

Down Syndrome Training & Support Service Ltd

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

September 2017

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SUMMER TRIPS

On Tuesday 22nd August 35 of us went to Temple Newsam. We had a lovely relaxing time picnicking on the grass, playing games, looking round the farm and playing in the park.



Then on 30th August eight families joined us at Nell Bank to take part in the Bradford Community Disability Play Day and Disco.

Many thanks to our volunteers for their help in supporting the children and their families.

CONFERENCE

Health and children with Down syndrome for parents and professionals feeding, hearing, sleep, eyesight

We are delighted to announce that we have planned a health conference for Friday 3rd Nov 2017, 9am to 3.30pm. The conference will take place at the Cedar Court Hotel, Bradford and be delivered by health experts in the field of Down syndrome. Topics:

- Feeding issues and the management of nutrition and growth with Georgina Williams - lead principal investigator for the FADES study.
 - Hearing issues and the management of hearing loss with Rob Gardner, Head of Audiology Services, Bradford and Sue Marsden from the Hearing Impaired Team, Bradford Education
 - Sleep issues in children and young people with Down syndrome with Dr Desaline Joseph, sleep consultant, Evelina London children's sleep medicine department
 - Eyesight issues and their management with Dr Margaret Woodhouse, senior lecturer, School of Optometry, Cardiff University
- COST: £60 for professionals/£30 family members. This includes all refreshments and lunch. HALF day price £30 professional/£15 family member.

BOOKING FORM NOW AVAILABLE please contact the office 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

YOUR HELP IS NEEDED PLEASE WE STILL NEED TO RAISE £40 000 BEFORE THE END OF 2017 LAUNCH OF CAMPAIGN '80 EVENTS TO RAISE £500'

This month sees the launch of our campaign to raise £40 000 before the end of the year. This amount will ensure we have enough funds to secure our staff and services for all of 2018.

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.

There are lots of things you can do:

- Sponsored events - walks, runs, bike rides,
- Craft and cake stalls,
- Ask your local pub to hold a quiz evening
- Hold a dress down day at school or work.

Why not 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?>

CIRCUS STARR FREE TICKETS

We have 100 FREE tickets for the circus which is coming to Richard Dunn Sports Centre, Bradford on Friday 8th September. Some tickets have been allocated to the WisH Club. For all other families please contact our office if you would like to go.



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

£80000
For
2018

£38000

£
£
£

TWO WONDERFUL WEEKENDS WITH THE YOUNG PEOPLE FROM THE NATIONAL CITIZENS SERVICE

During the summer, over two weekends, a group of 12 young people attended our centre to plan and deliver interactive sessions for us. The first was aimed at the older WisH Club members and the second at younger families. Following an awareness training session on Down syndrome the young people set to task working directly to support children and young people with Down syndrome to enjoy themselves producing some photography and artwork. It was wonderful to see just how well the groups interacted and worked to include and support our children.



Our youth club is planning a pamper/beauty session for the girls and a men's grooming/shaving session for the boys this half term. Dates will be posted on the WisH Club Facebook group. All of the young people now have small personal targets to achieve; from being able to share at pool, to taking part in a craft session, to saying Hi to other members. These will be monitored and updated as we move through the term.

REVIEW OF FAMILY OUR SATURDAY SESSIONS

We are sorry to announce that our September Saturday family session, due to take place at Haworth Road Methodist Church Hall on Saturday 9th September has been cancelled. It has been decided to review this service to better meet the needs of our families. In its place we will be trying out a new way to deliver the session at the centre and in October, at the annual general meeting, we will aim to gather some feedback from families.

SMALLER SESSION AT OUR BINGLEY CENTRE plus PROVISION FOR SIBLINGS Saturday 16th September

We will be running a play and singing session at the centre on Saturday 16th September, 10am to 12pm. This session will still provide table top activities such as play dough and sand, baby toys, magic bag and a chance for parents to meet and chat. In addition the WisH Club area, in our attic, will be open to siblings aged 9+ in a bid to launch our sibling support group. We tried a taster before the summer and although there was interest no one managed to attend. We believe that this is not because it isn't needed but because families just find it so difficult to juggle time and commitments.

Please note that our Annual General Meeting will take place on 14th October at Haworth Road Methodist



Jack and Dan grooving With the Xbox 360.

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/>

The WisH Club is full of equipment—pool table, X box, TV, DVD player, football table, air hockey, chill out area with bean bags and comfy couches.



GIG IN AID OF THE LORD MAYORS CHARITY APPEAL

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

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 non-veggie curry 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.

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@downsyndromebadford.co.uk
 WEB www.downsupportbradford.btch.co.uk
 Or visit <https://www.eventbrite.co.uk/e/charity-gig-night-with-issimo-and-the-tom-mckenzie-band-tickets-36726672466>

All welcome to join us for a night of great music and dance. All funds raised will be shared between our charity and the Wishing Well Appeal.

ANNUAL PROGRESS REPORT AND ANNUAL GENERAL MEETING

It's that time of year again. Our annual progress report is now ready and will be posted out, towards the end of September, to all company members along with an invitation to our annual general meeting.

We currently have 47 company members and it is these members who are invited to attend and vote each year.

If anyone wishes to become a company member, (it is free), please contact the office.

DIRECTORS

We currently have six directors and each year one third of them is offered the opportunity to stand down. If anyone would like to offer their services as a Director we would love to hear from you. It is a formal process and there is a job description, an application form and an interview to attend but this reflects the responsibility of the role of helping to run one of the largest Down syndrome charities in the North of England.

Our monthly meetings, which cover all the governance and finance of the charity also offer the opportunity to discuss and plan our services with other keen, skilled and experienced directors; all parents. It is a very fulfilling and rewarding role and if you wish to learn more about it they would be happy to chat, just contact the office.

ANNUAL GENERAL MEETING

Saturday 14th October at Haworth Road Methodist Church, 10am to 12pm, including performances from dance21 and our younger dancers.

LORD MAYOR'S CHARITY APPEAL DINNER AT BRADFORD COLLEGE

Bradford college have planned a Lord Mayor's Charity Appeal Dinner on Monday 25th September in the David Hockney Building.

The food for the dinner will be prepared and served by students studying catering and hospitality at Bradford College, entertainment will be provided by students and staff from the music department. It will also be a great opportunity to network and meet new and old friends.

Tickets are £32.14 each - £30 goes to the charities and £2.14 is the website charge for collecting the payment.

Tickets can be purchased by clicking on the link below.

<https://www.eventbrite.co.uk/e/the-lord-mayor-of-bradford-charity-appeal-dinner-tickets-36404023414>

Down Syndrome Training & Support Service Ltd
 Registered Charity No. 112894
 Company Number 4920152

ANNUAL REPORT
1st JUNE 2016
TO
31st MAY 2017

Pamela Sunter Centre
 2 Whitley Street, Bingley, Bradford, BD16 4JH
 Telephone 01274 561308
 Email office@downsyndromebadford.co.uk
 Web: www.downsupportbradford.btch.co.uk

This group represent the subject for any child or person with Down Syndrome in the area. The staff are very knowledgeable and approachable. The main aim is to raise awareness of Down Syndrome & try to be successful in terms of all the children they support.

BACK TO SCHOOL

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

Our first training session, *Including children with Down syndrome - an introduction*, on Wednesday 27th September, will give participants a good overview of what Down syndrome is, discuss society's view of Down syndrome, detail the specific learning profile - strengths and weaknesses, health issues and briefly look at strategies to help develop all areas of learning and manage behaviour. Following this course many areas can be studied in depth through further training courses covering number skills, time and money skills, language development, signing, behaviour, sexuality relationships education and reading. All courses are detailed on our website which is linked to Eventbrite for bookings.

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

Including children with Down syndrome - An introduction

Wednesday 27th September, 9.00 to 1.00pm (detailed above)
COST: £80 per professional/£20 per family member.
Refreshments provided.

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.

STUDY INTO SUPPORTING FAMILIES FROM ETHNIC MINORTIES WHO HAVE A CHILD WITH A LEARNING DISABILITY

Over the summer Dr Mahasin Saleh, a former Social Work Lecturer at University of Bradford and now Associate Professor of Social Work at University of North Texas, USA contacted us to ask if we could contact some of our families to take part in her study. Together we wrote and then posted out 100 letters; we were very interested to learn that 25% of the families we support are from ethnic minorities. Over the following two weeks Mahasin conducted 90 minute interviews with parents from ethnic minority families to gather information on how families cope, attitudes and how they can be better supported. We look forward to learning the results of her study.

ART EXHIBITION, CARTWRIGHT HALL OUR ART IS ON DISPLAY

We are excited to tell you that our WisH Club art won 3rd prize. The pictures are on display at Cartwright Hall Art Gallery until 29th October. Well worth a visit. Well done to all of our amazing artists.



dance21 •

Every Monday 6 to 7pm at Shipley Lanes. Sessions are for young people with Down syndrome aged 11+. Dancers are asked to pay £3.50 on the door.

NEW TEACHER Sadly Karen Mesh, who has been our dance teacher for many years can no longer deliver these sessions. We are in the process of employing a new dance teacher and on 11th Sept two new teachers will deliver a 30 minute session each and the dancers will then be asked to decide who they would like to work with.

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



SIX WEEK COUNSELLING COURSE AT OUR CENTRE STARTS THIS MONTH

Thanks to funding from The Sobell Foundation we are able to run a six week counselling course for parents. Tara Fox,

who is very experienced and has run several courses for us in the past will deliver the sessions.

Sessions will run on Thursdays 10.30 to 12pm And start 14th September. They will then run every week on 21st, 28th Sept and the 5th, 12th and 19th October.

Please contact the office to book.

SPECIAL OLYMPICS, SHEFFIELD 2017

PURE DRAMA!

From the 5th to 9th August I was privileged to attend the Special Olympics to support my son, Sam Murray, in the football event.

Bradford Disability Sports & Leisure (BDSL) took over 60 athletes and coaches to take part in swimming, horse riding, cycling, football, powerlifting.... joining over 250 athletes representing Yorkshire & Humberside, staying together with 2600 athletes from across the UK, at Sheffield Hallam University.

Elanor, Sam's sister took part as a volunteer and along with Peter, his dad, we spent the week camping at a very soggy farm, just outside Sheffield.

The events were spread across many different venues so unfortunately we only managed to watch and support the football; but what a fantastic week. I had no voice left by Friday and just felt I had to share the drama with you.

The footballers were divided into 5 leagues with 4 to 5 teams in each league. Sam's team was in league 5 along with 3 other teams.

On the Tuesday it was the opening ceremony - I was so wet and cold!!!! But it was great to see ALL of the athletes parade around Bramall Stadium smiling and cheering through the rain.

On the Wednesday they played 3 matches (each one 30 mins long) and lost all, in particular one blowing defeat 6, 1. Then on the Thursday they played all three teams again and this time drew with two of them 5, 5 and 4, 4, still losing 6, 0 to the same (slightly more able) team. This was a crushing match and I found myself comforting many sobbing players.

We were all dreading the finals on Friday, bottom of the bottom league -the only way was up! The top two teams, and bottom two teams played each other. And what a match the bottom two teams played. They had drawn 5, 5 the day before and both were desperate to win. I am not a football fan but I did more than my fair share of screaming and shouting for all of them.

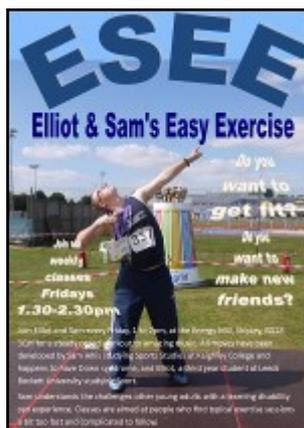


After 15 mins each side it was 3,3 and extra time was given, another 5 mins each side. They were all exhausted and so was I. How could they ever manage another 10 mins play???

And then it happened, Sam scored the goal of the century, a corner kick was passed to him and it went up and over and into the net—amazing goal; shown on Calendar. The place was in uproar. Then another goal came quickly; 5, 3. Half time of the extra time came and we were still on tenterhooks - they were all so tired and things could change so quickly, but no, they came back out and scored yet another goal and won 6, 3 and became very, very worthy bronze medal winners. The celebrations, the joy, the exhaustion and relief was palpable.

Sadly about 2 hours later I was with my daughter comforting some of the losing players several of whom were still in tears - yes it was that emotional!

In the afternoon all of the medals were given out - what worthy winners Sam's team were. Just a wonderful experience.



ESEE ELLIOT AND SAM'S EASY EXERCISE CLASS AGE 16+, FREE

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 sports graduate. People have struggled to attendance on a Friday afternoon so we are going to try an evening session at our centre in Bingley.

Day and time to be confirmed.

EARLY DEVELOPMENT GROUPS

Leavers and starters



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

ORANGE NEW BABY GROUP The first session of our new baby group is on Thursday 14th September, 10am to 12pm. It will then run fortnightly with Izzi Ashman. It is for babies aged 12 to 24 months. Any younger babies are welcome to the centre from 11am to join in snack time, a topic discussion and a singing and signing magic bag session with the group. Dates for September are: Thursdays 14th and 28th.

PINK GROUP Wednesdays 13th & 27th Sept, 10am to 12pm, with Izzi Ashman. This is now a year 2 group.

YELLOW GROUP Tuesdays 12th & 26th Sept, 10am to 12pm with Izzi Ashman. This is now a year 3 group.

RED GROUP with Izzi Ashman on Tuesdays 19th Sept and 3rd Oct, 10.30am to 12.30pm. This is now a year 4 group.

BROWN GROUP with Wendy Uttley, Thursdays 14th & 28th Sept, 10am to 12pm. This is now a year 3 group.

BLUE GROUP This group is now in its 5th year and final year and will run Monday 11th Sept, 10am to 12pm with Izzi Ashman. The group now runs monthly and support staff are encouraged to attend rather than parents to enable best practice to be shared with school. Children in these groups can also access our monthly speech & language groups.

PURPLE GROUP Thursday 21st September, 10am to 12pm, with Izzi Ashman. Year 5 group. The group now runs monthly and support staff are encouraged to attend rather than parents to enable best practice to be shared with school. Children in these groups can also access our monthly speech & language groups.

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 21st Sept and 5th Oct, 10am to 12pm.

Funded by Sovereign Health until December 2017

EARLY READING BOOKS LINKED TO READING LANGUAGE INTERVENTION (RLI) SCHEME SECOND SET AT LEVEL 2 NOW READY

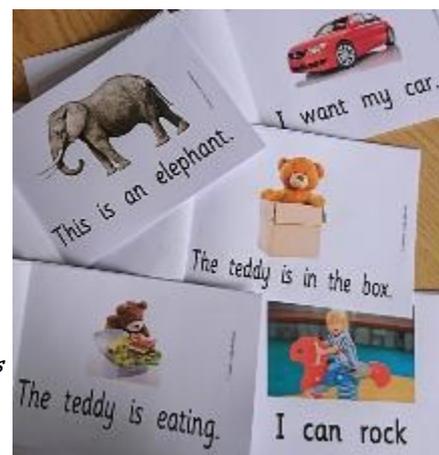
We have had a good response to our first set of books written at level 1 of the RLI programme, they are selling well both in print and in electronic format.

We are delighted to announce that our second set of 10 books is now available to buy. However until we recoup the costs of the first set they will only be available in electronic format. The second set of books revisits the nouns from the first set and extends sentence length and the verbs used. It then moves on to cover the topics of playing in the park and animals at the zoo.

The books have been written at level 2 of the Hatcher Grading scheme used in the Reading Language Intervention programme developed by Down Syndrome Education International.

Cost: hard copy, (orders being taken), £20 plus postage for the set of 10 books. Electronic copy, £10 for the set. Once payment is received books are emailed out.

'The books are simply excellent - perfect for my child in school. Thanks so very much'



WILLS AND TRUSTS INFORMATION EVENING AT OUR CENTRE

In July we held a very successful wills and trust evening at the centre. Solicitors from Gordons LLP helped parents to understand things like discretionary trusts.

If you would like a daytime repeat of this session please contact the office.

SPEECH & LANGUAGE SESSIONS

Dates for Ellie and Lauren's groups have yet to be confirmed. Wendy Rhodes will contact all relevant families as soon as possible.

FEEDING/ORAL SUPPORT GROUP with Jo Gallagher

This session is on Monday 11th September, 12.30pm. Please contact the office if you would like to attend.

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

YOUNGER WEEKLY DANCE CLASS AGE 5 TO 11

On Saturday 16th September, 2.15 to 3.15pm it will be the last dance class for the younger ones at Bingley Fitness Studio because the studio is closing!!

We are in the process of finding a new venue and until we do so sessions will run at our centre with Claire from Footsteps Theatre School.

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

EASIER ACCESS 'PEOPLE CAN' EVENT

An event on Wednesday 13th Sept at City Park, Bradford will celebrate disability and showcase how Bradford is enabling people with disabilities in Bradford to achieve more.

PUBLIC FORUM FOR EDUCATION (PFE)

The PFE is an open forum, where everyone, including parents and carers, young people and professionals, is welcome to come along and contribute.

The next meeting will discuss the topic of teaching language and communication and improving literacy on Wed 13th Sept 4.30 pm to 6.30 pm (with a buffet from 4pm) in the Hockney Room, Margaret McMillan Tower, Princes Way, Bradford BD1 1NN.

For more information or to book a place, please contact Heidi Hardy on 01274 434335 or email Public.Forum.for.Education@bradford.gov.uk

PARENTS' FORUM FOR BRADFORD AND AIRESDALE

The PFBA are running some FREE workshops to help parents with the process of getting or renewing an Education, Health and Care Plan for their child. These are small groups where parents can talk about experiences and issues that concern them. Refreshments and lunch/tea is provided.

Dates are:

Friday 15th September, 10.30 am - 2 pm

Tuesday 3rd October, 10.30 am - 2 pm

Wednesday 11th October, 6 pm - 8 pm

Tuesday 17th October, 10.30 am - 2 pm

Monday 13th November, 10.30 am - 2 pm

All workshops are held at their office, Unit 73, Carlisle Business Centre, Carlisle Road, Bradford, BD8 8BD. Please contact us to book a place, phone 01274 397396 or email supportnews@pfba.org.uk.

SEND CONSULTATION, BRADFORD

The Consultation on SEND Transformation 0-25 has been extended until 29th September. Read the relevant documents and have your say visit:

<https://localoffer.bradford.gov.uk/Content.aspx?mid=351>

Volunteer SENDIASS service

SENDIASS are seeking volunteers to help support parents/carers of a child or young person who has special educational needs or a disability with advice around educational issues in Bradford. All volunteers will be given specific training relating to the role and will be supported and mentored throughout their role with children, young people and families.

Closing date for expression of interest is Friday 15th Sept. please contact Debbie Jowett or Nick Smith on 01274 481183.

DOWN'S HEART GROUP NEWSLETTER

<https://www.dhg.org.uk/getfile.aspx?220&e=.pdf>

Full of interesting articles, useful information and contacts.

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.

YOUNG PEOPLE WITH SEND AND INDEPENDENCE

BUILDING A SYSTEM WIDE APPROACH TO INDEPENDENCE PARTNERSHIP VISIONING EVENT

This event is planned for the 3rd October 9am to 12pm at the Hockney Room, Margaret McMillan Tower, Bradford. Speakers include Sue Haithwaite Head at Chellow Heights and Beechcliffe schools, speaking both as a head and a parent; Clive Kay Chief Executive of the CCG, Rachel Parsons Senior Teacher at Southfield School and young graduates of the Project Search programme running at Southfield Grange School. Bradford is keen to explore a whole system approach to independence through sharing the best models within school settings; working closely with parents, using the independent travel team; and sharing the journeys of young people towards independence and the success stories that have resulted. This event will bring together all of the stakeholders to hear from a selection of people who are at the forefront of achieving independence with SEND young people, and to consider how we might do this better working together as a district. If you are interested in helping to shape this agenda, then this event is for you!

"LETS SLEEP" Workshop

The workshop is on Saturday 9th September 10am - 1pm at The Heatons Sports Club, Green Lane, Heaton Moor, Stockport with Karen Smith, Paediatric Sleep Practitioner and parent of a son who has Down syndrome.

The workshop will aim to provide parents, with a "toolkit" they can take away and use at home with confidence to tackle their own child's sleep issues. To book email contact@dsmanchester.org.uk.

FADES

Feeding and Autoimmunity in Down Syndrome Evaluation Study

This study has recently been extended until January 2020. If you would like to read their current newsletter which includes details of the results gathered so far from the 64 babies involved, or if you have a baby and want to be part of the study please contact our office or fades-study@bristol.ac.uk

ONLINE COURSES WITH

DOWN SYNDROME EDUCATION INTERNATIONAL

Courses cover:

- education for school-aged children
- early development and intervention from birth
- supporting implementation of the Reading and Language Intervention for children with Down syndrome (RLI).

For details [click here](#) or search *DSEInternational online courses*

BEAUTIFUL OCTOPUS CLUB 18+

The next Beautiful Octopus Club night for people with learning disabilities, their friends, families and networks, is on Thursday 7th Sept 7 til 11pm at Leeds University Union. A night of music, dancing and performance. To book call 01132137700 or visit www.wyp.org.uk. For more information contact Maria Thelwell at maria.thelwell@wyp.org.uk 01132137278

funding news

During July and August a further £2292.68 has been raised towards our target of £80 000. This means so far we have raised a total of £37646.68. This leaves £42353 still to raise before the end of the year 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 in July and August:

Emma Anthony from a sponsored walk, £231

Morrisons, £740

Collections at the Co op, £118.09,

Mrs P Fletcher, £30

Liz Niemirc, £150 donated at her brother's funeral

George A Moore, £1000

Neena Rani collection box, £23.59

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

OR VISIT: <https://mydonate.bt.com/events/80events/446821?>

JOHN & REBECCA

RUN LEEDS 10K

In July John and Rebecca ran the Leeds 10K in aid of our charity and raised over £500. Amazing.



BETTY'S CHARITY OF THE YEAR

We are currently charity of the year at Betty's, Ilkley. Betty's are busy fundraising for us and in July Timothy Forster attempted to run the Dales Way National Trail Path (84 miles) in aid of our charity. Unfortunately he only managed 42 miles - which is an incredible distance to run anyway! We don't have any final amounts to report as yet. <https://www.justgiving.com/crowdfunding/timothy-forster>



Vintage 1940's Afternoon Tea

Shona Preston has planned a wonderful afternoon tea for Sunday 17th September 2pm - 4pm at Eldwick Memorial Hall, Otley Road, BD163EQ.

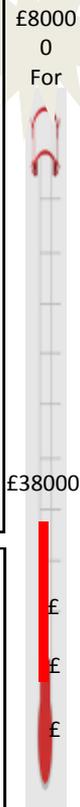
The event is to support our charity and Sunshine and Smiles in providing speech and language therapy. Cost £15 to include a glass of fizz, delightful food and live entertainment. No formal dress code but you are welcome to dress up "1940's Style".

For tickets please contact the Office or Shona on 07830637498

So far Co op members have raised £651. This is from the 1% members have spent on Co-op branded products and



money from the sale of carrier bags. We have until 11th November to raise our target of £1000 to pay for a door entry system at the centre. If you are a Co op shopper please join this scheme and help us raise money as you shop. Visit <https://www.coop.co.uk/membership> 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://dstsapp.appsme.com/app/dstss/be-seen-be-educated-be-included>



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.

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