



Down Syndrome Training & Support Service Ltd

Registered Charity Number 1130994.
Company registered in England and
Wales 6915555

February 2018

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Our next Saturday meeting will celebrate Valentines day on 10th February, 10am to 12pm at Haworth Road Methodist Church Hall, BD9 6LH

ALL FAMILIES WELCOME TO COME ALONG AND JOIN IN THE CHOCOLATEY FUN

Transport available if required, please contact the office. During the morning we will be celebrating Valentines day, feel free to wear something red! The children will be making cards with red hand prints and we'll have chocolate buns and hearts for you to decorate and take home for your loved ones.



LET'S CELEBRATE **WORLD DOWN SYNDROME DAY**

March 2018

FAMILY EVENT AT CEDAR COURT

We are delighted to announce that we will be celebrating World Down Syndrome day this year with a return to our family weekend extravaganza at Cedar Court Hotel, Bradford. On Saturday 17th March from 6pm there will be party games, hot buffet, disco room for young adults, quieter disco for families, entertainment from dance21, tombola and raffle. There are places for 30 families to stay overnight, use the hotels leisure facilities and enjoy an amazing breakfast together on the Sunday, plus many more just for the evening event.

We would like to encourage families who have not attended before to join us for the event.

A booking form is enclosed with this newsletter. The actual cost of the evening plus overnight stay is £60 per head; we are asking for a donation of £20 per adult and £10 per child. If you wish to attend the evening only this donation is reduced to £10 per adult and £5 per child. However we do not want anyone to feel they cannot attend because the cost is too much and this is why the fee is a donation. If you cannot afford to donate the full fee and would like to attend you are still welcome.

BOOKING FORM ENCLOSED

UPDATE ON OUR FUNDING SITUATION

As we enter a new year our thoughts are focussed on our ongoing challenge to fund the services we provide. Last year our annual expenditure was £182 000, this year we have reduced the budget to £165 000 which means we need £13 750 each month to keep us afloat. Many of our core activities such as the early development groups, speech & language groups, youth club and training are secure for 2018 however six of our ten staff have only had contracts renewed until the end of June 2018.

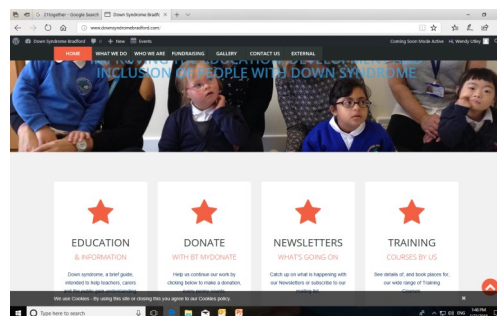
Our target for 2018 was £80 000 and we managed to raise £62 000 - brilliant. Can we beat this during 2018?

Enclosed with this newsletter are letters for the families and organisations we support asking for your help. Please take time to read this letter and consider whether you are able to contribute; a little from everyone we support would go a long way. Thank you.

OUR NEW WEBSITE

We are excited to announce that our new website is due to be launched this month.

Our current old website was put together by ourselves in 2001 and has needed modernising for several years.



The address will be www.downsyndromebradford.com and you will be able to book and pay for training, buy resources, set up a fundraising page and many other things directly through the site. Watch this space!

CONTACT Wendy Uttley or Wendy Rhodes

Web: www.downsupportbradford.btck.co.uk

The Pamela Sunter Centre, Down Syndrome Training & Support Service Ltd, 2 Whitley Street, Bingley, Bradford, BD16 4JH

Tel 01274 561308 | Mobile 07816465845 /07512346717

Email : office@downsyndromebradford.co.uk

OUR CHRISTMAS PARTY

Yes I know it seems like forever ago! But thank you to everyone who helped make our Christmas celebrations such a wonderful success.



CHRISTMAS RAFFLE WINNERS



1st prize Betty's Christmas hamper - Mary Cuthbert (000685)

2nd prize three water colour pictures - Shane Crossley (000120)

3rd prize luxury Christmas crackers - Sue (000615)

4th prize giant teddy - Pete Burnett (000579)

5th prize Hotel Chocolat goodies - Julie Chapman (000566)

6th prize Your zone45 voucher - Sue Laycock (000003)

7th prize signed One Direction picture - Eric Goddard (000172)

8th prize Laura Ashley gift set - David Drake (001069)

9th prize Lilly o'Briens chocolates - Vicky Sellers (000538)

10th prize Olay essentials gift set - Phil Jowett (000609)

11th prize Heroes chocolates - Shane Crossley (000119)

12th prize Yorkshire Tea caddy - Cheryl Corby (000115)

13th prize After Eight Mints - G Jackson (000403)

A big thank you to all who bought and sold raffle tickets and donated prizes. We raised £856 in total.

DO YOU WANT TO PLAY CRICKET

Anyone interested in trying out cricket? Menston CC have kindly offered to put on a taster session for us on a Saturday. If you are interested please contact the office. If this is popular then we can see what day/time is best for everyone and sort out some regular sessions.



WISH CLUB

Everyone had an amazing time at the WisH Club Christmas party. During the evening certificates were given out to members marking their achievements over the term. This was followed by party food and a disco.

NEW KARAOKE

We now have a karaoke machine—and it's a great hit; loved by everyone.

DATES TO NOTE

Workfit

9th February, 7pm Cat Rolley from DSA Workfit will be joining us to talk to parents about the project and things parents can be

working

on to support their young person's future.

Appropriate touch workshop

On 2nd March, 6.30pm there will be a training session for the young people on appropriate touch and assertiveness. This session is an opt in session and will run in a different room. For further details please contact the centre.

Places will need to be booked.

ART - PLEASE COULD MEMBERS COLLECT THEIR ART WORK SHOULD THEY WISH TO KEEP IT THANK YOU

The club runs every Friday, 6 to 8pm for young people aged 11 up to 13 years and 6pm to 10pm for teen-

agers upwards. Young people are come

to bring along a friend or sibling age 11+ to the club. SUBS £2 per week.

Keep up to date with what's happening and view photos and videos from the club by becoming a member of the secret WisH Club-Facebook group.



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

Over the last academic year we trained, 1070 adults; 882 professionals and 188 parents and delivered assemblies to 900 pupils.

100% of participants feel that they can improve their practise because of our training and the majority feel they understand Down syndrome and inclusion more.

FREE TRAINING DAY

Including children with Down syndrome - An introduction

Wednesday 7th February 2018, 9.00am to 1.00pm

This session will introduce Down syndrome to people who have little experience of working with children with Down syndrome and cover society's view of Down syndrome, health implications, strengths and weaknesses in the classroom and outline ways to address the specific learning needs and manage behaviours of children with Down syndrome.

COST FREE and refreshments provided.

- *Fabulous course - given me some real insight. Will definitely amend/tweak practice.*
- *Thank you a very interesting morning. I feel that I have learned so much and want to find out more! Great presentation.*
- *Very interesting and educational. Also thought provoking. Really enjoyed this course*

Clicker 6 (7)

Wednesday 7th and Wednesday 14th March 2018, 9.30am to 12.30pm

Clicker 6 is a fantastic programme enabling users to build their own sentences, make talking books by recording their own voice, make word and picture banks for topics and much more. The morning will introduce Clicker 6 and demonstrate its many features. It will include activities to help you create word banks, sentence building grids, talking books and picture/word/sound matching activities.

We have limited access to Clicker 6 at the Centre, however if you already have Clicker 6 loaded on a laptop we encourage you to bring it along. Please let us know when you book whether you are able to bring a laptop.

CLICKER 7 DIFFERENCES WILL ALSO BE DETAILED

COST: £80 professional/£20 parent or second member of staff from same school. PLACES LIMITED TO 10

- *The children will be able to express themselves and communicate ideas with increasing independence. It has already had a noticeable impact on the child's engagement and quality of individual work.*

Signing for children with Down syndrome

Session 1 - Wednesday 28th March 2018

Session 2 - Wednesday 18th April 2018

Time 9.30am to 11.30am

FREE six week behaviour course for parents, carers and support staff of children with Down syndrome

PLACES LIMITED TO 7 FAMILIES

Fridays: 9th March, 16th March, 23rd March, 30th March, 20th April, & 27th April 2018, 10am to 12pm.

The course will cover an overview of the learning profile of a child with Down syndrome looking at how difficult behaviours may develop. Parents will then be encouraged to focus on a specific behaviour they wish to modify and we will discuss methods and ideas to modify the behaviour. Support staff working with the child are welcome to come along and be involved in the session in a bid to provide a consistent approach. Each week opportunities will be offered to discuss progress and learn from each other. Please note that this course is primarily for parents.

Creche available 10am – 12pm, £10, per child, per session.

- *My child has improved enormously, I have confidence in dealing with unwanted behaviours.*
- *I am happier and more relaxed. My relationship with my child has improved.*
- *I have been practising the strategies at home which are improving my child's behaviour.*
- *My knowledge has increased and I can help and understand my child more.*

ONLINE SAFETY AND YOUNG PEOPLE WITH A LEARNING DISABILITY - NEW COURSE



Wendy Uttley has recently put together a course based on the CEOP training - Child Exploitation and Online Abuse, aimed at helping parents understand and learn about issues relating to social media and other online sites, the risks involved and how to support a young person with a learning disability so that they are less vulnerable.

The training session will take place Tuesday 27th March, 7 to 9pm at the centre.

The session is FREE but places need to be booked.

EARLY DEVELOPMENT GROUPS



FEBRUARY DATES

Secret Facebook Group: <https://www.facebook.com/groups/earlydevelopmentgroups/>

ORANGE NEW BABY GROUP

Sessions will run Thursday 8th February and 1st March, 10am to 12pm with Izzi Ashman, for babies aged 12 to 24 months. Younger babies are welcome to join in from 11am with a topic discussion and a singing and signing magic bag session.

YEAR 2 GROUPS

PINK GROUP Wednesday 21st February 10am to 12pm, with Izzi Ashman.

WHITE GROUP A new year 2 group, places still available. Wednesdays 7th and 28th February, 10am to 12pm with Izzi.

YEAR 3 GROUPS

YELLOW GROUP Tuesday 20th February and 6th March, 10am to 12pm with Izzi Ashman.

BROWN GROUP with Wendy Uttley, Thursday 8th February and 1st March, 10am to 12pm.

YEAR 4 GROUP

RED GROUP with Izzi Ashman on Tuesdays 6th and 27th February, 10.30am to 12.30pm.

YEAR 5 GROUPS

These groups now run monthly and support staff are encouraged to attend rather than parents to enable best practice to be shared with school

BLUE GROUP This group will run Monday 19th February, 10am to 12pm with Wendy Uttley.

PURPLE GROUP Thursday 22nd February, 10am to 12pm, with Izzi Ashman.

GREEN GROUP This is a new fortnightly small group aimed at children aged 5 to 7. Sessions are open to either parents or support staff and will be delivered by Wendy Uttley. Dates are Thursday 1st and 22nd February, 10am to 12pm.

Funded by Awards for All



FACBOOK GROUP FOR GRANDPARENTS

A new closed group formed solely for grandparents of those with Down syndrome in the UK has been set up: Down's Syndrome: Grandparents Chat UK

<https://www.facebook.com/groups/2051416015143458/>



dance21

Is there a young person in your family aged 11 + who loves to dance?

Dance21 are seeking new members to join their dance troupe. Classes run every week, Mondays 6.30 to 7.30pm at Shipley Lanes with Lauren Green. Dancers are asked to pay £3.50 on the door to help with independence and money skills. Please contact the office for more details.

Funded by David Solomon Charitable Trust, the Cotton Trust and Greggs.



TWIRLY21s

Has your child reached 5 years old yet? Do they want to dance? Places are available for children with Down syndrome aged 5 to 11. This wonderful opportunity, not just for the children, but also for the parents to chat with friends, takes place every Saturday, 1.45 to 2.45pm at Footsteps Theatre School, Westfield Lane, Idle, BD10 8PY with Claire King. Parents are encouraged to remain outside the room unless support is needed. Most parents welcome the opportunity to chat amongst themselves over a cup of tea or coffee. Suggested fee/donation of £2 to be paid by the dancers.

Funded by the David Solomon Trust, the Cotton Trust and Greggs.

SPEECH & LANGUAGE SESSIONS FEBRUARY

Ellie Coleman's groups will run on Saturday 24th February.

Lauren Drake's groups will run on Saturday 3rd February and Wednesday 21st February.

Wendy Rhodes will contact all relevant families with text reminders.

FEEDING AND ORAL SUPPORT GROUP

This session is now a half termly session. The next session is on Monday 5th March, 12.30 to 2.30. Families can book a half hour one to one session with Jo Gallagher, highly specialist speech therapist and Verena Winchcombe, dietitian, for FREE.

Please contact the office if you would like to attend.

All sessions are funded by the Henry Smith Charity until 2019.

SPECIAL EDUCATIONAL NEEDS **PROPOSED CHANGES**

Several meetings have been arranged to help with discussion and consultation about the proposed changes to SEN.

6 February Victoria Hall, Saltaire, 1pm - 4pm

9 February Banqueting Hall, City Hall, 9am - 12pm

19 February, Central Hall, Keighley, 9am - 11am

21 February, Indus Hall, Kala Sangam, 1pm - 4pm

For more information:

<https://bso.bradford.gov.uk/news/15693-consultation-on-plans-for-supporting-children-with-send>

Bradford will see the Portage Home Visiting team reduced in numbers by 50% and no longer centrally based. This will obviously have a significant detrimental impact on service delivery to the youngest and most vulnerable children and families in the district.

BRADFORD'S EDUCATION COVENANT

https://www.bradford.gov.uk/media/4196/bfdc-education-covenant-prospectus-2017_18-digital.pdf

The Education Covenant is about keeping education a top priority so that standards can be raised, parents are supported and links are made with businesses to boost career options.

CALL FOR EVIDENCE - **SEXUAL RELATIONSHIPS EDUCATION**

<https://www.gov.uk/government/news/education-secretary-launches-rse-call-for-evidence>

Following confirmation that the subject will be compulsory in all schools, the views of teachers, parents and young people are called for to help shape the first updating of relationships and sex education guidance since 2000.

The teaching of this important subject in schools is supported by the wider public. Recent surveys show that:

91% of parents believe all pupils should receive lessons to teach them about the risks of sexting, as well as other issues such as contact from strangers online; and 74% of 11 - 15 years old believe that children would be safer if they had age appropriate classes on relationships and sex education.

The survey will take about 30 minutes:

<https://consult.education.gov.uk/life-skills/pshe-rse-call-for-evidence/>

Valentines Dance **with People First Keighley & Craven**

A Valentines event will take place on 15th February at Caroline Street Club, Shipley, BD18 3JZ

The tickets are £5 for individuals and £3 for carers. The event includes:

Live Music from 'Playing For Kicks', disco, party food,

photograph booth and raffle prizes. Fancy dress is optional !!!

Contact Hanna on 01535 607222/07435960794

Hanna.bennett@peoplefirstkc.com

Me, My Family and My Carers News

What Happens When I'm No Longer Around?

HFT have made a film for family carers who have a relative with a learning disability autism or both.

The film looks at the important things about planning for the future when you are no longer around.

The film has information that they think is important for people to know about, after speaking to family carers and using the Thinking Ahead a planning guide by Christine Towers from Together Matters. There are also links to

- Other resources

- The Care Act

- The Mental Capacity Act

- The Family Carer Support Service

You can find the film and information here

<http://bit.ly/2A7LxrZ> or Telephone: 0117 906 1700

Or write to Hft, 5/6 Brook Office Park, Folly Brook Road, Emersons Green, Bristol, BS16 7FL

LOCAL OFFER BRADFORD

The Local Offer Bradford has an amazing website and they would like your feedback. Follow the link to visit the site and click on the feedback tab. Thank you

<https://localoffer.bradford.gov.uk/>

NEWS FROM MENCAP

On Thursday 15th February Mencap will be launching their new campaign; all about making hospital care better for people with a learning disability. Follow the developments on their Facebook page: <https://www.facebook.com/Mencap>

DIRECT PAYMENTS SURVEY FROM CEREBRA

Follow the link to complete a survey aimed at finding out what families of disabled children think about the direct payment system. If you're already using, will be using or have used direct payments please consider taking part in the survey.

<https://www.surveymonkey.co.uk/r/CN3ZRF7>

CEREBRA NEWSLETTER

Follow the link to read their current newsletter:

http://www.cerebra.org.uk/?wysija-page=1&controller=email&action=view&email_id=73&wysijap=subscriptions&user_id=15923

New online course: Improving speech and language development for children and young people with Down syndrome from Down Syndrome Education International

The course is designed for speech and language therapists working with young people with Down syndrome. It offers comprehensive practical guidance for assessment and planning, developing communication, vocabulary, grammar and speech from the early steps in infancy through to early adulthood. The course will also be of interest to educators and parents seeking a detailed understanding of speech and language development and intervention for young people with Down syndrome. For more details click [here](http://www.facebook.com/dseinternational) or browse

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

funding news

During December a further £8374.27 was raised bringing the total raised for 2017 to £62 768.27. Our target had been set at £80 000 so all in all we did incredibly well. Thank you. During January a further £163.36 was raised, a reflection of the time of year! But every little helps.

A massive thank you to everyone who has donated:

DECEMBER

Short breaks for dance21, £1000
Colette Robinson, £5
P Fletcher, £40
P Binnington, £50
Clayton Christmas fayre, our stall, £199.20
Bradford Grammar School Christmas fayre, our stall, £130.75
Our Christmas raffle, £856
Les & Shirley Burrows, £25
Sara's Body Shop party, £87.75
Ilkley Carnival, £100
Co op Community award, £2329.57
Margaret Southern, £60
Rachel Williams, more from her Pen y Ghent walk, £1335
Julia Woolley, £150
Margaret Woolley, £100
Kersten England, £25
David Cawthray, £15
Alysha Nichols, £15
Rachel Moorhouse, £110
The Boshier Hilton Foundationm £1731 for Saturday sessions
Tony Walton, £10

JANUARY

A well wisher, £20
Collection tins, £38.96
Fiona Jeffrey, £45
Alysha Nichols, £18.23
Betty, £11.36
Kathleen & Vera, £5
Neena Rani, collection tin, £25.81
Mrs Fletcher, £15
Collection tin, the Yorkshire Shop, £23.52
Collection tin, £22.12
Darcey & Emily, Northowram Primary School, £25.30 from a
Guess the number of sweeties in the jar.



The Lord Mayor's Appeal 2017-18



Down Syndrome
Training & Support
Service



Wishing Well
Appeal



Bollywood Night 2018

In aid of

The Lord Mayor's Appeal



BOLLYWOOD NIGHT, LADIES ONLY

Thursday 15th February at The Octagon, BD20 5LY. Doors open 6.30 for a 7pm start. Dress code Bollywood or Bling! Tickets £15 include authentic food and entertainment with DjSaiQa. Tickets available by contacting Emma Walker 01274 434965 or email emma.walker@bradford.gov.uk

ROY ORBISON NIGHT AT THE OCTAGON

Tickets cost £10 and are available from the appeals office 01274 434965 or by visiting www.theoctagonlive.com

The Octagon
St. Patrick's Night
Bradford Road, Sandbeds
Keighley BD20 5LY
01274 562252

ORBISONS LEGEND SHOW
ONLY THE LONELY - DREAM BABY
IN DREAMS - PRETTY WOMAN -
ITS OVER - YOU GOT IT - DROVE ALL NIGHT
& Bradfords own PENNY ARCADE
ALL THE HITS and MEMORIES
Saturday 17th March 8pm
TICKETS £10 NOW ON SALE
Public Bar open 5pm • Supper available £4



Download the Easyfundraising tool bar by following the link below and help us to raise funds as you shop online. The toolbar will prompt you when you visit an eligible site to click the link before you check out. <https://pages.easyfundraising.org.uk/world-of-difference/> As well as hotels and package holidays, you can book trains, insurance, holiday money, holiday parking and so much more.

KEEP UP TO DATE WITH EVENTS ON SOCIAL MEDIA

PUBLIC FACEBOOK PAGE

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

For more general and formal information.



CLOSED FACEBOOK GROUP

Our closed Facebook group provides information on day to day activities .

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

TWITTER

<https://twitter.com/DownsyndromeTSS>

MY DONATE WITH BT

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

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

