



Down Syndrome Training & Support Service

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

March '25 newsletter

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MARCH FAMILY FUN SATURDAY SESSION

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

Saturday 8th March, 10am to 12pm

ALL FAMILIES WELCOME

Both the family Saturday session and Sibz Zone will take place at the church hall where we will be making merchandise to sell at our charity shop 'Chromosome Rocks' to raise funds and awareness for world Down syndrome day.

All welcome to come along and paint a 'chromosome rock' or decorate a coaster which you can then either take home or donate to be sold at the shop.

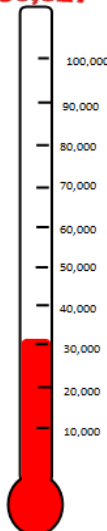
All of our fun games, singing and circle activities will also be on offer.

ALL FAMILY MEMBERS WELCOME TO JOIN IN THE FUN.



OUR BIG £100K FUNDRAISER for 2025

BIG £100,000 fundraiser
£30,827



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

office@downsyndrometrainingandsupport.co.uk
013274 561308
07815465845 /07512346717

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.

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'CHROMOSOME ROCKS' CHARITY SHOP



AMAZING PLANS FOR SATURDAY 22ND MARCH

On Saturday 22nd March we are planning BIG celebrations

From 12pm there will be performances from our dancers, **dance21**, and singing from the **Voices of Yorkshire choir**. There will also be Down syndrome merchandise on sale including George's books 'This is Me!', 'Why Not?' and his new book 'George and the Mini Dragon'. Signed copies of these are available to win in our Spring raffle (see next page).

Stand Out Socks (as seen on Dragons Den) We have 100 pairs of Stand Out socks to sell during March.

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

WE NEED VOLUNTEERS TO HELP STAFF THE SHOP

Please, please can you help - grandmas, grandads, aunties, uncles, older siblings - the shop is a great source of income but some weeks we are only managing to open one day a week.

PLEASE LET US KNOW IF YOU CAN HELP.

What a target! Can we do it? We're nearly a third of the way there. Fantastic. Please, please keep up your support. Thank you. 🧡

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 has been running a deficit.

Our campaign is gathering strength and currently stands at £30,827. How amazing is that?

Thank you to everyone who has contacted us and offered to help raise funds/made a direct donation.

Visit and keep an eye on our total:

<https://www.justgiving.com/campaign/dstss100k>

HELP BOOST OUR THERMOMETER BY PLEDGING TO DONATE A MONTHLY AMOUNT

Thank you to everybody who has pledged to donate a monthly amount to our charity. The monthly total now stands at £189.32 from 18 regular donors, that's £2271.84 per year. This will fund one early development group for one year! It's really easy to help set up and, if you are a UK tax payer, we can claim Gift Aid and boost your donation by 25% - at no extra cost to you.

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

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

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

ways you can help

Ramadan Mubarak DONATE DURING RAMADAN

Ramadan starts this month. Will you please consider supporting us during this time of fasting and prayer? We've launched a fundraising page on Launchgood, see link below.

[Helping children with Down syndrome | LaunchGood | Launch-Good](#)



PLEASE BUY A RAFFLE TICKET IN OUR SPRING RAFFLE

Draw to take place Saturday 12th April. £1 a ticket.

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

5th Prize: Fuzzy Duck shower kit



Spring raffle

COLLECTION AT ASDA KEIGHLEY FOR WORLD DOWN SYNDROME DAY

On Thursday 20th March Emerson and Claire will be collecting at ASDA, Keighley—why not pop in and say hello?



NOMINATE US FOR A £1000 DONATION IN THE MOVEMENT FOR GOOD & BE SURE TO SHARE

[Movement for Good - Nominate a charity for an award.](#)



DONATE FOR FREE AS YOU SHOP ONLINE/BOOK A HOLIDAY/BUY INSURANCE....

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.

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



JOIN OUR SPONSORED WALK

On Sunday 18th May we are holding a sponsored walk. The walk will offer 3 levels.

- For families a 1.5km along the riverside, Ilkley Park, 11am.
- Along the Dales Way for 4 to 5 miles starting in Ilkley Park, 11am.
- Along the Dales way for 10 miles, starting in Ilkley Park 11am.

Where possible the walks will finish with a picnic in Ilkley Park around 1pm.

SIGN UP NOW

To sign up for the walk please visit our BIG 100K campaign page which has a link to the walk: [BIG £100K for 2025 - JustGiving](#) and click on the orange box.

Or contact the [office](#) should you wish to use a sponsor form and collect sponsors the 'old' way. All walks will be led by experienced leaders.



DONATE TO ONE OF OUR JUST GIVING FUNDRAISERS OR BECOME ONE YOURSELF

Thank you to our current JustGiving fundraisers:

- [Johnny's BIG £100K](#) stands at £1002. Johnny will be taking part in a sponsored walk along the canal from Leeds to Bingley on Friday 21st March. All welcome to join him.
- [Ben, Eisa and Flo's sponsored walk](#) stands at £1697.50
- [Helen's £500 fundraiser](#) stands at £115
- [Phylecia's birthday fundraiser](#) stands at £229
- [Iram Javed is fundraiser](#) stands at an amazing £7740—Iram will be walking round Lister Park after Eid.

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, 21 things to raise £21
- To do this visit our JustGiving page by clicking [here](#)

SPEECH & LANGUAGE GROUP SESSIONS

JESSICA'S GROUP SESSIONS

Saturday 8th March. This month the older group will be going out shopping in Bingley. We will be in touch with arrangements

LAUREN'S GROUP SESSIONS

Sunday 23rd March

Heidi will be in touch with reminders

SOME PLACES STILL AVAILABLE - PLEASE CONTACT THE OFFICE

EARLY DEVELOPMENT GROUPS

With Laura, Mel & Wendy

Groups run fortnightly on weekdays for children with Down syndrome aged 12 months to 5/6 years of age. New babies are offered a home visit and are invited to join in the second half of the youngest group.

The early intervention covers early reading, number, feeding, drinking, interaction, communication, language, speech sounds, fine and gross motor skills. Our aim is to prepare the children for school.

Older groups (children aged 5 to 6) run monthly and school staff are encouraged to attend in place of parents so that we can pass on methods of best practice. Several children with more complex needs receive one to one input. All staff are qualified and very experienced teachers and can offer support and guidance to your child's school.

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.



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. Dancers are asked to pay £5 (donation) on entry to practice their money skills.



DANCE21

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

Thursday, 6 to 7pm at

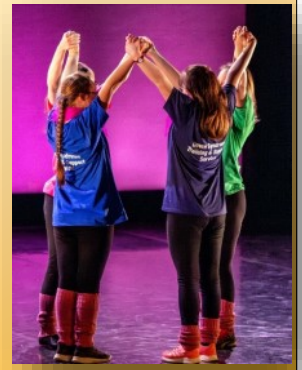
Footsteps Theatre School, Idle, BD10 8PY.

Cost is £6 per session 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.

NEXT LIVE PERFORMANCE: Saturday 22nd

March outside our charity shop 'Chromosome Rocks' to celebrate world Down syndrome day.



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

The Gym Club takes place at Pinnacle Performance Fitness Studio, Nelson St, Bradford BD1 1LA at the later time of 4.30 to 5.30pm. **COST: The cost is £5 per session.**

Please book by contacting Karen: 01274 561308

karenbarron@downsyndromebradford.co.uk

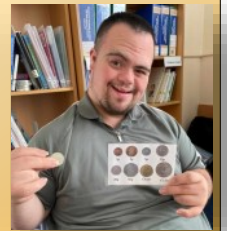
Visit the Facebook page [Pinnacle Performance Fitness Studio](#)



I CAN WORK

Introducing Charlie who has moved on from our Independent Living Skills programme and just started working Tuesdays on as part of our 'I Can Work' project and Fridays at the British Heart Foundation:

Hi, I'm Charlie Gibbon and I have recently started working at the British Heart Foundation Charity shop in Halifax. I go on a Friday to do my training. Last week I sorted through the clothes and put the dirty ones in the washing machine, the crinkly ones I steamed then to make them nice and smooth. I'm looking forward to meeting new people and earning some money and becoming more independent.



PLANS FOR MARCH

7th March - Making mothers day crafts

21st March - World Down Syndrome Day Crafts and Celebrations

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!

WILLS AND TRUSTS ONLINE INFORMATION EVENING

Due to popular demand we have scheduled an information evening on Wednesday, 19th March 7 to 9pm with Michelle and Lois, independent financial advisors from Eccles Greenwood and Sara Cooper, solicitor from AWB Charlesworth. The evening will take place via Zoom. Please contact the office to register your interest. Thank you.

FREE ONE-TO-ONE COUNSELLING SESSIONS AVAILABLE

Are you in need of some counselling?

One-to-one sessions are available with Gill Iley please contact the office for more details or to book.

COUNSELLING SERVICE FOR ADULTS WITH DOWN SYNDROME:

Gill is also able to offer counselling for adults with Down syndrome. Please contact the office for more details.

Funded by the Edward Gostling Foundation and Sovereign Healthcare.



TRAINING AT OUR CENTRE IN BINGLEY

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.

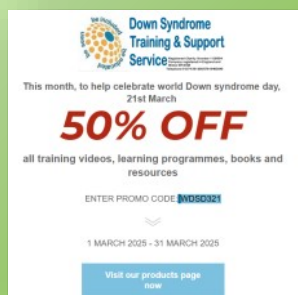
LETS RAISE AWARENESS AS WE CELEBRATE WORLD DOWN SYNDROME DAY

Resources you can download for free to help raise awareness this month.

- [School assembly - 30 minute video aimed at primary school children](#)
- [Training for employers on employing a person with Down syndrome](#)
- [Training for health workers, in particular health visitors and maternity staff](#) Five 15 to 20 minute modules

Plus during March there will be 50% off all of our [products](#) - these include training videos, books, activity programmes and resources

Just enter code WSD321



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—50% OFF during March, enter code WSD321

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](#)

DOWN SYNDROME RESEARCH FORUM

Down Syndrome Research Forum 2025

The Down Syndrome Research Forum 2025 is being held online on 17, 18 and 19 March. The forum offers academic researchers, professional practitioners and parents the opportunity to share and discuss current research, recent findings, and implications for practice.

On Wednesday 19th March Wendy Uttley will be presenting a short talk entitled 'Celebrating the reading skills of children and young adults with Down syndrome' featuring some of the children and young people she has been working with over the years.

[Down Syndrome Research Forum 2025 Programme](#)

COLEMAN TRAINING OPEN DAY

Thursday 6th March 1.30 to 6pm. Learn all about their pre-supported internships and their supported internships for young people aged 16 to 24 with an EHCP enroute to independent, paid employment. Based at Nelson Street, Bradford, BD1 5AX. Contact info@colemantrainingdevelopment.com
Visit: www.colemantrainingdevelopment.com



FROM THE DSA



TRAINING

- 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](#)

EAR, NOSE AND THROAT INFORMATION SHEETS

[Hearing Resource 07.06.24 FINAL VERSION](#)

[Nasal-Congestion.pdf](#)

[HearingTestTips_Carers.pdf](#)

[Oral-Health-Care-1st-May-KP-3rd-July-SM_DSMIG.pdf](#)

FEEDBACK TO HELP SHAPE SERVICES AT AIREDALE HOSPITAL

If you are interested in getting involved, please email Anhsft.yournewhospital@nhs.net, with the subject heading 'patient journeys' and let them know which service(s) you, or the person you care for has recently used.

SENSORY BASED PROVISION FOR ADULTS IN HARROGATE

The Sibling Group have recently set up a sensory based day provision at Starbeck Methodist Church for adults with disabilities. They work with a wide range of needs such as learning disabilities, autism, PMLD and complex sensory and communication needs: providing sensory stories, sensory exploration, music, arts and crafts, life skills, community trips. Interested contact Grace Williams 0808 188 9494

LEARN AND THRIVE NEWS

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

Visit the site for free educational downloads on early years, including the new 'maths before numbers' resource, relationships education training and much, much more.

IPSEA - INFORMATION ON EHCP AND MOVING TO A NEW PHASE OF EDUCATION

[Moving to a new phase of education with an EHC plan | \(IPSEA\) Independent Provider of Special Education Advice](#)

A new phase of education is defined in the [Special Educational Needs and Disability Regulations 2014](#) as a transfer from:

- early years education to school
- infant school to junior school
- primary school to middle school
- primary school to secondary school
- middle school to secondary school, or
- secondary school to a post-16 institution.

QUICK GUIDELINES FROM IPSEA

[Quick guides | \(IPSEA\) Independent Provider of Special Education Advice](#)

These guidelines are aimed at helping you to navigate the complex system that supports our children and young people with SEND. It provides simple definitions and descriptions of some of the key terms you might come across when you want to understand more about children's legal rights and entitlements to educational support.

COUNCIL FOR DISABLED CHILDREN NEWSLETTER LINK

[Your newsletter is here!](#)

Always worth a browse. Includes:

The Council for Disabled Children's response to the introduction of new [specialist places in mainstream schools](#);

A [new guide](#) for governors and trustees on the Equality Act 2010 and disabled pupils;

Information about the free online What Works in SEND [National Learning Event](#) on the 20th March.

DOWN SYNDROME INTERNATIONAL CALL FOR GOVERNMENTS TO IMPROVE SUPPORT SYSTEMS

For World Down Syndrome Day 2025, DSI call on all governments to improve our support systems. To learn more visit: [Home - World Down Syndrome Day](#)



LEEDS LOCAL OFFER LIVE—MARKET PLACE EVENT

Wednesday 26th March 10am to 3pm drop in at Pudsey Civic Hall, Stanningley, LS28 5TA . Providing an opportunity to find out more about SEND services in Leeds.

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:

- Tues 4th March, 1 to 2.30pm Rainbow Family Hub, Keighley, BD22 6JB
 - Thurs 6th March, 9 to 11am Barkerend Family Hub, BD3 8QX
 - Thurs 13th March, 1.30 to 3.30pm Knowleswood Primary tbc
- Parents can also contact their duty line @ Barnardo's SENDIASS 01274 513300 , email: bradfordsendiass@barnardos.org.uk or visit [Bradford SENDIASS | Barnardo's](#) (www.barnardos.org.uk/bradford-sendiass)

PRIMARKS NEW ADAPTIVE CLOTHING RANGE

[Highstreet fashion retailer launches affordable adaptive clothing range - AT Today - Assistive Technology](#)

KEIGHLEY LIBRARY SEND INCLUSIVE SESSION

First Tuesday of every month, 9.30 to 10.30am, next session 4th March.

BINGLEY LIBRARY MESSY PLAY SESSIONS

Every Wednesday from 10:30 to 11:30. From painting and crafting to sensory play, these sessions are designed to engage and inspire young minds. For more information and to register, call 01274 438780 or email Bingley.library@bradford.gov.uk

A WIDE RANGE OF ONE MINUTE GUIDES AVAILABLE ON THE LOCAL OFFER WEBSITE

[Bradford Local Offer | An Introduction - One Minute Guides](#) covering health, education, schools, EHCP, eating, toileting, sleep.....

A BIG thank you to everyone who donated in February

Regular donors, total raised Feb, £189.32 from 18 regular donors. A 100% increase from December—fantastic.

Donations through JustGiving towards BIG £100K £11,681.44 amazing...keep it coming.

In memory of loved ones:

Lisa Ord, in memory of her mother, £58.96

Paypal Giving Fund, £2

Charity Shop, £939.99

Keith and Grace Cummins, £20

Brian Harris, £50

Maryam Qureshi, £800

Susan Uttley, on behalf of Ann Hedley, £40

Helen Gibbon, £5

Matthew Warren, £49.10

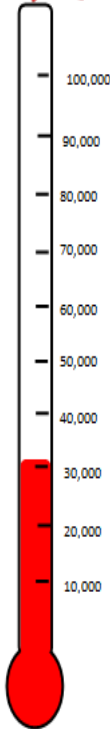
GRANTS

Bentley Advancing Life Chances, £500 towards Saturday sessions

Donation of goods for charity shop - Justine Cornforth, Adrian Woods OnTraks, Gemma-Marie Fawcett



BIG £100,000 fundraiser
£30,827



CAROLS YOGA DAY RAISES OVER £1000

On Saturday 8th February Carol Young ran a yoga session at Bingley Methodist Church hall, followed by a bun sale. The event raised a total of £1036.50 (including Gift Aid)

Thank you to everyone who took part and donated this generous amount.



[Carol Young is fundraising for Down Syndrome Training and Support Service Ltd](#)

THANK YOU TO PUPILS AT BECKFOOT SCHOOL

Following an assembly pupils at Beckfoot School raised £405 from a name the teddy competition, bake sale, staying silent and doing chores at home. Well done on raising such a fantastic amount.



WE NEED VOLUNTEERS TO HELP STAFF OUR CHARITY SHOP 'CHROMOSOME ROCKS' IN KEIGHLEY

Please, please can you help - grandmas, grandads, aunties, uncles, older siblings - the shop is a great source of income but some weeks we are only managing to open one day a week.

PLEASE LET US KNOW IF YOU CAN HELP.

Download our fundraising pack here

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

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

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

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