 we have put together 10 Down Syndrome Learning Support packs for new families. The packs are like a mini library, they contain a wealth of information on the specific learning needs of children with Down syndrome and how to address that need and are welcomed not only by parents and schools but also various health professionals involved with the family. They are long term in that the information contained in them is relevant for many years, in particular the first 5 years of life.

Each pack contains See & Learn resources produced by Down Syndrome Education International, educational DVDs, a home Numicon kit, our signing book and our 'Down Syndrome and a Pathway Through Education' book. The packs are to be used at home and in school.

This year we received funds from the Albert Hunt Trust and the Birmingham Bodenham Trust.



Cost £250  
each



Cost £10  
each

## OUR NEW PARENT PACKS

The pack is aimed at new parents, or parents-to-be, and contains information on local and national support and a booklet comprised of pictures and lovingly written accounts of some of our members children.

This last year 9 packs have been distributed to Bradford Royal Infirmary and St. James Hospital. This is much fewer than previous years. The packs are vital support for new parents. When families make contact with the group we offer, whenever possible, a home visit followed by an invitation to attend the second hour of our youngest early development group when we chat, get to know each other and do some singing and signing.

## PARENTS INFORMATION BOOKLET

Our information booklet detailing activities, support, benefits, education and health is continuously updated and available to all families and organisations. It brings together a wealth of information that we, as parents, have found to be of use over the years. Copies available free from the centre or online from our website.

*The services provided by this charity are second to none across the country. They not only provide an outstanding service to the families they support directly but they are a leading charity in the field of Down syndrome that all other local charities look to as an excellent model for how groups like this should operate.*

## SPEECH & LANGUAGE GROUP SESSIONS

Our group speech & language sessions were funded by Big Lottery Fund until December 2016 and it was anticipated that sessions would cease at the end of 2016. However we were delighted to be successful in a funding bid to Henry Smith Charitable Trust who are funding the sessions, including our feeding/oral motor sessions until December 2019.

Ellie Coleman and Lauren Drake continue to deliver the group sessions and any one to one sessions requested. Our trainee therapists over the last year have been Grainne Murphy, Aqeela Maszidi, Carrie Clements, Jude Simpkins and Catherine Winter from Leeds Beckitt.

Over the year 63 children and their parents have benefitted from these sessions.



### SPECIALIST FEEDING AND ORAL MOTOR SKILLS SUPPORT SESSIONS

Over the year support sessions have finally taken shape and are now delivered monthly by Jo Gallagher, Highly Specialist Speech and Language Therapist, Leeds and a Paediatric Dietitian from Bradford. Parents book in advance and bring along their children so that their eating/oral motor skills can be assessed and exercises given to help improve skills.

We evaluated our group sessions in January 2017, 25 questionnaires were completed, comments include:

- *We have found the sessions invaluable. It is evident the therapist has a really clear understanding about supporting my child.*
- *The speech & language therapist is fantastic, she knows exactly what to bring to these sessions and what pace she has to do.*
- *Today I asked to speak to therapist about my child's speech & she kindly said yes after the session.*
- *Great opportunity to form friendships with other children with Down syndrome & to do fun, learning activities with them.*

*Continued....*

## What improvements have you seen in your child/young person?'

comments include:

- *Her speech has come along, it is easier to understand her speech pattern and she has more words.*
- *My child is more vocal and is speaking clearer. She is not as shy as she used to be, she has gained lots of confidence.*
- *Confidence has started to improve and is able to speak/understand new words, better turn taking.*
- *His speech has improved - this has been commented on by school.*
- *My son has become more confident and interacts better with other children and turn taking.*
- *She listens and responds to others now where as she used to let us do all the talking.*
- *Better communication, interacts better with peers, more confident*
- *My child now speaks a lot more and is more clear with her words so people can now understand what she is saying.*
- ***I include some things that I have learnt during the sessions in my son's routine***
- *She is more aware of other people and what is going on around her.*
- *He has become more sociable with unfamiliar people.*
- *More independent.*
- *There is very limited S&L available in school so it is a real benefit to have monthly sessions.*

Have you seen any changes in yourself?

- *I am now more confident when I teach my child new words and how to pronounce them so my child can understand more.*
- *I am more patient and take enough time and let my son lead the activity and give him enough time to reply and process things at his pace.*
- ***My daughter's ability to listen and think about answers has improved considerably.***
- *I have changed the way I speak to my daughter, I involve her more.*
- *Given me the ideas to teach my child with good support.*
- ***I learnt a lot from these lovely interesting therapies and my son's speech is improving and we play together with lots of fun.***
- *The sessions also provide a great and valuable opportunity for parents to interact and share knowledge. I find out a lot about what is going on/available during the sessions.*

"Unique" is a much misused word, but as far as I am aware, this group is truly unique

DSTSS must exist to help us improve the lives of our children and for us to help each other. Without this organisation we have no guidance, help or support.

They provide vital support to families beyond the scope of NHS services

## SPEECH AND LANGUAGE NETWORK NORTH

Our long term aim is to improve speech and language provision for people with Down syndrome in the North of England.

In January 2017 19 speech and language therapists from across the north joined us for our 5th networking, training and information day. Wendy Uttley spoke about why and how we use signing with children who have Down syndrome and then covered finger spelling and approx. 100 common signs including time to practice some simple phrases. Jo Gallagher then spoke about feeding difficulties in children with Down syndrome. What needs to be taken into consideration, how we can meet needs and help the child to progress to become a good independent eater.

Since the formation of this network in January 2015 we have held 6 information and training days open to therapists across the North and beyond including Bradford, Airedale, Grimsby, York, Macclesfield, Manchester, Huddersfield, Halifax, Barnsley, Wakefield, Leeds, Rotherham, Stockport and Scotland.

In July 2016 The Clinical Excellence group joined our Network session and 24 speech therapists attended our centre for a training day with Leela Baksi who had travelled up from Brighton to deliver the day. The day covered using visual supports for language development in people with Down syndrome. It was a wonderful opportunity for the therapists to share best practice and network.

We ask for a donation of £20 towards the cost of these training days.



**Down Syndrome Training & Support Service Ltd**  
The Pamela Sunter Centre  
2 Whitby Street, Bingley,  
Bradford, BD16 4JH  
Registered Charity Number: 1128888  
Company registered in England and Wales number: 0611222

**Speech & Language Network North and Clinical Excellence Network joint event**

**For speech & language therapists in the North of England**

We are delighted that our 4th networking, training and information day will be a joint event with the Down Syndrome Clinical Excellence Network.

Speaker: Leela Baksi  
Topic: Visual supports for expressive syntax with Down syndrome: sharing practice examples.  
The day will be an opportunity for sharing experiences and resources that we all use.  
COST: £25 per head

**Monday 11th July 2016, 9.30am to 3.00pm  
at the Pamela Sunter Centre in Bingley**

We plan to continue these 6 monthly information and training sessions and will be planning the next one for January 2018

## EARLY DEVELOPMENT GROUPS & EARLY EDUCATION GROUPS



All early development group sessions are two hours long and focus on early communication, language, speech sounds, interaction, number, reading, social, fine and gross motor skills delivered through short fun activities. Sessions can be quite intense at times but the focus is always to ensure the child enjoys the session and parents feel confident to continue input at home.

The children in the groups never cease to amaze us with their achievements and it is extremely rewarding to be part of their development.

This year, mainly due to time restraints, we have not produced a report for each child but we have, on request, provided reports for EHC plans and settings and also reports for the children entering full time school.

The five year programme is still being developed into a user friendly format with the hope that we can begin to share it with other groups.

Cost per  
group session  
£80

Wendy Uttley, I zzi Ashman and Margaret Southern (volunteer) deliver the groups based on our five year programme developed by Wendy Uttley over the last 12 years.

In June we said goodbye to Margaret, who had been volunteering for the last 2 years, delivering one of our groups and helping to make the many resources we provide for families.

Professionals attend either in support of the children or to observe our best practice.

Throughout the year 6 groups have been running fortnightly and 3 monthly catering for 44 children aged 12 months to 6 years of age. In addition 11 babies have attended the second hour of our youngest group and 9 children have had one to one sessions.

Groups were funded by BBC Children in Need until December 2016 and are currently funded by Sovereign Health and the Masonic Charitable Trust. Funding for resources has been received from the Aviva Community Fund **vote, Warburton's** and the Yorkshire Building Society.



The sessions were evaluated in January 2017. All parents said they could see their child making progress, felt better supported and more confident. There were so many excellent comments. Here are a few:

*What developments have you seen?*

- *My little boy has progressed a lot since he has been coming to this support group - he understands numbers and sounds which he would not have learnt anywhere else.*
- *Huge jump in communication skills. More so by sign language but becoming more verbal recently.*
- *Much more vocal, also the resources I have been given and the strategies I have picked up have helped in school.*
- *My son has come on in all areas, he really concentrates, therefore is able to have a go at all activities.*
- *More confident, speech and language vastly improving, aware of those around him.*
- ***My daughter's speech is really coming on together with learning to match words and pictures. Her confidence in her own abilities is improving, I was shocked at how quickly she began to pick up counting and recognising numbers and shapes with this intervention.***
- ***I have seen improvements in my son's listening skills and his signing. This is also noticed by his one to one at nursery. He is also making good progress with his oral motor skills as a result of having meal times during these sessions.***
- *My daughter has become more confident. Her thought process and understanding has become more clear. She is able to concentrate longer on activities.*
- ***My daughter's speech is becoming clearer and she's becoming more vocal. Her confidence in counting is growing, as well as her recognition of some numbers. Staff at school have also commented and complimented this.***



FACEBOOK We now have a secret Facebook Group: <https://www.facebook.com/groups/earlydevelopmentgroups/>

*Do you think your child will have a better start in school because of the intervention? 100% said yes and comments added included:*

- *Because of communication, building of our confidence together to sign - initially I was very dubious and nervous of sign language.*
- *Because her confidence has been boosted and she is not shy to speak and also she is more active.*
- *The transition to school will be so much easier and less daunting.*
- *Definitely - EDG in my opinion is the best start in life for any child with Down syndrome.*
- *I think the sessions set a great grounding for behaviour in a learning environment - I have seen a big change in him over the last year.*
- *I am given the opportunity to learn new ideas to teach my son. **I'm always picking up new tips and I know I can ask for support when I need it.***
- *The groups provide clear guidance on how to approach developmental tasks with our children and what tasks to do with them in order for them to learn appropriately. They also provide guidance on behavioural problems and how to deal with it therefore increasing confidence in these situations.*

***I can't imagine life without this help and support. It made me and her father and sisters realise that she can learn anything really well provided she has support. We've learned how to teach her and how she learns.***

FULL REPORT AVAILABLE UPON REQUEST

## GOODBYE TO OUR LEAVERS



We received funding from Yorkshire Building Society towards resources for these sessions.



# WISH CLUB

Our Youth Club, the WisH Club (short for Weekend is Here), has seen some changes over the last year.

In February 2017 Donna Marcroft, who had been working as Youth Club Leader since its **inception in February 2014 said goodbye. Donna played a big part in the club's development** and her departure left a big hole; she was greatly missed. Sue Warburton, who had volunteered since February 2014, also left. Sue did some great work for us taxi-ing young people too and from the club and supporting them during the evening.

In May 2017 Rhiannon Bloor, who had also been volunteering since February 2014, left due to work commitments and Jodie Rushworth left, again due to work commitments. Ella Peace also left.

So the club has seen a big change in staff.



In April 2017 Maria Thelwell started work as Youth Club Leader and Jennifer Senior started as Pastoral Care Worker. Sam Murray

continues as Youth Club Worker. We have two new volunteers; Elliot Scott and Holly. Les Burrows and Mya Hughes continue to help voluntarily.

Jen is also able to offer transport home for some of the young members.

The Club has 27 members who have Down syndrome and averages 12 young adults with Down syndrome each week. Additional sessions have been provided over the summer, Christmas and Easter breaks and members have been out bowling, for a meal and to a show at Mind The Gap.

Cost £170  
each week.

*It is an invaluable local service and to lose any part of it would be terrible . It provides a device from birth when parents need advice right through to adulthood*

All members have a personal emergency evacuation plan (PEEP) in place and a care plan in place should they require support with personal care. We are also working on personal targets for the young people across self care skills, friendship skills and appropriate social behaviours. The setting is an ideal place to work on these skills as it is a safe and supportive environment.

Funded by Jeans for Genes and Keighley Soroptomists until Dec 2017.



### FACEBOOK

The WisH Club Facebook group:

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

*The group is secret and there are some amazing photos shared every Friday evening.*



Our WisH Club aims to run 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. SUBS £2 per week.

The club is full of equipment: HiFi, pool table, X box, TV, DVD player, football table, chill out area with bean bags and comfy couches, air hockey table and large Connect 4 and the tuck shop aims to help the young people develop time and money skills.

## FEEDBACK

We gathered feedback from the young people attending the club to help with funding bids towards maintaining this provision.

It is wonderful to hear just how much the young people enjoy their Fridays. Comments include:

*How do you know your young person enjoys coming to the Youth Club?*

- Gets excited about it
- **Asks to go, don't want to leave**
- Because he wants to come back and gets excited
- Talks about it all week
- Eager to go every week, tells me what he does there very enthusiastically
- Body language and speech - revelling in what happens there. Excited about going each week

*Favourite activities are:*

air hockey, watching DVDs and circle games.

*Have you made friends?*

**All respondents said 'yes'**

We also asked parents if they wanted us to work on skills and 86% said yes asking for input on social skills, personal care skills and public/private skills.



# FAMILY ACTIVITIES

## MONTHLY FAMILY SATURDAY SESSIONS

Our monthly Saturday sessions have continued to run at Haworth Road Methodist Church. These sessions have reduced in popularity over the last few months and a survey has been designed to gather feedback from families to ensure the session is still something families value. It is still however the first port of call for some new families and we feel it is a wonderful introduction to the group and the positive image we aim to promote.

Our aim is to provide information and support to parents and a little quality time to relax together, chat and share experiences while the children take part in lots of fun singing and signing activities in the hall.

The children love the magic bag, fantastic elastic and parachute games and we always ensure we celebrate any birthdays.



Big sisters helping with pass the parcel at our Christmas party

Cost £80  
per month

Activities and visitors have included:  
2016

- June, Peter Evans, from PSK Photography Bradford joined us to do a photo shoot for families
- **July, we had a visit from Noah's Ark** with their wonderful animals
- August, was our summer party with bouncy castle, P.A.T. dogs, sand pit chill out/disco room, craft sale, bun sale and party games.
- September, Janice McKinley joined us from Portage to talk about Early Years.
- October, our Annual General Meeting with dance21 and a performance by our younger dancers.
- November, Hannah Long, an independent occupational therapist with an interest in Down syndrome joined us.
- December was our Christmas party.



Older members are welcome to come along and help out during the morning.



Parents enjoyed a little time to themselves and being creative with flowers.



### 2017

- January we introduced additional provision for young people aged 11 to 16 years providing music, crafts and activities more appropriate to this age group in a separate area. This however has not developed due to poor attendance.
- February, Valentines day flower arranging
- March, visit from the Independent Support Team, Barnardo's to advise on parental support and the new Education Health Care Plan conversions.
- April, lots of Easter themed games
- May, members of the Young Carers Team, based at Barnardos joined us for the morning.

### VOLUNTEERS

**We couldn't run our Saturday sessions** without the help of the many volunteers who join us on a Saturday morning to help in the kitchen, set up, tidy up and play with the children.

A big thank you to:

Wendy Rhodes

I zzi Ashman

Wendy Uttley

Avril Dear

Janette Ackeroyd

Safia Hussain

Maggie Holliday

Wendy Tuddenham

Katie Williams

Philline Maddalora

Angaline



We all loved the Easter pass the parcel .



# SUMMER TRIP

Thursday 18th August 2016 was our summer trip to Pleasure Island, Cleethorpes. Two very full coaches containing 20 families; 40 adults and 52 children had a wonderful day out on the many exciting rides. Thank you to all the volunteers who helped out on the day.

The trip was funded by Happy Days, Bradford Play Scheme and family donations.



Cost of trip £2000



*It is a unique specialised service that has built up its expertise over a number of years . It means a great deal to many families not just locally but in the wider Yorkshire area.*

## DANCING

### DANCE SESSION FOR CHILDREN WITH DOWN SYNDROME AGED 5 to 11

Dance for this younger age group started in September 2015. Classes average 6 children and run every Saturday during term time at Bingley Fitness Studio with dance teacher Claire.

Parents really welcome the opportunity to meet up for a cuppa each week and share experiences and concerns. Funded by The Cotton Trust and David Solomon Charitable Trust, Greggs Foundation and Barbara Ward.

Cost £50  
per session



We would love to see more dancers keen to join this group.

Cost £54  
per session

### dance21 •

Classes have continued to run every Monday for young people with Down syndrome aged 11+ with dance teacher Karen Mesh.

The use of the upstairs function room at Shipley Lanes bowling centre has proved successful however we would still like to attract a few more dancers.

Funded David Solomon Charitable Trust, the Cotton Trust, Greggs Foundation and Barbara Ward

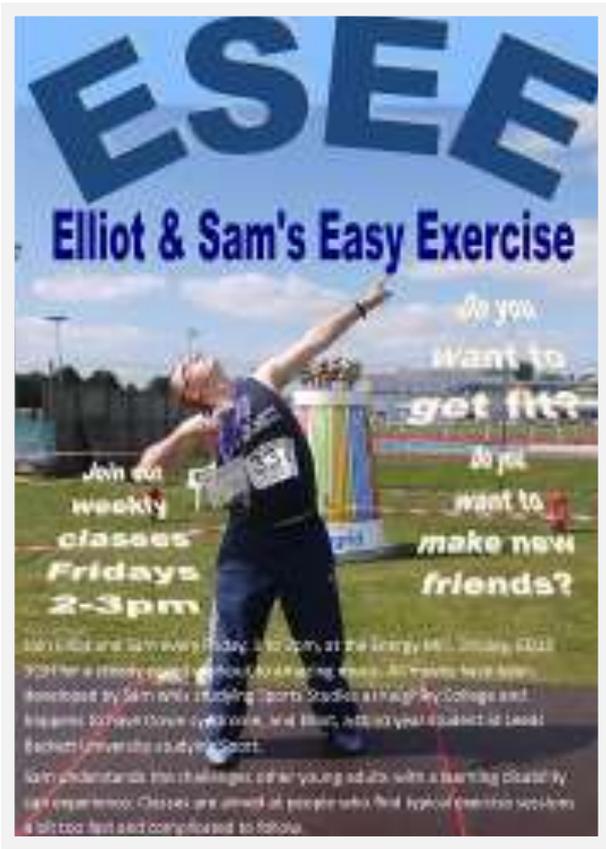
Over the year the dance troupe have performed at many events:

- ◆ Our AGM
- ◆ Bridlington at the Diverse Fest
- ◆ Expressions, Northern Ballet, Leeds
- ◆ Sunshine and Smiles, Leeds
- ◆ **Keighley Soroptomist's evening of dance and music** as part of the opening performance.
- ◆ Leeds Beckett University Speech Therapy Students Christmas party
- ◆ Titus Salt pre show performance
- ◆ Our open day in March for World Down Syndrome Day
- ◆ **The Lord Mayor's launch event**
- ◆ As a Curtain Raiser for MI A the new production at Mind The Gap.

WOW! They have been busy

Well done to all of the dancers - amazing work.





ESEE  
**ELLIOT AND SAM'S**  
 EASY EXERCISE CLASS

Sam Murray and Elliot Scott put together an exercise routine aimed at adults with learning disabilities who find mainstream fitness classes a challenge. Music and moves have been chosen by Sam who is studying Sport at Keighley College and Elliot Scott a third year student studying sport at Leeds University.

The weekly classes take place at the Energy Mill, Shipley, every Friday. Attendance has been poor and we need to review these sessions and possibly provide transport.

**FREE FAMILY SWIM SESSION**

After over 13 years of monthly family swim sessions it was decided to cease this service as part of our cut backs in December 2016. During the summer of 2016 weekly sessions were also provided every Tuesday. Attendance was averaging 5 families per session at a cost of £80.



**WEEKEND AWAY AT INGLEBOROUGH HALL**

Four families had an amazing weekend at Ingleborough Hall climbing, abseiling and exploring.

**MY FERAL HEART**

In December 2016 about 50 of us went to see the screening of My Feral Heart followed by food at Weatherspoons; a great shared experience.



## AIMS FOR 2017/18

- ◆ Increase staffing hours so that we can meet demand and reopen the centre on Mondays
- ◆ Raise £80 000 so that we are secure for 2018
- ◆ Deliver a number of sessions at the World Congress 2018 in Glasgow to showcase our charity and share our best practice - dance, exercise, our early development groups and our training and publications
- ◆ Begin to develop work experience placements for young adults
- ◆ Share our early intervention programme
- ◆ Rekindle Down Syndrome Network North

*This is a centre of excellence for the region in relation to knowledge, quality of support and range of provision and resources. It is a hub for professionals.*

*The people who work for the services the group provide are hard working, committed individuals who have fought hard for our young people. They have set up the group from scratch and developed it as the needs and issues have arisen. It would be terrible to see such effort and commitment go to waste. There is a real need for a group like this*

*The service is a lifeline to a wide number of families but also beyond this to extended families, friends and also school staff and medical professionals for advice and support. The service makes you feel part of a community and that you are not alone*

*Immense difference to my life, especially in the early stages. Having access to the support of the staff for their knowledge and guidance was a lifeline. When my son started school his concentration was better than many of his peers and this was due to him having attended the early development groups*

*The support and training we have received has been the basis for my son going to mainstream school. Without early intervention he would not have been ready and parents and school staff would not have had the skills or confidence to make it happen*

*I have had help with everything at different ages, and feel I could ask questions on any subject. I have been helped with toileting, problems in school, puberty, behaviour - all things that I would have believed were 'traits' of Down syndrome if I had listened to old stereotypes, thinking the child was 'stubborn, loving, strong etc. My now teenager is thriving in mainstream secondary school with peers. I am so proud. Without the help of the Down syndrome Training and Support Service this story would have been very different.*