



# Down Syndrome Training & Support Service

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

# February '25 newsletter

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## FEBRUARY FAMILY SATURDAY SESSION

at Bingley Methodist Church, Herbert Street, BD16 4JS.

Saturday 8th February, 10am to 12pm

ALL FAMILIES WELCOME

Come and join us for a relaxing and friendly family morning. There will be lots of activities, Valentine's Day based crafts and circle games to take part in. We'd love to see you there.



Pass the parcel at our Christmas party

## 'CHROMOSOME ROCKS' CHARITY SHOP

Our charity shop in the Airedale Centre, Keighley is doing incredibly well and, though only open 2 to 3 days per week is taking on average £300 each week.

### PLEASE CAN YOU HELP

**DONATIONS** Many thanks for all the donations so far, keep them coming. We would love more donations of toys and unwanted gifts  
**VOLUNTEERS** We need more people to help staff the shop. Could you, or anyone you know, help from as little as 3 to 4 hours, one day a week?

### Plans for world Down syndrome day

On Saturday 22nd March we are planning to celebrate world Down syndrome day at the shop.

The shop will be selling Down syndrome merchandise - George Webster's books, including his new book, 'George and the Mini Dragon', Stand Out socks (as seen on Dragons Den), plus much more.

Visit the FaceBook page [here](#) to keep up to date with the event.



Read about the shop in the Telegraph & Argus.



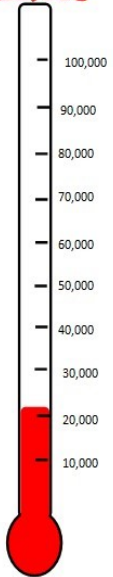
[Fundraising for Down Syndrome Training and Support Service](#)  
[| Bradford Telegraph and Argus](#)

## CHANGES TO OUR SUPPORT & SERVICES

Due to our current financial situation the following services have been reduced until further notice:

- The centre will be closed every Friday.
- All staff contracts have been reduced by 5 hours—so our capacity to answer the phone, reply to emails/messages and provide our usual high level of support has been reduced.
- Our youth club, the WisH Club, has been reduced from 4 hours every Friday to 2 hours per fortnight.
- Several of our early development groups have been amalgamated.
- We are limiting our 'I Can Work' and 'Independent Living Skills' projects to one young adult each.

**BIG £100,000 fundraiser**  
28th January  
£22,603



## SUPPORT SERVICES CURRENTLY ON HOLD

We apologise, but until our financial situation improves the following services are currently not being offered.

- Physiotherapy with Holly Dunne
- Occupational Therapy with Wendy Scaife
- Transport for families

We would like to thank our amazing therapists for their services and support and, all being well, we will see them again in the not too distant future.

## PRICES INCREASES FOR SERVICES

The suggested donations for various services have been increased as follows.

- Dance21 from £3.50 per week to £6
- Twirly21s from £2 per week to £5
- Speech and language group sessions from £10 per month to £12.50
- Early development group sessions from £6 per session to £10
- Gym club from £3 to £5 per week
- WisH Club from £2 per week to £5
- 'I Can Work' from £10 per day to £46 per day in line with other services funded by direct payments

All fees are classed as donations and no one will ever be excluded from our services.

Download our fundraising pack here

Visit our fundraising page to learn about all the ways you can help us



## SPEECH & LANGUAGE GROUP SESSIONS

JESSICA'S GROUP SESSIONS

Saturday 8th February.

LAUREN'S GROUP SESSIONS

Sunday 16th February .

Heidi will be in touch with reminders

**SOME PLACES STILL AVAILABLE - PLEASE CONTACT THE OFFICE**

## EARLY DEVELOPMENT GROUPS

Due to changes in capacity several groups and children have had groups and days of attendance changed.

Currently:

**Year 1 group - purple** with Laura, Mondays 3rd, 24th Feb. All new and younger babies welcome from 11am.

**Year 2 group - blue** with Laura, Tuesdays 4th, 25th Feb. This is a newly formed year 2 group.

**Year 3 group - orange** with Laura, Monday 10th Feb.

**Year 4 group - yellow.** The red and yellow group have been combined. Mel will deliver this group 4th, 27th Feb.

**Year 5 group - green.** The white and green group have been combined. Laura will deliver this group Tuesday 11th Feb.

**Wednesday one to one sessions** with Mel (moved from Tuesdays) are fortnightly 5th, 26th Feb.

**Thursday one to one sessions** with Mel will continue monthly 13th Feb.

**Wendy's one to one sessions** hope to recommence this month.

### PRIVATE FACEBOOK GROUP

Are you a member of our Early Development Group private FB group?:

[Early Development Groups for children with Down syndrome | Facebook](#) . If you would like a link to join please email the office.

Funded by the National Lottery until March 2025. We are desperately seeking funding for these group sessions.

**COST** all fees for these sessions have been increased to £10 per session. This is still classed as a donation.



## TWIRLY21s

The Twirly21s dance every Saturday, 2.30 to 3.30pm at Footsteps Theatre School, Idle, BD10 8PY.

This group is specifically for children with Down syndrome aged 5 to 12.

Classes are delivered by Claire King who has a wealth of experience working with young children who have Down syndrome. Increase cost: Dancers are asked to pay £5 on entry to practice their money skills.



## DANCE21

Our older dance group, for young people aged 12+ dances every Thursday,

6 to 7pm at Footsteps Theatre School, Idle, BD10 8PY.

Cost per session has increased to £6 on entry to enable the dancers to practice their money skills. Classes are delivered by Claire King, alongside Kim Booth, one of our most experienced dance21 members.



## WEEKLY GYM CLUB FOR YOUNG PEOPLE WITH DOWN SYNDROME aged 13+ NEW VENUE

From February the Gym Club will take place at Pinnacle Performance Fitness Studio, Nelson St, Bradford BD1 1LA at the later time of 4.30 to 5.30pm.

**COST: The cost per session has increased to £5.**



Please book by contacting Karen: 01274 561308

[karenbarron@downsyndromebradford.co.uk](mailto:karenbarron@downsyndromebradford.co.uk)

Visit the Facebook page [Pinnacle Performance Fitness Studio](#)

## INDEPENDENT LIVING SKILLS

Until our capacity increases we will be limiting this project to one adult, one day per week. Currently Charlie attends every Tuesday and is enjoying learning new skills.

### I CAN WORK

Again due to reduced capacity we are limiting this project to one young adult per week. Emerson currently attends every Thursday and is enjoying learning new skills including travel training.



### WAITING LIST

If you would like your young adult to be involved in either of the above projects please get in touch and we will place them on a waiting list for later in the year.



### PLANS FOR FEBRUARY

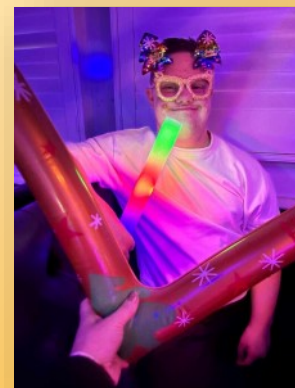
7<sup>th</sup> - Valentines biscuits

21st - homemade suncatchers

### NEW OPENING TIMES

The Club currently runs fortnightly on a Friday, 7 to 9pm for young people aged 11 to 25. Young people are welcome to bring along a friend or sibling age 11+.

It is full of amazing equipment: HiFi, pool table, Xbox, TV, DVD player, exercise bikes, karaoke, football table, chill out area with bean bags and comfy couches, air hockey table and large Connect 4. Plus tuck shop!



### Christmas party at Mavericks

Everyone had a wonderful time at the Going Out Club party just before Christmas. Many thanks to Mavericks for organising this.

## TRAINING THIS TERM

### ***Signing and children with Down syndrome***

This course is over 2 weeks.

*12th and 26th February, 9.30 to 11.30am*

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.

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:** FREE or by donation, refreshments provided
- **BOOKING:** [Signing and Down syndrome |](#)

## NEXT TERM

### **ME: my body, my friends, my life**

(Sexuality relationships education for people with Down syndrome and other learning disabilities)

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

This training is over two full days. The first part of this was delivered in November 2024 but due to Wendy's accident the second part was postponed.

We have decided to rerun the full course in April 2025.

*Session 1, Wednesday 23rd April, 9.30 to 3pm*

*Session 2, Wednesday 30th April, 9.30 to 3pm*

This course covers:

- How important such training 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. How do we become our own protector?

The signs for this topic are also covered and available in a book —SRE and Down syndrome cost £6.00.

A Memory stick/digital download of resources & activities is available to buy at a cost of £10.00.

If you were originally booked on the November course you will be transferred to this course. Heidi will be in touch to confirm. Bookings now being taken.

Visit: [Training | Down Syndrome Training and Support Service Ltd](#)

## **INTRODUCTION TO DOWN SYNDROME**

- **Secondary school and beyond**, Wednesday 4th June, 9.30 to 12.30 with Dr Wendy Uttley
- **Birth to 12 years**, Wednesday 11th June, 9.30 to 12.30 with Mel Dekker

Bookings now being taken, just click [here](#).

We are asking for a donation upon booking but if this precludes attendance school/organisation staff are welcome to attend for free. Please contact the office.

### [Down's syndrome: Young Broughshane actress stars in Irish film - BBC News](#)

Claudia Beatty, an 18-year-old from Broughshane, County Antrim, has made her film debut in King Frankie. The film, tells the story of a taxi driver's redemption, with Claudia playing the role of Grainne Rafferty, who forms a close bond with the lead character.

## **FREE ONLINE TRAINING FOR COMPANIES LEARNING ABOUT DOWN SYNDROME -**

### ***Our new free training video for employers***

Below is the link to a 45 minute training video aimed at employers and employees supporting an adult with Down syndrome in the work place. It is free to download and use.

[I Can Work - training for work placement | Down Syndrome T&SS \(downsyndromebradford.com\)](#)

## **PRE—RECORDED TRAINING AND RESOURCES READY TO DOWNLOAD**

Follow the link below to browse our range of training videos and resources: [Training videos & resources | Down Syndrome T&SS](#)

## **Consultations, observations and assessments**

Are available at an hourly rate of £80, either online, in school or at our centre.

Please visit [Consultations | Down Syndrome T&SS \(downsyndromebradford.com\)](#) to book or for details.

REPORTS FOLLOWING ASSESSMENTS OR OBSERVATIONS £120

## **NEW RESOURCE by DR WENDY UTTLEY**

### ***Down Syndrome & a Pathway Through Mathematics***

The resource comprises of teaching notes, activities, worksheets, videos and visual resources to print off. Aimed at ability level rather than age, the resource will help you to understanding how and why children with Down syndrome find maths a challenge, how they learn to understand numbers, count and calculate and learn about time and money. Throughout the resource there are lots of examples of tried and tested effective teaching activities from early to adult years.

A short 6 minute video explaining the resource can be viewed by clicking on the link below

[Down Syndrome & a Pathway Through Mathematics NEW RESOURCE by Dr Wendy Uttley](#)

## **Research into the inclusion of children with Down syndrome in mainstream primary schools**

Hannah, an undergraduate psychology student at Leeds Trinity University is seeking parents/carers who have or have had experience with a child or children with Down Syndrome in mainstream primary school.

Hannah volunteered for us in 2024 working in our early development groups. She would like to gather parent/carer perceptions of inclusive mainstream education for children with Down syndrome with an aim to understanding whether it is seen as more a pathway or barrier to better educational and developmental outcomes.

Parents play a key role in shaping a learning environment that addresses their child's diverse needs. Hannah hopes that her research can help put forward impactful discussion and implications to facilitate improvements in the provision of inclusive education for children with Down Syndrome.

**Here is the link to the survey:**

<https://app.onlinesurveys.jisc.ac.uk/s/ltu/dissertation-survey-1>

The survey will close on February 28th For more information about the research project please email: 2120971@leedstrinity.ac.uk

## **MATHS FOR LIFE QUESTION AND ANSWER SESSIONS**

**FEBRUARY** [Maths For Life - A Differentiated Approach®](#)

## DID YOU WATCH TAYA FLYING?

[Bradford's Big Bash - BBC iPlayer](#) If you didn't manage to catch the amazing Taya in action as part of Bradford's Big Bash watch it now on BBCi Player. Well done to Taya and her mum. Gemma, you were both fantastic.



## SELF ADVOCATES—LISTEN TO PEARL ADDRESS THE W.H.O.

Listen to Pearl speak on 6 February at the World Health Organisation, Geneva. Pearl has been invited to speak about her experience of the healthcare system and what needs to change. She will talk about the work Down Syndrome International are doing to achieve health equity for people with Down syndrome and intellectual disabilities. The event aims to plan clear actions to make health systems more inclusive and promote health equity for people with disabilities.



The meeting will be livestreamed, so you can watch Pearl in action from wherever you are in the world: [Meeting Registration - Zoom](#)

## VOICE ADVOCATES NEEDED

Calling people with lived experience of disability and sensory needs. Do you want to make a change? Find out about the Voice Advocates project at Manningham Mills, Thurs 20 Feb, 11am - 1pm. For more information email: [voiceadvocates@equalitytogether.org.uk](mailto:voiceadvocates@equalitytogether.org.uk) or call 01274 848150, Text/WhatsApp only: 07745 20540

## BRADFORD SENDIASS to visit FAMILY HUBS

The SENDIASS team will be visiting family hubs to give advice and information to parents of children and young people with special educational needs on the following dates:

- Wed, 19th Feb, 9.30 to 11am Shipley Family Hub, Shipley Library, BD18 3QH

Further sessions across the Hubs are planned for March. Parents can also contact their duty line @ Barnardo's SENDIASS 01274 513300, email: [bradfordsendiass@barnardos.org.uk](mailto:bradfordsendiass@barnardos.org.uk) or visit [Bradford SENDIASS | Barnardo's](#)

## Survey into menstrual health in teenagers with Down syndrome aged 10 to 19

There's still time to contribute. Just click on the link below. Families can participate even if their young person hasn't started their periods yet. Share your experiences to help improve menstrual health support! The survey is anonymous (private) and takes about 15 minutes. For more information email [Katie.Greenland@lshtm.ac.uk](mailto:Katie.Greenland@lshtm.ac.uk). Here's the link to the survey: [Menstrual Health Survey](#)

## MIND THE GAP OPEN DAY

Saturday, 8th Feb, 12pm - 4pm

All welcome to visit their amazingly accessible and purpose built building in the heart of Bradford. Meet their friendly team, join interactive workshops, listen into Q&A sessions, have a go at arts and crafts, and sit back and enjoy a range of live performances. For more information visit their [website](#).

## CHANGING PLACES

There are four new and one refurbished [Changing Places toilets](#) in Bingley, Bradford Industrial Museum, City Park, Ilkley Car Park and Wibsey Park.

## NEW RESOURCES FROM THE DSA



- [Pain and people with Down syndrome](#)
- [Skin conditions and people with Down syndrome](#) we all know our children and young people experience a range of dry and sometimes uncomfortable skin conditions.
- For more information and resources visit: [Resources, Information & Training Archives - Downs Syndrome Association](#)

## TRAINING

- 17th Feb, [Puberty and Adolescence - Downs Syndrome Association](#)
- 18th Feb, [Supporting well-being of people who have Down's syndrome - Downs Syndrome Association](#)
- 27th Feb [Dual Diagnosis Webinar - Downs Syndrome Association](#)
- 12 March [Cerebral Visual Impairment \(CVI\) and Down's syndrome with Professor Margaret Woodhouse - Downs Syndrome Association](#)

**Hearing a children with Down syndrome**—a webinar delivered by Patrick Sheehan: [Hearing in children who have Down's syndrome: a webinar for parents with Mr Patrick Sheehan - YouTube](#)

## Specialist Inclusion Day Trips to Buckden House February half term

Monday 17<sup>th</sup> to Friday 21<sup>st</sup> February 2025:

The SEND Short Breaks team are running 5-day trips during the February holidays. Staffing will be 1:3 ratio.

All enquiries from families must be made via the email address – [halima.kara2@bradford.gov.uk](mailto:halima.kara2@bradford.gov.uk)

Children and young people must be:

aged 8 to 18 years, have at EHCP, NOT already in receipt of a care package through the social care team.

Activities include: caving, gill scramble, climbing, archery, abseiling.

**Contact – [halima.kara2@bradford.gov.uk](mailto:halima.kara2@bradford.gov.uk) for interest enquiries and booking forms.**

## Project SEARCH information event

On Wed 5th Feb, 1 to 2pm and 6 to 7pm, Bradford College & DFN Project SEARCH will be holding a Supported Internship Recruitment Event at the ATC Building, Randall Well Street, Bradford College, BD7 1AL

**How to book: [DFN Project SEARCH recruitment and information event - Bradford College](#)**

The project aims to provide meaningful work experience, develop essential employability skills, and prepare young people aged 18-25 with an Education Health Care Plan for future employment.

The program is tailored to support students with learning disabilities who may face additional challenges in securing work.

For further information contact Amanda Clayman (Project Search Facilitator) via email [a.clayman@bradfordcollege.ac.uk](mailto:a.clayman@bradfordcollege.ac.uk) or 0789 771 539

## [Solving the SEND crisis – Education Committee launches major inquiry - Committees - UK Parliament](#)

The government's Education Committee has launched a major new inquiry focused on finding solutions to the crisis in special educational needs and disabilities (SEND) provision. [Read more.](#)

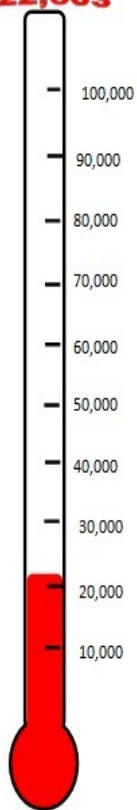
# A BIG thank you to everyone who has donated December and January

**Regular donors**, total raised Dec, £95 from 9 regular donors.  
**Regular donors**, total raised Jan, £169.32 from 16 regular donors.  
**Donations through JustGiving towards BIG £100K** £4306.33  
**In memory of loved ones:**  
 Catherine Howard, in Lieu of Funeral Flowers, £308.00  
 Janet Mirfield, collection at her funeral, £129.35  
**Chevin Chase**, Becky Lodge, total Raised £2670  
**L W Graphics**, on behalf of Lee White - for Saturday Session Christmas food, £150  
**Our Christmas Raffle**, £441.26  
**Give As You Live**, online shopping £19.02  
**Don't Send a Card in lieu of Christmas cards:** a total of £36.45 from Roz Plummer, Caroline Harris, Susan Uttley, Mary & Ian, Just Evans  
**Paypal Giving Fund**, £60.46  
**Charity Shop**, £2,792.53  
**HMRC Gift Aid Claimed**, May 23 - June 24, £2,222.12  
**Motorbike Raffle** - Stephen Senior, £6.38  
 Usman Ghani, £10  
 Inspirations Nursery, following training, £150  
 H Gibbon, £10  
 Emily Vuijk, £50  
 Emily Vuijk, £50  
 K Gonzalez, £10  
 Anonymous, £5,000  
 Anonymous, £900  
 G Webster, £500  
 J Singh, £19.52  
 L Taylor, £10

**GRANTS**  
 Skipton Building Society, unrestricted grant, £1,000  
 Charles & Elsie Sykes Trust grant for Youth Club, £2,000  
**Donation of goods for charity shop** - Liz McLean, Karen Barron, Rachel Cruickshank-Sutton, Karen Mayhew, Steve Robinson, Helen Gibbon, Adrian Woods OnTraks



**BIG £100,000 fundraiser**  
**28th January**  
**£22,603**



## THANK YOU BECKY

Becky raised a stunning £2670 over Christmas when she ran the Chevin Chase for us. Thank you Becky



## Thank you to our current JustGiving fundraisers:

- [Johnny's BIG £100K](#) stands at £1002
- [Carol's yoga day](#) stands at £415
- [Helen's £500 fundraiser](#) stands at £115
- [Shabana's £1000 fundraiser](#) stands at £700
- [Phylecia's birthday fundraiser](#) stands at £109
- [Iram Javed is fundraiser](#) stands at £700

## YOU TOO CAN HELP BY

- 1) *Clicking on a link to donate.*
  - 2) *Clicking on a link to share across your contacts.*
  - 3) *Setting up your own fundraiser. This could be a sponsored event, bun sale, quiz, 21things to raise £21*
- To do this visit our JustGiving page by clicking [here](#)

## 'PLANS IN THE PIPELINE'

**ASDA, Keighley** will be holding a collection day for us Thursday 20th March.  
**Campaign letters** have gone out to all local businesses and all organisations and schools who have benefitted from our services over the last 2 years.  
**A Muslim Action Group** has been formed with plans to raise awareness and funds across the community.  
**Karl Moss Adventure Van Rental** has made us their charity of the year

## BOOSTING YOUR DONATION BY UNDERSTANDING GIFT AID and CHARITABLE DONATIONS IF YOU ARE AN INDIVIDUAL OR A LTD COMPANY

[Tax relief when you donate to a charity: Gift Aid - GOV.UK](#)  
[Tax when your limited company gives to charity: Overview - GOV.UK](#)

## Help Us Raise £100,000 in 2025



Down Syndrome Training & Support  
 Bingley, W Yorks

- One Off Amount
- Monthly Donation
- Create Your Own Fundraising Challenge!

[JustGiving.com/page/100k](https://www.justgiving.com/page/100k)

Visit our fundraising page to learn about all the ways you can help us

Download our fundraising pack here

# Ways you can help 🙌

## WEEKLY FUNDING UPDATES

We have been sending out weekly updates on our funding crisis detailing different ways you can help. The links to these are:

- [News \(13th Jan\) Down Syndrome Training & Support Service](#)
- [News \(20th Jan\) Down Syndrome Training & Support Service](#)
- [News \(28th Jan\) Down Syndrome Training & Support Service](#)

We are asking everyone we know to help spread the word by sharing these news update encouraging people to pledge a monthly donation, take part in a sponsored event, sign up to donate via online shopping with Give As You Live...plus much more.

## OUR BIG £100K FUNDRAISER for 2025

Celebrating 25 years of development, education and inclusion



'Just kids' growing into 'just adults' who happen to have Down syndrome

Down Syndrome Training & Support Service Ltd

www.downsyndromebradford.com  
01274 561308  
07816465845 /07512346717  
office@downsyndromebradford.co.uk

Join our BIG £100,000 fundraiser celebrating 25 years of support, training, inclusion, development and education. We have made a difference!

Sign up for our fundraiser here.

Registered Charity Number 1120894. Company registered in England and Wales 09795020



## BUY A RAFFLE TICKET IN OUR SPRING RAFFLE

Draw to take place Saturday 12th April.

1st Prize: handmade leather handbag

2nd Prize: signed copy of 'George and the Mini Dragon'

3rd Prize: signed copy of 'This is ME!'

4th Prize: Men's Eternity set + chocolates



Spring raffle

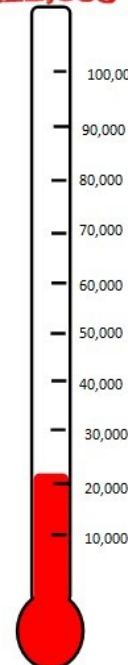
What a target! Can we do it?

In 2025 we are celebrating our 25th anniversary.

However we are currently facing a daunting future. Funding, donations and fundraising were all down in 2024 meaning the charity is currently running a deficit.

**WE NEED YOUR HELP. PLEASE SHARE THIS PAGE WITH YOUR FAMILY, FRIENDS AND COLLEAGUES, THANK YOU**

**BIG £100,000 fundraiser  
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£22,603**



**HELP BOOST OUT THERMOMETER - PLEDGE TO DONATE A MONTHLY AMOUNT**

[Use Justgiving to make a one off or regular donation](#)

[Use Paypal to make a one off or regular donation](#)

[Set up your own standing order from your bank](#)

## DONATE FOR FREE AS YOU SHOP ONLINE

One really easy way you can help with very little effort is to join Give As You Live so that when you shop online a percentage is given to our charity - at NO extra cost to you. The hardest part is remembering to use their link. However you can now choose to have a reminder pop up as you visit one of the 4000+ sites linked to the scheme.

Plus until 28th February for every new donor we will receive £1.

Click on the icon to learn more and sign up today. Thank you.



## KEEP UP TO DATE WITH EVENTS ON SOCIAL MEDIA

**PUBLIC FACEBOOK PAGE** <https://www.facebook.com/DownsyndromeTSS/> For general and more 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>

**INSTAGRAM** <https://www.instagram.com/downsyndrometss/>

## CONTACT Wendy Uttley or Heidi Grosvenor

Website: [www.downsyndromebradford.com](http://www.downsyndromebradford.com)

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

Tel 01274 561308 Mobile 07816 465845 /07512 346717

[office@downsyndromebradford.co.uk](mailto:office@downsyndromebradford.co.uk)