

Down Syndrome Training & Support Service Ltd

Registered Charity Number
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England and Wales 6915555

May 2017

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FAMILY SATURDAY SESSION at HAWORTH ROAD METHODIST CHURCH

SATURDAY 13th MAY, 10am to 12pm

The May session is for families with young children aged birth to 9 and young adults aged 9 to 13.

Games, crafts and activities will be on offer for the children and young people.

Members of the Young Carers Team, based at Barnardos, will also be joining us to chat about the support they can provide for siblings.

We all loved the Easter pass the parcel.



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

EARLY READING BOOKS LINKED TO READING LANGUAGE INTERVENTION (RLI) SCHEME

Our first set of 10 books are now available to buy in print or download. The books include much 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 have been written at level 1 of the Hatcher Grading scheme used in the Reading Language Intervention programme developed by Down Syndrome Education International.

Cost: hard copy, £20 plus postage for the set of 10 books.

Electronic copy, £10 for the set.



The girl is jumping.



Where is the car?



I like apple.

HOW ARE WE DOING WITH OUR FUNDING TARGET FOR 2018?

Thanks to your amazing fundraising efforts we raised a further £8000 in April bringing the figure raised so far in 2017 to £28000.

Our funding target for this year is £80 000 and this will ensure all of our current services are secure for 2018. For more details see the back page.

Please keep on with all of your wonderful fundraising efforts. Thank you

£80000
For
2018



SURVEY ON OUR FAMILY SATURDAY SESSIONS

We are gathering feedback on our family Saturday sessions via Survey Monkey. Please can you follow the link below to let us know what you enjoy/don't enjoy and what activities you'd like us to provide. Thank you Izzi

<https://www.surveymonkey.co.uk/r/TJYB2Q5>

£28000

£
£
£

SAVE THE DATES:

Monday 3rd July- our next Speech & Language Network North training day for therapists.

Friday 3rd November - Health Conference, Bradford covering sleep, eyesight, hearing and feeding issues.

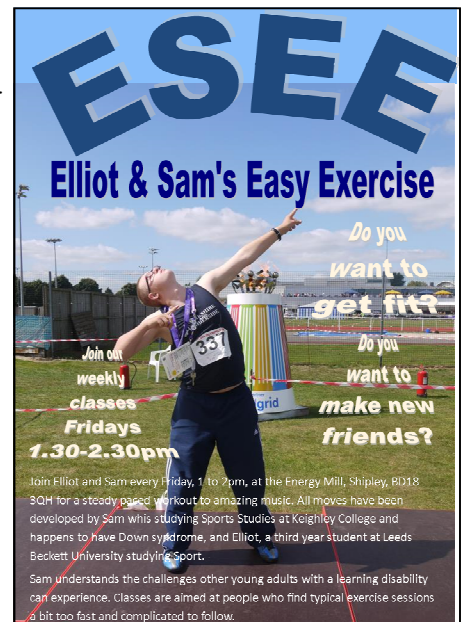
ESEE

ELLIOT AND SAM'S EASY EXERCISE CLASS

Sam Murray and Elliot Scott have 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 happens to have Down syndrome, and Elliot Scott a third year student studying sport at Leeds University. Weekly classes will take place at the Energy Mill, Shipley, BD18 3QH Fridays, 1.30 to 2.30pm.

FREE no need to book, just come along and join in.



SPEECH & LANGUAGE SESSIONS AND FEEDING SUPPORT

SPEECH & LANGUAGE GROUP DATES IN MAY:

LAUREN and ELLIE'S sessions will take place on Sat 20th May.

Lauren is also running a session on Wednesday 24th May.

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 with Jo Gallagher

This group is now running monthly and is open to any child or young person who is experiencing difficulty feeding/is tube fed. The sessions are open to both parents and child so that Jo can observe feeding and offer tips and advice. The May session is on the 8th, 12.30 to 2pm. Please let us know if you and your child are attending. Jo now has a new website and invites parents to visit www.intospeech.co.uk

EARLY DEVELOPMENT GROUPS

All families involved in these groups will receive texts to remind them of their group session dates. Please contact Wendy Rhodes if you have any queries or are unable to attend your session.

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

ALL DATES FOR MAY 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>



Clicker 7 breakfast seminars, 8.15 to 10am

Clicker 7 are visiting Bradford on Wednesday, May 24th, Mercure Bradford Bankfield Hotel from 8:15am to 10:00am.

There will also be seminars in:

Huddersfield Tuesday, May 23rd, Old Golf House Hotel.

Harrogate Thursday, June 22nd, Old Swan Hotel

Leeds Friday, June 23rd, Village Hotel Leeds South

<http://www.cricksoft.com/uk/products/clicker/regions/yorkshire.aspx>

Diamond ladies night & fashion show

Shaheen, Hasanain's mum, has organised an amazing night out at The Royal Taj, 34 Manningham Lane Bradford, BD1 3EA on Saturday 13th May, doors open 5.30, event runs 6pm to 10pm. Ladies £25,

children £16, under 5s free.

The evening includes a three course halal meal, live makeover on stage, belly dancer, amazing raffle prizes and fantastic stalls. Hasanain will be performing on stage and will love the fame. Dress your best and enjoy a night full of Arabic and Bollywood entertainment. For information, bookings and tickets contact 07523675012.



TRAINING AT THE PAMELA SUNTER CENTRE, BINGLEY

READING LANGUAGE INTERVENTION (RLI) COFFEE MORNING



12th May - taking a running record and ideas to help implement the language strand

This working coffee morning is for people who have attended the RLI training course and want to get to grips with some aspects of the programme. It will run on Friday 12th May 9.30 to 11.30am and cover taking a running record and planning for the language strand of the programme. FREE but please book.

ME, my body, my friends, my life Sexuality relationships education-(SRE) and Down syndrome

Over two Fridays: 26th May & 9th June 2017, 9.30am to 2.30pm. The course will cover:

- How important SRE is for young people with learning disabilities. Names for body parts. Privacy.
- Puberty for girls, puberty for boys,
- Feelings, personal hygiene, self help skills.
- Touching, hugging, affection, friendships..
- Safety in the community. Assertiveness. Abuse prevention strategies.

£95 per professional (£30 for a second professional from the same organisation)/£30 per parent. This includes a folder of handouts and a memory stick of resources for you to take and keep.

The signs for this topic are also covered and now available in a book —SRE and Down syndrome. Cost £6.

Signing for children with Down syndrome

This training was postponed in March and will now run in June: Thursday 15th June, 9.30 to 11.30 session 1

Wednesday 21st June, 9.30 to 11.30 session 2

Can I Catch the Bus? Teaching children with Down syndrome and other learning disabilities how to tell the time and use money

This course has been cancelled and revised. It will now run as a reduced 2 hour course and be included as part of the numeracy training we provide.

Teaching basic numeracy to children with Down syndrome and other learning difficulties using the Numicon approach

Friday 16th June, 9.30 to 12.30pm - how we learn to count and basic number skills up to 10.

COST: £60 per professional (£15 for second person from same school)/£15 per family member.

Friday 28th June, 9.30 to 3pm - beyond 10, time and money.

COST: £95 per professional (£30 for second person from same school)/£30 per family member. Lunch included in price of this day.

BOTH DAYS CAN BE ATTENDED FOR THE REDUCED COST OF £120 per professional (£40 for a second person from same school)/£40 per family member

Toilet training for all ages FREE FOR PARENTS

Fridays 30th June, 7th July, 14th July 2015, 10 to 12pm

EXCITING CHALLENGES WITH THE NATIONAL CITIZENS SERVICE (NCS)

In July and August we will be running two weekends of activities involving our children, families and young people and students enrolled on the NCS project. The first Team Challenge is on Saturday 22 & Sun 23 July, 1.30pm-3pm and will be a photography session with the WisH Club members. The focus of the session will be "Who am I?" The aim will be to illustrate the youth group and capture photos which celebrate the identity of young people in the room. All cameras, ipad and phones welcome for the session. Places limited to 12 and need to be booked in advance.

The second team challenge is on Friday 4 & Sat 5 Aug, 1.30pm-3pm and is open to families of children with Down syndrome aged 5 to 11 so that siblings and parents can also take part in the activities. It will be an arts and craft session creating posters to represent the group of people present. Places will be limited to 10 families and again need to be booked in advanced.

PINEAPPLES SUMMER CAMP

The Pineapples Summer Camp is run by The Specialist Inclusion Project, a service within Bradford Met District Council. They are running two summer camps at a residential school called the William Henry Smith School in Brighouse and one at Nell Bank. Activities will include hot tubs, outdoor cinema, yoga, mini farm, sports and indoor play. A dance and drama camp will take place at Nell Bank in partnership with Mind The Gap. There is a cost to these camps which includes all accommodation, food, activities and staffing. Dates and venues:

31st July - 4th Aug William Henry Smith School, Brighouse

7th - 11th August William Henry Smith School, Brighouse

14th - 18th August Nell Bank, Ilkley

For more details email; s.i.p@bradford.gov.uk

TRANSITION FROM CHILDREN TO ADULT SERVICES

<https://www.nice.org.uk/guidance/qs140>

The National Institute for Health and Care Excellence has published the quality standard for 'Transition from Children's to Adults' Services'. It sets out five quality statements aiming for high quality care for young people transitioning to adult health or social care services:

1. Young people start planning their transition with health and social care practitioners by school year 9 (aged 13 to 14 years).
2. Young people have an annual meeting to review transition planning.
3. Young people have a named worker to coordinate care and support before, during and after their transition.
4. Young people meet a practitioner from each adult service they will move to before they transfer.
5. Young people who have moved from children's to adult services but do not attend their first meeting or appointment are contacted by adult services and given further opportunities to engage.

Article taken from the Down's Heart Group newsletter:

<http://www.dhg.org.uk/getfile.aspx?218&e=.pdf>



dance21 •

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

The young people are encouraged to pay on entry, £3.50; an opportunity to independently handle money and count out 4 coins or pay with a £5 note and request 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.

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.

PAY ON ENTRY In order to help your child 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.



WISH CLUB FOR YOUNG PEOPLE WITH DOWN SYNDROME AGED 11+

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.

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

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



Knitting and Crochet Group

Friday night get together, 7 to 9pm, to make items for yourself or to sell on future stalls and in Aladdin's Cave. Can't knit or crochet?? We can teach you!!



SPECIAL OLYMPICS GB

<http://specialolympicsgb.org.uk/>

Special Olympics GB is an amazing charity. It is the largest provider of a year-round, all ability, sports programme in Great Britain and supports over 10,000 athletes with learning disabilities. Across, England, Scotland and Wales, approx. 27,000 regular sports coaching sessions are delivered locally each year by 140 accredited programmes across 28 different sports.

This coaching activity leads to over 100 inclusive sports competitions each year and this year it is the Special Olympics in Sheffield.

Every 4 years, and the year following the Olympics, the Special Olympics takes place and in 2017 it is taking place at Sheffield University, 7th to 12th August.

<http://sheffield2017.org.uk/>

Around 2,600 athletes of all ages and abilities will come together from across the country and Bradford are sending a football team supported by BDFC, Bradford Disability Football Club.

Bradford Disability Sports & Leisure (BDSL) is a local group worth contacting, whatever the ability of your child, they have a vast range of sport and support on offer from as young as 8 years or age and you can work towards taking part in the Special Olympics in 2021!

Visit: <http://bradforddisabilitysports.co.uk/>

DISABILITY HOCKEY

Flyerz Hockey is a new group for young people aged 8 upwards, and adults with learning disabilities to come together and play. Sessions are every week on a Tuesday 7-8pm at Wakefield Hockey Club, Easmoor Road, WF1 3RR. Equipment is provided. Contact Dr Tom, wakefieldflyerz@gmail.com 07966228505.

Disabled Living Newsletter

https://issuu.com/disabledliving/docs/april_2017?e=26748259/47629346

The newsletter includes articles on:

- Single Handed Care
- Moving & Handling - Advanced Techniques for Therapists
- Supplier Directory - New Companies
- Job Opportunity at Disabled Living
- Kidz to Adultz South
- Research Studies. Brunel University London - Looking for participants over the age of 18 who have used equipment.
- The University of Salford - Looking for your expertise and experiences to design an innovative Klip-2-Swim garment and Klip-2-Travel safety harness.
- And much more

FAMILY FUND DROP IN DAY

The Family Fund are holding an Information and Support Day in Morley on Friday 12 May, 10am-2:30pm at Morley Town Hall, Queen Street, Morley LS27 9DY. All welcome. Visit www.familyfund.org.uk

INDEPENDENT PARENTAL SPECIAL EDUCATION ADVICE (IPSEA)

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

IPSEA are running a Foundation SEND Law Training day for parent and carers. It will provide parents, carers and family members of children and young people with all types of special educational needs and/or disability (SEND) with an introduction to the law relating to the education and training of children and young people with SEND. You do not need any previous knowledge of SEND Law, but must be the parent, carer or family member of a child with SEND. The training will take place at: Amnesty International, 25 New Inn Yard, London, EC2A 3EA on either Wednesday 31 May or Thursday 6 July 2017.

The cost of the day is £65 and will run between 9.30am and 2.30pm.

For more information please contact Training@ipsea.org.uk

Down's Syndrome Association Newsletter

<http://mailchi.mp/2de4c90a63f1/nqdh0r85e0?e=55b4b1800f>

Articles include:

- **New research: sleep in adults with Down syndrome**
Dr Rebecca Stores of the University of Portsmouth is doing important new research on sleep in adults with Down syndrome. She is interested to hear about the sleep of all adults with Down syndrome, not just those with sleep problems. There are two surveys - one for adults with Down syndrome <https://portsmouth.onlinesurveys.ac.uk/survey-on-sleep-for-adults-with-downs-syndrome-pilot-f> and one for parents/carers <https://portsmouth.onlinesurveys.ac.uk/survey-for-family-carers-on-sleep-in-adults-with-downs-sy-2>
- **Bercow: Ten Years On**
I CAN, the children's communication charity, and the Royal College of Speech and Language Therapists are reviewing the support for children and young people with speech, language and communication needs in England. They aim to gather the views of parents/carers of children and young people via a survey. It will remain open until June 2017. Follow the link to take part in the study: <https://www.surveymonkey.co.uk/r/parentandcarer>
- **Down syndrome & Autism Spectrum Condition Meeting**
17 May, Burton Hall, Sheffield, 10.30 am - 3pm, refreshments from 10am. For family members and parents/carers of children and adults who have Down syndrome and dual diagnosis of autism spectrum condition. The themes for discussion are sensory difficulties and related behaviours and the wellbeing of parents/carers.
To book your free place please contact Training@downs-syndrome.org.uk

Barnardo's Leeds 3 Day Portage Workshop

The workshop will run:

6th, 7th and 19th June 2017 from 9.30am to 4.00pm at St Georges CDC, Leeds LS10 4UZ

Closing date for applications: Friday 26th May.

For further information please contact Janice Brown, Administrator, Portage Team on 0113 2720832.

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.

(PFBA) PARENTS FORUM FOR BRADFORD &

AIREDALE www.pfba.org.uk

Summer activities information event

A drop in information day will take place on 19th May, 10am to 2pm at Cornerstones in Cottingley. All welcome to go along and find out what's on offer over the summer for children with disabilities. Contact 01274 397396.

Education Health Care Plan workshops:

At Unit 73, Carlisle Business Centre, Carlisle Road, Bradford, BD8 8BD. Refreshments will be provided, and a light lunch/tea. The workshops will be facilitated by the Parents' Forum, with a small group of 6-8 parents who can share experiences of the EHCP process. If you would like to attend please contact supportnews@pfba.org.uk, 01274 397396.

Wednesday 10th May, 6pm - 8.30pm

Tuesday 16th May, 10.30am - 2pm

Monday 5th June, 10.30am - 2pm

Singing Hands Pledge Campaign

Singing Hands have launched a Pledge Campaign to create a fresh and contemporary album and DVD of popular songs for older children/teenagers and adults who use Makaton.

This new album is focused on reaching out to older children/teenagers and young adults with hit pop songs that everyone will know and can sing/sign along to. The Campaign was launched on 21st March and 5% of the proceeds of the Pledge will be donated to the Down's Syndrome Association. Visit <http://www.pledgemusic.com/projects/singinghands>

Pledgers can support the campaign by simply pre-ordering the DVD/CD but there are lots of other Pledges that can be made in order to help them reach their funding target; needed before the resource can be made.

Also Visit www.singinghands.co.uk and

www.facebook.com/SingingHands

BBC's new disability recruitment portal

The BBC are committed to increasing the number of people with disabilities working at the BBC and have created the Extend Hub as the BBC's new talent disability recruitment portal. For more information [click here](#).

KEEP UP TO DATE WITH EVENTS

VISIT US ON FACEBOOK OR OUR WEBSITE

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/>

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>

MENCAP NEWSLETTER

<http://mencap.msgfocus.com/q/1241LWTH1TbIn5FRoiH/wv>

Includes articles on:

- The Disabled Children's Partnership - a group of 28 disability and children's charities which are campaigning together for better health and social care for children with disabilities.
- Under Lock and Key—the petition to raise 10 000 signatures to stop young people with autism, mental health issues and a learning disability being kept in outdated institutions.
- The campaign against the £30/week cut to Employment and Support Allowance which started on 1 April.

BILD BRITISH INSTITUTE FOR LEARNING

DISABILITIES NEWSLETTER

<http://technology-trust-news.org/6N7-4VS3I-8DGQ83777C/cr.aspx>

Many articles of interest including this which makes disturbing reading but I think it is important that people are made aware of this investigation:

HUNDREDS OF CHILDREN have been injured whilst being physically restrained in special schools, according to figures obtained by 5 Live Investigates. The programme has found cases where youngsters were pinned face-down on the floor, sustained broken bones, were strapped into chairs and in one case had their head covered with a 'spit hood'.

A Freedom of Information request to the 207 local authorities in England, Scotland and Wales revealed 13,000 physical restraints in the last three years, resulting in 731 injuries. But only 37 local authorities - less than a fifth - were able to provide data, suggesting the numbers could be much higher.

To read BILD's response to the investigation please follow the link above.

CONGENITAL HEART DISEASE CONSULTATION

The public consultation for Proposals for Congenital Heart Disease Services aims to provide information about the proposals, and the potential impact they may have, if implemented, on the delivery of services, and to seek your views about these plans.

During the consultation period there will be several face to face events around the country and a series of webinars. There is also an easy read survey and a website aimed at children and those with learning disabilities, so that they can get involved.

To read more about the consultation, to fill in a survey or to register for the events, go to

www.engage.england.nhs.uk/consultation/chd

CONTACT Wendy Uttley or Wendy Rhodes

The Pamela Sunter Centre,

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Mobile 07816 465 845/07512346717

Email: office@downsyndromebradford.co.uk

Web: www.downsupportbradford.btck.co.uk

funding news

We have had another amazing month with funds coming in from World Down Syndrome Day events you held at school and work totalling £1372.56, a large donation of £5000 from Horton Outreach Centre and £700 raised at the Wrestling for Down syndrome event. Thanks to your efforts a further £8000 has been raised towards our target. We have now generated £28 000 towards the £80 000 target. We still have £52000 to raise.

A massive thank you to everyone who has donated:

- Parkside Primary School, £117.41
- Dawn Hamilton and staff at HMRC, £122.50
- Elaine Buckingham and staff at HH Birch, £50
- Singing for Fun, £33
- Pauline Fletcher, £40
- Claire Smith, £100
- Our open day, £250.70 and Easter raffle, £60
- Janine Burgan, £350 in memory of her father
- 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
- Horton Outreach, £5000
- In memory of KM Gaffney, £500
- Tony Walton, £10
- Collection boxes, Sunilla, £48.95
- Collection box, Donna, £43.96



BETTY'S CHARITY EVENT - TIM'S DALES WAY TRAIL ADVENTURE

Ultra Runner and Silly Man Timothy Forster of Bettys Ilkley will be attempting this July to set the Fastest Known Time along the Dales Way National Trail Path (84 miles) in aid of our charity. Tim will be attempting to beat the previously held record of 21 hours and 50 minutes by David Dixon and Andy Jackson. Sponsor him and follow his progress by visiting his Justgiving page
<https://www.justgiving.com/crowdfunding/timothy-forster>

WRESTLING FOR DOWN SYNDROME AWARENESS

We had an amazing night at the wrestling on Saturday 29th April in Batley. Several of our families came along and enjoyed an action packed programme. At the end we were invited into the ring for photos with the wrestlers. A big thank you to Richard Szepeler and all the staff and wrestlers for their planning and making the night so successful. The total raised so far from raffle, tombola and entry fees is £700 with more to follow as they undertake several bag packs for us over the coming weeks.



£80000
For
2018

£28000



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

[downsyndrometrainingsupportserviceltd](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.

