



Down Syndrome Training & Support Service Ltd

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

October 2017

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ANNUAL PROGRESS REPORT AND ANNUAL GENERAL MEETING

On Saturday 14th October, 10am to 12pm we will be holding our Annual General Meeting to coincide with our family Saturday session at Haworth Road Methodist Church. All members should have received our progress report plus an invite in the post. A copy of the report can also be downloaded from our [website](#).

During the morning our dancers from both dance21 and dance 5-11 will be joining us to perform and we have invited the Lord Mayor who is supporting our charity this year. ALL of our usual Saturday morning activities will still be on offer in the church hall so ALL families are welcome; only company members will be invited to attend the AGM which will take place in another room.

The morning will run as follows:

10am Arrive, fun in the hall

10.30 Performance by dance21

10.45 Business of the AGM in the church while those not involved sing and play in the main hall

11.30 Refreshments

11.45 Performance by the younger dancers aged 5 to 11



**TARGET
£80000 FOR 2018**

YOUR HELP IS NEEDED PLEASE WE STILL NEED TO RAISE £40 000 OUR CAMPAIGN '80 EVENTS TO RAISE £500'

To ensure we have enough funds to secure our staff and services for all of 2018 we still need to raise £40 000.

Could you commit to helping us by holding an event to raise £500? If eighty people can do this then we will raise the full amount easily.

AMAZING OPPORTUNIT TO LEARN

ABOUT HEARING.

EYESIGHT, SLEEP AND FEEDING IN PEOPLE WITH DOWN SYNDROME

ALL WELCOME TO OUR SPECIALIST CONFERENCE AT

THE CEDAR COURT HOTEL, BRADFORD

FRIDAY 3RD NOVEMBER, 9am to 3.30pm

We are delighted to invite all involved in the education, development and wellbeing of people with Down syndrome of any age to our major conference next month. It will be delivered by health experts in the field of Down syndrome.

9.00 Arrive, refreshments.

9.30 Hearing issues and the management of hearing loss with Rob Gardner, Head of Audiology Services, Bradford and Sue Marsden from the Support Team for Deaf Children, Bradford Education.

10.30 Break

10.45 Feeding issues and the management of nutrition and growth with Georgina Williams - lead principal investigator for the FADES study.

12.15 Lunch

1.15 Eyesight issues and their management with Dr Margaret Woodhouse, senior lecturer, School of Optometry, Cardiff University.

2.15 Break

2.30 Sleep issues in children and young people with Down syndrome with Dr Desaline Joseph, sleep consultant, Evelina London children's sleep medicine department.

3.30 Finish

COST: £60 for professionals/£30 family members.

This includes all refreshments and lunch. HALF day price £30 professional/£15 family member.

CRECHE £10 per child - please contact the office to discuss.

BOOKING FORM AVAILABLE or visit EVENTBRITE to book online direct: https://www.eventbrite.co.uk/e/health-and-children-with-down-syndrome-tickets-35168325408?utm_term=eventname_text

Visit our BTdonate page and create a page for your event and share it. We look forward to hearing about your ideas, thank you.

[https://mydonate.bt.com/
events/80events/446821?](https://mydonate.bt.com/events/80events/446821?)

PLEASE KEEP YOUR FUNDRAISING EFFORTS GOING
We still need to raise £42 000 before the end of the year

£80000
For
2018

£38900

FAMILY SATURDAY SESSIONS

Our September family session took place at the Pamela Sunter Centre. Three families joined us and 4 siblings tried out the youth club. This provision is still under review. We



have, however, decided to try another Saturday evening for siblings and this has been planned for Saturday 14th October 7 til 9pm.

SIBLINGS SATURDAY NIGHT OUT AT OUR YOUTH CLUB

Join us for a fun evening just for siblings on Saturday 14th October 7 to 9pm in our youth club; games, crafts, Xbox, DVDs, music and a time to chill and make friends. PLEASE contact the Office to let us know if you are attending. Suggested age 9 to 18 years old.



LEARN HOW TO SHAVE

On Friday 13th October 8.15 to 9.15pm Oliver, a highly skilled barber, will be coming along to deliver a 'how to shave' session for young men at the club. We are all very excited about this. Next month there will be a makeup and hair session for the girls.

The club runs Friday, 6 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 and videos 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!!



INDEPENDENT YOUTH ADVOCACY SERVICE WITH KEIGHLEY PEOPLE FIRST

Keighley People First are seeking young people aged 14 to 21 with learning disabilities to train to become advocates. Sessions will start 2nd October and run until June for 3 hours each month. Transport can be provided. The group will work towards building self esteem, decision making skills and developing opinions to challenge policy makers. It will also be able to delivering assemblies. Contact: Julie.olsson@peoplefirstkc.com 01535 607222

SPEECH & LANGUAGE SESSIONS

Ellie Coleman's groups will run on Saturday 14th October. Lauren' Drake's groups will run on Saturday 7th October and Wednesday 11th October. Wendy Rhodes will contact all relevant families with text reminders

FEEDING AND ORAL SUPPORT GROUP

This session is now a half termly session. It will run on Monday 2nd October, 12 to 2pm. Families can book a half hour one to one session with Jo Gallaher, 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.

dance21 •

We are delighted to announce that dance21 have a new dance teacher, Lauren Green. Sessions will now continue to take place every Monday at the later time of 6.30 to 7.30pm at Shipley Lanes. Sessions are for young people with Down syndrome aged 11+. Dancers are asked to pay £3.50 on the door. Funded by David Solomon Charitable Trust, the Cotton Trust and Greggs.



HENSHAW COLLEGE TRANSITIONS EVENT

On 7th October Henshaw's College, Bogs Lane, Harrogate, HG1 4ED are holding a transitions event. The event is aimed at people with learning disabilities and their families. There will be information on: sport & leisure clubs, independent living, finding a job, supported internships, volunteering, therapy services and assistive technology. Visit <http://bit.ly/2tKCt6a> for more information.

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.



TRAINING at the PAMELA SUNTER

CENTRE, 2 Whitley Street, Bingley

Signing for children with Down syndrome

Session 1— Wednesday 4th October, 9.30 to 11.30am

Session 2— Wednesday 11th October, 9.30 to 11.30am

Session 1 covers 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 covers 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 per family member for both sessions inclusive.

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

Wednesday 18th October 2017, 9.30 to 12.30pm

The morning will cover how we learn to count and basic number skills up to 10. It will introduce the Numicon Foundation Kit and include 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.

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

Memory stick of resources available £7

'Very thought provoking - good examples shown to understand the difficulty maths presents to children.'

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

Wednesday 1st November 2017, 9.30 to 3.00pm

The day will cover 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 will be discussed and illustrated.

It will also detail visual timetables, conversation diaries and ideas to develop reading, writing and spelling skills. After lunch there will be a software demonstration of Clicker 6/7 and details on the Reading Language Intervention programme.

COST Full day £95 per professional (£30 for second person from same school)/£30 per family member.

Lunch included in price.

Memory stick of resources available £7

EARLY DEVELOPMENT GROUPS

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



ORANGE NEW BABY GROUP

Sessions will run Thursdays 12th Oct and 2nd Nov, 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 GROUP

PINK GROUP Wednesdays 11th Oct and 1st Nov, 10am to 12pm, with Izzi Ashman.

YEAR 3 GROUPS

YELLOW GROUP Tuesdays 10th and 31st Oct, 10am to 12pm with Izzi Ashman.

BROWN GROUP with Wendy Uttley, Thursdays 12th Oct and 2nd Nov, 10am to 12pm.

YEAR 4 GROUP

RED GROUP with Izzi Ashman on Tuesdays 3rd and 17th Oct, 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 9th Oct, 10am to 12pm with Izzi Ashman. .

PURPLE GROUP Thursday 19th Oct, 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 Thurs 5th and 19th Oct, 10am to 12pm.

Funded by Sovereign Health until December 2017.

YOUNGER WEEKLY

DANCE CLASS

AGE 5 TO 11

The new venue for our younger dance sessions is now Footsteps Theatre School, Westfield Lane, Idle, BD10 8PY. The session are still with Claire but at an earlier time of 1.45 to 2.45pm. We look forward to welcoming some new dancers over the coming weeks. Funded by the David Solomon Trust, the Cotton Trust and Greggs.



ANYA'S INDEPENDENCE

Sam Finlay wrote to use over the summer to share how well her daughter Anya, aged 9, is progressing with her independence skills following attending our behaviour training.

'I came on your behaviour course that you did for us in Hull in February.

It gave me food for thought about whether I was holding her back myself by not having faith in her ability. I just wanted to give you some great feedback about what happened as a result.

Following you telling us about your son Sam playing out I decided it was time to nail it for my daughter Anya.

For a while she had been playing out in our close now and then, with me lurking around checking on her, or peeking out the window every five minutes. She had a habit of disappearing into neighbours houses and gardens without telling me.

You gave me the confidence and the kick up the bum to trust her to get on with it. I gave her three clear rules to follow. We practised them till she was blue in the face. I went round and told all the neighbours what her rules were and that it was ok for her to be out alone. We did some role play where she practised calling for other kids and what to do in each scenario depending on who came to the door and what they said to her. She had two hiccups following which she was not allowed out until the next day but after that she cracked it. She now cannot get enough of razzing around on her scooter with the others and is really having the best summer of her life! She is fitter and happier and I now have school complaining that she isn't doing her homework, which I'm so happy about coz she is playing out on her own!!

Secondly I liked what you said about giving kids a purse they can open easily and their own money, and about teaching them to travel independently as soon as possible. I applied for funding off the council so that I can pay Anya's big sister Erin (16) to take her into town to her choir practice every week. (Erin started doing this at age 11 on her own and Anya is 9 now). This has been happening for 4 weeks and she now knows the bus numbers and times, she knows where the stops are, she asks for her own child single, she pays her own fare and knows how much it should be. And she is learning the route from the bus station to the choir place. And she also doesn't have to have her smelly old mum hanging around at the music centre when none of the other kids do. Her sister has a job and gets time to hang out with her without me around, and they get on much better when I'm not there.

So thanks very much for giving me the confidence in her and the ideas, this has been a really big step forward for both of us and will prepare her really well for secondary school.'

Thank you for sharing your inspiring news Sam and Anya.

FREE SIX WEEK BEHAVIOUR COURSE FOR PARENTS, CARERS AND SUPPORT STAFF OF CHILDREN WITH DOWN SYNDROME

PLACES LIMITED TO 7 FAMILIES

Mondays 16th, 30th Oct, 6th, 20th, 27th Nov and 4th Dec

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.*

OTHER COURSES IN NOVEMBER

The inclusion of children with Down syndrome - expectations of behaviour

Wednesday 8th November 2017 9.30 to 2.30pm

Reading, Language Intervention for children with Down syndrome

Wednesday 15th and 22nd November 2017. This training course is over 2 half days, 9.30 to 12.30pm.

ME, my body, my friends, my life

How to teach children & young people with Down syndrome about their bodies, keeping safe, privacy, social boundaries and self help skills.

This course is over 2 days Wednesday 29th November and 6th December 2017, 9.30am to 4pm

BRADFORD SAFEGUARDING WEEK, OCTOBER 2017

We will be delivering a taster session of **ME - my body, my friends, my life** at our centre on Friday 13th October, 10 - 12pm as part of Bradford's safeguarding week. It will include a look at the content of our memory stick of resources and activities developed especially to help teach this vast topic in small repetitive steps, a short activity and a short signing session to teach some of the signs relevant to this topic. Contact our Office to book.

<http://bradfordscb.org.uk/wp-content/uploads/2017/08/Safeguarding-Week-Programme-2017.pdf>

CONTACT A FAMILY REBRAND

Contact a Family is now called simply 'Contact'. Their new aim is to bring together the best news and information for families and make the site a great place for resources, learning and networking opportunities. <https://www.cafamily.org.uk/>

Barnardo's 3 Day Portage Workshop. LEEDS

The course will take place on Tues and Wed, 7th and 8th Nov from 9.30am to 4.00pm, then Wed 29 Nov, 9.30am to 4.00pm At St George's CDC, LEEDS, LS10 4UZ

All booking forms must be received by Friday 27 October 2017 For further information please contact a member of the Portage Team on 0113 2720832

IPSEA Foundation SEND Law Training day for parent and carers

London, Thursday 30 November, 9.30 to 2.30pm

The day 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 cost of the day is £65.

For more information or to book please visit [https://ipsea-training.myshopify.com/products/ipsea-send-law-training-day-for-parents-london-30-11-17?](https://ipsea-training.myshopify.com/products/ipsea-send-law-training-day-for-parents-london-30-11-17?dm_i=PWP_54EAF_MENMKX_JN9SH.1)

[dm_i=PWP_54EAF_MENMKX_JN9SH.1](https://ipsea-training.myshopify.com/products/ipsea-send-law-training-day-for-parents-london-30-11-17?dm_i=PWP_54EAF_MENMKX_JN9SH.1)

SEND CONSULTATION EXTENDED

The Consultation Period for the SEND Transformation 0-25 has been extended. This is as a result of the feedback received so far. A revised model based on this feedback will be available in early October for formal consultation until the 22nd December 2017. To have your say visit:

<https://www.bradford.gov.uk/consultations/current-consultations/consultation-and-engagement/>

RESEARCH INTO WRITING EFFECTIVE EDUCATION, HEALTH & CARE PLANS CAN YOU HELP PLEASE?

Parents and professionals living and working with children and young people aged 4 to 25 with either Down syndrome, Williams syndrome or Autism Spectrum Condition are invited to take part in a questionnaire to help inform guidelines for writing effective EHCPs and inform parents and professionals about how to offer focused and expert support. Visit www.jovanherwegen.co.uk/index.php?cID=101 and follow the link to the relevant questionnaire.

Funding to support early years education for children with Down syndrome

Disability Access Fund

The Disability Access Fund (DAF) is designed to make it easier for disabled three and four-year-olds to access their free childcare place by supporting providers to make adjustments to their settings or to build capacity. Early years providers in England can claim a fixed sum (currently £615) each year for each child in receipt of a funded place who is also receiving disability living allowance (DLA).

Early years providers can use this funding to pay for specialist training and resources to help them provide more effective support for each eligible child.

Special educational needs (SEN) inclusion fund

In addition, the government requires every local authority in England to establish a SEN inclusion fund to support early years providers in improving outcomes for children with special educational needs. Each local authority must publish details on how they are using their SEN inclusion fund to support their early years SEN cohort, as part of their published "Local Offer". The information published should include the fund's planned value, eligibility criteria, and the process for allocating the fund to providers.

<https://www.gov.uk/government/publications/early-years-business-sustainability-guides-for-providers/extra-sources-of-income-for-early-years-providers>

THANK YOU FOR A FABULOUS EVENING AT CIRCUS STARR

Circus Starr donated 125 free tickets for their afternoon and evening performances on Friday 8th September. Everybody had an amazing night and shared lots of photos on Facebook to help with our feedback. Thank you.



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>

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>

HELP US TO RAISE FUNDS FOR OUR CHARITY AND OTHER LOCAL CHARITIES BY SUPPORTING OUR AMAZING GIG IN AID OF THE LORD MAYORS APPEAL

On Saturday 11th November two outstanding bands, The Tom McKenzie Band and Issimo, are on stage at Bradford Grammar School. A BAR IS AVAILABLE.

Performing their own music from 7.30pm will be the Indie, Folk band 'The Tom McKenzie Band'. Their music and songs lend themselves to a listening audience.

Then from 9.30pm the mood will change as Issimo take to the stage with their amazing sounds and moves. Look forward to Latin, Reggae, Ska, Funk and Disco tracks. Tickets cost just £12 (+ £1.33 booking fee) each for a great night of music, song and dance.

A supper of vegetarian chilli or pie & peas is also available for an additional cost of £6 per head.

For tickets visit Eventbrite by clicking on the poster below. Or contact our office.

ALL FUNDS RAISED WILL BE DONATED TO
THE DOWN SYNDROME TRAINING & SUPPORT SERVICE
AND THE WISHING WELL APPEAL

CHARITY GIG EVENT WITH ISSIMO AND THE TOM MCKENZIE BAND



JOIN US ON
Saturday 11th November 2017
7.00 to 11.30pm
At
Bradford Grammar School
Keighley Road, Bradford
BD9 4JP
FOR AN AMAZING NIGHT OUT
WITH TWO OF BRADFORDS
OUTSTANDING BANDS

**TICKETS £12 EACH,
£18 TO INCLUDE SUPPER**

**The Lord Mayor's
Appeal 2017-18**

Down Syndrome
Training & Support
Service & Wishing Well
Appeal

For bookings please contact 01274 561308
EMAIL: office@downsyndromebradford.co.uk
WEB: www.downsupportbradford.btck.co.uk
Or visit <https://www.eventbrite.co.uk/e/charity-gig-night-with-issimo-and-the-tom-mckenzie-band-tickets-36726672466>

WRESTLING FOR DOWN SYNDROME

On Saturday 23rd September Richard Szepler organised another fundraising wrestling event for us with UK Wrestling.

It was a great night out.



The Lord Mayor's Appeal 2017-18



Down Syndrome
Training & Support
Service



Wishing Well
Appeal



DRAGON BOAT RACE

Would you like to take part in the Lord Mayor's Appeal Dragon Boat Race on Saturday 23rd June 2018 in Roberts Park. We are looking for rowers to raise the profile of our charity. Visit www.bradforddragonboatfestival.co.uk for details. Please contact our office if you would like to be involved. Thank you.

funding news

During September a further £1287.77 was raised towards our target of £80 000. This means so far we have raised a total of £38934.45. This leaves £41000 still to raise to ensure our charity and its services can continue throughout 2018. Please keep going with your efforts. They are very much appreciated.

A massive thank you to everyone who has donated:

Coop collection, £53.82

Tony Walton, £10

Donation boxes, £150.12 thank you to Saliha, Holland & Barrett, Bingley Fitness Studio and the Yorkshire Shop.

Alysha Nichols, £18.23

Mrs Fletcher, £15

A further £31.76 from John Ryan, Leeds 10K making a total £531.76

Shareplan, £1000

GIVE AS YOU LIVE

Congratulations
You've helped us
achieve our **£250**
free funds badge!



Give as you Live®

If you shop online they will donate a small % of your payment to our charity, for example, Tesco's will donate 5%.

AT NO EXTRA COST TO YOU. Visit www.giveasyoulive.com

**PLEASE SEE FRONT PAGE FOR DETAILS OF OUR
CAMPAIGN '80 EVENTS TO RAISE £500'**

**OR VISIT: [https://mydonate.bt.com/
events/80events/446821?](https://mydonate.bt.com/events/80events/446821?)**

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