



Down Syndrome Training & Support Service Ltd

Registered Charity Number
1130994

February March 2017

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FAMILY SATURDAY SESSIONS at HAWORTH ROAD METHODIST CHURCH

FEBRUARY 11th, 10am to 12pm

The February session is for families with children aged birth to 11. There will be a craft session for parents in the small room; making lots of lovely things for Valentines day. There will also be Valentines themed crafts on offer in the hall along with all of our usual singing, signing and circle activities.

MARCH 11th 10am to 12pm

The March session is for both younger and older children. All of the usual activities will be on offer in the hall with Izzi. In addition there will be a session with Wendy for children aged up to 13. This will include chillin' to music and activities to work on 'who am I and what do I like' and appropriate greetings.

The morning will also include a visit from the Inclusion

Support service
to answer any
questions around
Education
Health Care
plans.

**We all loved
meeting
Father
Christmas at
our December
session.**



HAPPY NEW YEAR

There is so much to pack into our now bi-monthly newsletter and we'll start with the wonderful news that we have received funding for speech and language group sessions for the next three years from Henry Smith Charity and funding to run the WisH Club for another two years. By the end of November we had reached a total of £44676 towards our £70 000 target. With this funding and the many donations from your selves over the last two months we can say

WE SMASHED IT!!!!!!!!!!!!!!!!!!!!

Funds are now being placed in reserve for 2018. The target is to raise funds this year to fund 2018 and we will need to raise about £80 000. We are back on with funding bids and delighted to be advertising for three members of staff.

END OF OUR BIG LOTTERY FUNDING

We have just submitted our final funding report to the Big Lottery Fund and I thought it would be nice just to share a couple of paragraphs with our readers:

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 child, family 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, (more on our funding inside)
- Trained 4039 adults
- Delivered 29 assemblies to 8431 pupils.
- Delivered fortnightly intervention sessions to 76 children under the age of 6.

MY FERAL HEART

About 50 of us went to see the screening of My Feral Heart on 29th Dec at the National

Media Museum. We found it tough viewing in places, tackling issues that are very close to parents' hearts. All in all it was a great afternoon out; a shared experience with lovely company and good food in Weatherspoon's afterwards!



VACANCIES AT THE DOWN SYNDROME TRAINING & SUPPORT SERVICE

There are currently three vacancies at our centre. If you require full details of any of the jobs listed below please contact the office. All closing dates are mid February.

Administrator - 16 hours per week, term time only to help with the smooth running of the centre, £7.85 per hour.

Youth Club Leader - 4 hours per week on a Friday 6 to 10pm, to lead and manage the WisH Club, £15 per hour.

Youth Club, Pastoral Care Worker - 4 hours per week on a Friday, 6 to 10pm to help with the smooth running of the WisH Club and liaise with families, £8 to £10 per hour depending on experience.



WISH CLUB FOR YOUNG PEOPLE WITH DOWN SYNDROME AGED 11+

It is with great sadness that we announce the departure of Donna Marcroft. Donna has been with the WisH Club for 3 years; from its inception in February 2014. She has played a big part in its development and success and the members and volunteers she has worked with will miss her care, compassion, understanding and friendship.

Sue Warburton, who has volunteered alongside her for the last 3 years, helping support members and driving and escorting young people to and from the club has also left. Her calming presence will also be missed.

We wish them both all the best and every success in their future ventures.

We are currently advertising for two new youth workers to staff the WisH Club. In the meantime Wendy Uttley will be running several sessions and we have drafted a timetable for the next few Friday evenings. However we suggest it is best to keep up to date with what's happening by becoming a member of the secret WisH Club Facebook group. Visit <https://www.facebook.com/groups/wishclubyouth/>

THE PLAN SO FAR:

3rd Feb - painting with Les - help us to produce some amazing art work ready for our world Down syndrome open day in March. Wear your old clothes.

10th Feb - bowling at Shipley Lanes, 7pm to 8pm followed by arcade games upstairs.

17th Feb - WisH Club with Wendy. Activities to include 'building friendships'

24th Feb - night out to Keighley Picture House; times and film to be confirmed.

3rd March - WisH Club with Wendy. Activities to include learning about ME (including addressing Down syndrome)

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.

SPEECH AND LANGUAGE NETWORK NORTH

Training for speech and language therapists across the North of England

On 20th January 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 (the alphabet) 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.

The day received some fabulous feedback
'really informative day, have learnt a lot thank you'
'I always feel inspired and empowered following these network days'

WORLD DOWN SYNDROME CONGRESS 2018

The next World Down Syndrome Congress will be in Glasgow from 24th to 27th July 2018. We are hoping to plan a group trip to the event. For details visit: <http://www.wdsc2018.org.uk/>

CAN WE BRING TOGETHER A GROUP OF PEOPLE WITH DOWN SYNDROME TO PLAY FOOTBALL IN A LEAGUE?

Bradford Disability Football Club (BDFC) have many players and meet to practice on Sundays and Fridays at Trinity Green Sports, Bradford College and on Tuesdays at Keighley Academy.

They would like to bring together a team of players who have Down syndrome to train them and enter them into league matches under DSActive: <http://www.dsactive.org.uk/>
There may also be the opportunity to train existing groups at their venue.

For details please contact Paul Jubb on 07845568226

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.



Important events at our centre February/March

AUDIOLOGY INFORMATION SESSION

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

SPEECH & LANGUAGE SESSIONS

Are back on!

We are delighted to announce that our monthly speech and language group sessions are secure for the next 3 years. Just before Christmas we received the news from Henry Smith Charity that our application had been successful. All groups will recommence in February. In addition we have funding to run a monthly feeding support group for children who are tube fed or have difficulty feeding. This will be delivered by Jo Gallagher, specialist speech therapist and a dietician. All families currently involved will receive a brochure with this newsletter. If you are not involved and you would like a place please get in touch.

DATES IN FEBRUARY:

LAUREN and ELLIE'S sessions will take place on Saturday 18th February.

Lauren is also running a session on Wednesday 8th February.

DATES IN MARCH:

LAUREN and ELLIE'S sessions will take place on Saturday 18th March.

Lauren is also running a session on Wednesday 29th March

Half hour one to one sessions are available with Lauren or Ellie, booking essential.

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

FEEDING SUPPORT GROUP

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

The plan is for this group to run monthly.

The next session is on Monday 6th February at our centre, 12.30 to 2pm, with Jo Gallagher, Highly Specialist Speech and Language Therapist.

A crèche will be available but will need booking in advance and will cost £10 per child.

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



TRAINING

'Useful for all children not just those with Down syndrome. Really pleased with this service, feel much more confident'

Reading, Language Intervention for children with Down syndrome

Friday 10th and 17th February 2017. This training course is over 2 half days, 9.30 to 12.30pm.

The RLI programme detailed in a teacher's handbook and DVD developed and produced by Down Syndrome Education International, provides a systematic structured approach via daily activities that can be finely adapted to each child. The training days will cover the theory behind the programme, how to assess a child to find a starting point, how to monitor and record progress and how to deliver the daily intervention with examples from, and reference to, the teacher's handbook and DVD.

The RLI programme comprises of two strands of intervention; a reading strand and a language strand. The aim of the RLI programme is to:

- Improve spoken language and literacy skills of children with Down syndrome.
- Improve teaching practice and support educators.

We have for a long time known reading is a strength for children with Down syndrome but not all educators are aware of this or how to ensure the children reach their full reading potential.

Cost: £120 per professional (£40 for second person from same school)/£30 per parent for both days inclusive.

The inclusion of children with Down syndrome - expectations of behaviour

Friday 10th March 2017 9.30 to 2.30

By considering the learning profile of a child with Down syndrome and looking at areas of need this course will aim to address areas where difficult behaviours may develop. It will look at expectations, appropriate behaviour, including self help skills and go on to outline strategies by focusing on wanted behaviour.

COST: £85 per professional (£25 for a second person from the same organisation)/£25 per family member. Includes lunch.

Signing for children with Down syndrome

Over two Fridays: 17th and 24th March, 9.30 to 11.30

Session 1 will cover why we use signing with children with Down syndrome and the signs for manners, animals, food, family and other people, and the alphabet.

Session 2 will cover signs for the home, school day, colours, descriptions, time/days, questions and connective/link words. Followed by a discussion on how behaviour can be addressed through introducing signing.

Both sessions will include practice of useful phrases and familiar children's songs. A book "Signing and Down syndrome", covering the signs in this course is available for £7

COST: £80 per professional (£20 for second person from same school)/£20 per family member for both sessions inclusive.

All courses are detailed on our website:

www.downsupportbradford.btck.co.uk/Trainingforparentsandprofessionals/CurrentTrainingandCourses

Regular events and activities

EARLY DEVELOPMENT GROUPS

All families involved in these groups should have received letters detailing times and dates for this term. Please contact Wendy Rhodes if you have any queries or are unable to attend your session.

EVALUATIONS

Our annual evaluation is now underway. We would like to ask all parents and any school support staff attending our groups to complete a questionnaire on how their child is benefitting and progressing. This feedback helps us to monitor our service and also provides evidence for funding bids.

The sessions are currently funded by Sovereign Health until December 2017.

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



ALL DATES ARE LISTED ON OUR APP:

Download using Google Chrome. You need to type (or paste) in the full link as it is not listed in Google Play.

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

Our new Knitting and Crochet Group



Following a donation of wool from James Brett, one of our neighbours, we have set up a Friday night get together to make items to sell on future stalls and in Aladdin's Cave.

Can't knit or crochet?? We can teach you!! If you have ever fancied learning and don't know where to start, we can get you started - please book with the office so we are prepared! Friday Night 7pm to 9pm each week - just turn up or book with the office for lessons.

Donations will be welcomed for tutoring and starter packs can be made up to buy.



dance21 •

Every Monday 6 to 7pm at Shipley Lanes. Sessions are for young people with Down syndrome aged 11+.

Further funding has been received towards these sessions from Greggs and we now have

sufficient to run the classes weekly until the end of the year.

REINTRODUCING PAY ON ENTRY

In the past we have encouraged the young people to pay on entry to dance so that they can have an opportunity to independently handle money. We would like to set the amount as £3.50 per session; this means

the young people need to count out 4 coins or if they use £5 they have to wait for change. Please can you support your young person to achieve this by providing them with a purse/wallet/bag and their own money. Thank you

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

BRIDLINGTON and DANCE21

On Saturday 14th January members of the Dance 21 crew visited a very sunny Bridlington to perform at "Diverse Fest" 2017. This was a new event with performers from all over Yorkshire and as far afield as London. Our young people had a great day - excelling in their two dance performances and enjoying the opportunity to see other groups and their showcase pieces. The organisers are hoping that the festival will become an annual event and have already said they are looking forward to Dance 21 performing again next year.

In 2016 the dancers performed at 7 different events (including at the Northern Ballet theatre in Leeds and Mind the Gap in Bradford) and this year after Diverse Fest in Jan will be performing at Titus Salt School in February - so if you know any budding performers come and join us on Mondays in Shipley! Louise

WEEKLY DANCE CLASS AGE 5 TO 11

Classes are on a Saturday, 2.15 to 3.15pm at Bingley Fitness Studio, Unit 2, St. John's House, Clyde Street, Bingley, BD16 4LD with Claire from Footsteps Theatre School.

We now have sufficient funds to run these sessions until the end of the year.

PAY ON ENTRY In order to help your child begin to develop money skills we would like to encourage parents to let their child pay for themselves as they enter the building. Could parents please provide their child with a wallet/purse/bag with two £1 coins so that they can count out '1, 2' and pay an entrance fee of £2 at the desk. Thank you.

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

funding news

Since our last newsletter at the beginning of December 2017 we have received £11 800 through many smaller donations and grants and £43812 from the Henry Smith Charity over the next 3 years to fund speech and language group sessions. This means we reached a total of £71464; more than our £70 000 target. Just how amazing is that?—it shows what we can achieve when we all pull together. This means we are secure for 2017 and also have a little in reserve for 2018. We have set another target amount to raise over 2017 ready for next year so please, please continue with your efforts to support us. THANK YOU

Below are the remaining contributors to our '70 events to raise £70 000' campaign.

- Plan to Share Ltd, £1000
- Capita, £75
- C Walsh, £230
- Dave Richardson for his Thor Hammer, £50
- Our stall at Bingley Christmas Fayre, £409.12
- Julie Champman, £213.70 in memory of her mum Pamela Jean
- Greggs Foundation, £2000 towards dancing
- Yorkshire Building Society, £500 towards resources for EDGs
- Samuel Sunderland Trust, £500
- Elsie & Hollins Hall Leisure Club, £35
- Margaret Southern, £40
- Michelle & Stanley Morris, £25
- Collection tins £42.45, £28.54, £17.45, £49.96
- Michelle Swallow, £10
- Tracy Gardner, £10
- Lata Creative (via Skipton BS), £200
- Pat Featherstone, £20
- Bingley Fitness Studios, £176.57
- St James Christmas Tree Festival, £80.11
- Singing for Fun, £60 in lieu of Christmas cards
- Tony Walton, £10
- Les & Shirley Burrows, £25
- Cryotherm Insulation, £100
- The Isherwoods, £50
- Sharegift, £2500
- Albert Hunt, £1000
- Aviva Community Fund, £500



Aviva Community Fund 2016

Our project - Just Kids got through to the finals, thanks you for everyone for voting us. Unfortunately we didn't manage to win a large cash prize but we did receive a donation of £500 in recognition of our achievements.

CHRISTMAS RAFFLE WINNERS

Thank you to everybody who bought and sold raffle tickets and to all who donated prizes.

Cashmere wrap: Stephanie Gill

Betty's Christmas hamper:: Claire Ratcliffe

Pure wool blue bedspread: Frances Dine

Devonshire Arms, afternoon tea for two: Jen Wilson

Round of golf at Hollins Hall: Ken Jackson

Bottle of wine: Angie C

Hairdressers voucher from Ophiuchus: Linda Davies

Cashmere socks: Sue Ward

Cashmere socks & scarf: Alastair

Cot quilt: Janet Hall

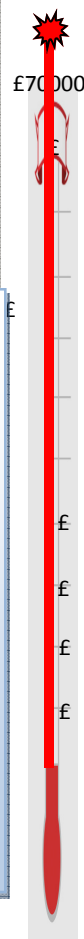
MY DONATE WITH BT

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.



- Henry Smith Charity, £14906 for 2017 speech & language and feeding group sessions
- Karen Goodman Picken, £1000 from massages
- Our Christmas raffle, £950
- James Brett—donation of wool for our new knitting group
- Fiona, Polly & Claire for knitting items for our Christmas Fayre



news and events elsewhere

TRAINING at OTHER SUPPORT GROUP WITH WENDY UTTLEY

2nd February, Teaching basic number skills, Hull.
7th February, Introduction to Down syndrome, Calderdale.
2nd March, The inclusion of children with Down syndrome-
expectations of behaviour, Hull.
21st March, The inclusion of children with Down syndrome-
expectations of behaviour, Huddersfield.
For more information please contact our office.

DOWN'S SYNDROME ASSOCIATION (DSA) JANUARY NEWSLETTER

<http://us6.campaign-archive1.com/?u=00c890c2cc6959ff34ea434dd&id=9067411719&e=55b4b1800>

The newsletter includes information on world Down syndrome day and links to articles on vision and finding a good optician.

MIXED ABILITY SPORT AND LEISURE ACTIVITIES

WHAT IS MIXED ABILITY?

Mixed Ability encourages disabled and non-disabled players to compete together in local sports and activities. It does not classify levels of ability or separate disabled players into different tiers; anyone can experience disability for a short or long term, whether due to physical, mental or social limitations.

WHY BRADFORD?

Bradford is home to England's first Mixed Ability Rugby team, about 50% of players have a disability, including Down syndrome.

Sport England is helping Bradford lead the way in challenging stereotypes and prejudices by encouraging people of all abilities to become more active.

Taster sessions in cricket, dance, tennis and boxing have been running at Heaton Tennis & Squash Club, Highgate, Bradford BD9 5PH

Call Dawn at Bradford Disability Sport and Leisure on 01274 437093 for further information.

www.mixedabilitiesports.org

Making positive changes with Seba Thomson

www.spring.me.uk

During January there have been workshops on ADHD, siblings, anger management and using visual timetables delivered at local venues. Seba, who runs Spring Counselling Psychotherapy and Tutoring is based in Bingley and can be contacted by Facebook or by tel: 07719751138. She offers support or staff training on emotional and behavioural difficulties, Autism, ADHD, mental health, stress, phobias, panic attacks and self harm.

The views and items on this newsletter are not necessarily those of the Down Syndrome Training & Support Service Ltd. Mention does not necessarily mean recommendation or support.

Down's Heart Group Winter Newsletter

<http://www.dhg.org.uk/getfile.aspx?210&e=.pdf>

Articles include:

- Eye tests made easy in. Linked to SeeAbility: <http://www.gmpec.co.uk/ld-services.html>
- Funds for families to help buy therapy sessions, respite care, counselling, travel expenses for hospital visits, equipment/ specialist items eg car seat. Roald Dahl's Marvellous Children's Charity offers support grants of up to £500 for families in the UK with a child under 21 who has either a long term health condition or receives medium or high rate care component of DLA.
- Revised NICE guidelines on infective endocarditis. This is an infection of the lining of the heart. It is a rare but very serious condition caused mainly by bacteria, which enter the blood from outside the body. This can be during ear piercing, tooth extractions and routine surgical procedures. It can affect people who have certain congenital heart problems, repaired or not and those who have a replacement valve.

WINTER EDITION OF THE DISBALED CHILDREN'S INFORMATION SERVICE (DCIS) NEWSLETTER

It is well worth downloading this for a read or signing up so that it can be delivered to your home each term.

<https://www.bradford.gov.uk/media/3544/dcis-newsletter-winter-2016-issue35.pdf>

ARTICLES INCLUDE:

- How the Local Offer in Bradford is shaping up. The website is well worth a visit...
- Safeguarding
- Duke of Edinburgh Award Scheme for 14 to 24 year olds
- National Citizens Service for 16 to 18 and up to 25 years old for people with a disability
- Riding for the disabled
- Project SEARCH, a work experience programme for young people with learning disabilities aged 18 to 25
- Bingley Youth Café for young people with and without additional needs. The cafe now has inclusion sessions running Mondays and Thursdays, 5.30pm - 7.30pm

News from Eureka!

Super Sunday and Holiday Club dates relevant to our families are detailed below. Places are free and MUST be booked by telephone in advance. Ring 01422 330069. Clubs run from 10am - 12pm with a special theme for each club, including activities and gallery exploration time:

- Sunday 26 March: Down syndrome club
- Tuesday 4 April: Holiday Club for children with Autism
- Tuesday 11 April: Holiday Club for disabled children aged 3 - 11 years
- Wednesday 19 April: Holiday Club for disabled children aged 3 - 11 years
- Sunday 11 June: Autism Early Years

All families that attend get a free Eureka! Annual Pass.

<https://www.eureka.org.uk/>

HENRY

Health, Exercise and Nutrition for the Really Young

The HENRY Group Programme is a FREE 8 week programme for parents and carers of children aged 0-5, supporting them to provide a healthy, happy and supportive environment for the whole family. It covers juggling life with young children, stressful mealtimes, play, food and snacks and understanding behaviour

Several . started in January and the ones below start in February:

- Barkerend Children's Centre, Wednesday 1st February 9.30am - 11.30am. Contact the centre on 01274 662763.
- Woodroyd Children's Centre, Thursday 2nd February 9:30 - 11:30am. Contact Jana or Gurjeet on 01274 720090.
- Fagley Children's Centre, Thursday 2nd February 9.30am - 11.30am. Contact the centre on 01274 770434.
- Gateway Children's Centre, Friday 10th February 9.30am - 11.30am. Contact the centre on 01274 634800.

AND

If you live in the Better Start Bradford area you may be eligible to access the HENRY 1-to-1 programme in your home. Contact Nicola on 07709 640454 for more information.

HENRY Practitioner Training is also available for FREE.

<http://www.henry.org.uk/henryinbradford/>

Portage Training from the National Portage Association (NPA)

www.portage.org.uk

A training course is due to run in Bradford March/April. The course is over two days with a one day follow up:

Thursday and Friday, 2nd and 3rd March, 9:30am - 3:00pm

Friday 7th April, 9:30am - 3:00pm

Venue: Margaret McMillan Tower, Bradford

This 3 day workshop is open to anyone working with young children (under 7) with additional needs /disabilities and their families. It covers the core curriculum set out by the National Portage Association. The course is very relevant for parents and all early years practitioners, SENCO's & teachers particularly those working in nurseries and 2 year provision, schools, children's centres and other early years settings.

The course will cover -

- The Portage Model
- Working in partnership with parents/carers
- Agreeing long term goals and writing clear teaching targets
- Helping children learn by the small step approach (task analysis)
- Specialist teaching techniques
- Play for children with additional needs
- Recording and evaluating children's developmental progress

To book places please -

Contact: Sadaf.igbal@bradford.gov.uk 01274 431479

For information: Contact Janice McKinley Portage Coordinator &

Accredited Portage Trainer janice.mckinley@bradford.gov.uk

Bradford Practitioners - free - Practitioners outside the Bradford Authority - £200

Time Out for Dads' course

Time Out for Dads is a parenting course aimed at dads and male carers. It considers what dads are for, emotions, parenting styles, discipline and safety.

The course is starting in Keighley on Wednesday 8th February 6 to 7.45pm and will run for 6 weeks at the Rainbow Children's Centre, Keighley. For details and to book contact: 01535 618005

EDUCATION HEALTH CARE PLAN WORKSHOPS FOR PARENTS

Several EHCP workshops have been organised by PFBA (Parents Forum for Bradford & Airedale). Learn about the transition from statement to ECHP; what is it all about?

Dates for the workshops:

7th, 27th Feb and 7th, 20th March 10.30am to 2pm

15th Feb and 23rd March 6 to 8.30pm

All run at the PFBA office, Unit 73, Carlisle Business Centre, Carlisle Road, Bradford, BD8 8BD.

Refreshments will be provided, and a light lunch/tea.

Email supportnews@pfba.org.uk or call 01274 397396.

Assistive technology event

at the Mercure Hotel, Bradford, 1st March, 10am to 4pm

The aim of the day is to showcase the different types of technology that can support people to live safely and independently. There will be lots of things for people to try out (including HfT's Smart house). There will also be opportunities to discuss some of the issues and concerns around the use of technology. The day is broken into two sessions:

10am - 1pm: This will be of particular interest for People with Learning Disabilities

1pm - 4pm: Of interest to any disabled person or carer

Please note that whilst these are drop in sessions it would be helpful if you could let me know which session you intend to come so we have an idea of who and how many are coming. We will send out more information on the workshops closer to the event.

For more information and /or suggestions of the type of technology you would like to see please contact:

Darryl Smith

Tel 01274 435001

Mob 07582 109021

E: darryl.smith@bradford.gov.uk

Barnardo's Leeds 3 Day Portage Workshop

The workshop will run:

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

Closing date for applications: Friday 10 February 2016.

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

March 2017 and World Down Syndrome Day

OPEN DAY - 22nd MARCH 2017

We don't have any major celebration planned this year but we are planning an open day on Wednesday 22nd March, 10am to 2pm when there will be an opportunity to view paintings produced by some of our WisH Club members and Les Burrow, local artist. We will also have crafts, used toys and gifts stalls to browse in our Aladdin's Cave, a tombola, cakes, buns and refreshments.

SOME IDEAS ON HOW YOU CAN RAISE AWARENESS

We would like to encourage all members to have a go at raising awareness of Down syndrome and the work of our charity. Some suggestions are:

- * Organise a little fundraising event at your place of work, local club or school; buns sales and dress down days are favourites.
- * Take one of our collecting tin into work or your local shop.
- * Share our new promotional video in your email link or Facebook page: <https://vimeo.com/191124305>
- * Ask your child's school about doing an assembly on Down syndrome; we love doing these.
- * Share the link to our website which details what Down syndrome is and how to best help support education and development: <http://www.downsupportbradford.btck.co.uk/UnderstandingDownSyndrome-AQuickGuide>
- * Take a copy of our booklet 'Down syndrome and a pathway through education' into your child's school and spread the message.



We have also included a passage from a newsletter in 2010, our year of inclusion, when each month we published an article on what inclusion means. You may wish to consider sharing this with your child's school.

KEEP UP TO DATE WITH EVENTS BETWEEN NEWSLETTERS.

VISIT US ON FACEBOOK OR OUR WEBSITE

PUBLIC FACEBOOK PAGE

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

For more general and formal information.

TWITTER ADDRESS

<https://twitter.com/DownsyndromeTSS>

CLOSED FACEBOOK GROUP

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

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

DOWNLOAD OUR APP

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

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

INCLUSION MESSAGE FROM 2010

How we refer to children affects the way they are perceived. By talking about "children with Down syndrome" or "children with a learning disability" rather than a "Down's child", "Down syndrome child" or a "learning disabled child" helps us to see the child rather than the condition. All children are children first and foremost, whatever their ability. Using positive language influences attitudes.

People's attitudes and their willingness to accept children and people, whatever their ability is crucial to inclusion.

Through the years there have been many words used to label children with Down syndrome - all negative. In some schools in Ontario, Canada, where children of all abilities have been included in mainstream schools since 1969, terminology is very positive. Any child who needs a modified curriculum, whether because they are gifted or have a learning disability are referred to as EXCEPTIONAL because they are the *exception* to the typical child. This is a wonderfully positive term that does not distinguish between abilities and promotes a positive attitude.

Inclusion comes down to ATTITUDE, to be able to think outside the box, to be open to new ideas and change, to be flexible and ready to modify. Attitude is key. It can be a barrier to good inclusion or it can be a driving force that makes inclusion work.



Big sisters helping with pass the parcel at our Christmas party

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