

ACADEMIC YEAR 2021/22

## TRAINING



At The Pamela Sunter Centre, Bradford  
and online live via Zoom.

Courses delivered by Dr Wendy Uttley  
and Izzi Ashman in the specific learning  
needs of children and young people with  
Down syndrome

- *Introduction to Down syndrome*
- *Signing and children with Down syndrome*
- *Teaching basic number skills to children with Down syndrome using the Numicon approach*
- *The inclusion of children with Down syndrome - expectations of behaviour*
- *Let's make it visual – using visual resources to develop the language, communication and literacy skills of children with Down syndrome*
- *Reading, Language Intervention for children with Down syndrome*
- *Teaching number skills beyond 10, time & money*
- *Six week behaviour course for parents/carers WORKSHOP*
- *ME, my body, my friends, my life - SRE and Down syndrome WORKSHOP*
- *Three week 'toilet training for all ages' WORKSHOP*
- *Three week 'improve your child's sleep' WORKSHOP*
- *Down syndrome & autistic spectrum condition WORKSHOP*

*We do not wish costs to prohibit anyone from accessing our training.  
If a family or school wishes to attend but they are worried about costs  
just let us know. You are welcome to attend for free, a donation or you may  
wish to consider organising a fundraising event for us.*

*100% of participants feel that they can improve their practise because of our training and the  
majority feel they understand Down syndrome and inclusion more.*



**Down Syndrome  
Training & Support  
Service Ltd**

The Pamela Sunter Centre  
2 Whitley Street, Bingley, BD16 4JH  
Telephone 01274 561308  
office@downsyndromebradford.co.uk  
www.downsyndromebradford.com

Registered Charity No.1130994  
Company Number 6915555

## Introduction to Down syndrome

Wednesday 22nd September, 9.30 to 2:30pm

This session will introduce Down syndrome to people who have little experience of working with children and young people who have Down syndrome. It will cover society's view of Down syndrome, health implications, inclusion, the specific learning profile of people with Down syndrome and strengths and weaknesses in the classroom; outlining ways to ensure your teaching meets their learning needs. Promoting positive behaviour and managing behaviours will also be discussed. Vital training for all involved in the education, inclusion and development of a person with Down syndrome.

**COST:** £80 per professional (£20 for second person from same school)  
/£20 per family member.

Refreshments provided but please bring your own lunch.

- Fabulous course - given me some real insight. Will definitely amend/tweak practice
- Thank you a very interesting morning. I feel that I have learned so much and want to find out more! Great presentation.
- Very interesting and educational. Also thought provoking. Really enjoyed this course.



## Signing and children with Down syndrome

Session 1 - Wednesday 6th October 2021

Session 2 - Wednesday 13th October 2021

Time 9.30 until 11.30am both days

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.

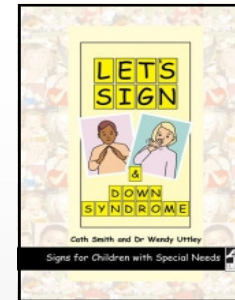
Session 2 will cover signs for the home, school day, colours, descriptions, time/days, questions and connective/link words.

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 for second person from same school)  
/£20 per family member.

- A very useful course. Was good to be able to practice the signs straight away.
- Impressed with how much I have learnt over the two sessions.
- Really interactive and enjoyable.



## Teaching basic number skills to children with Down syndrome and other learning difficulties using the Numicon approach

Wednesday 3rd November, 9.30 to 12.30pm

Basic number skills are vital to enable everyday social inclusion and independence. The training will commence with an overview of the learning profile of a child with Down syndrome; exploring working memory and how this impacts on learning numbers. It will detail how children learn basic number skills - recognising numbers, saying number names, counting to find 'how many?' and early hands on addition. It will explore the challenges faced by children who have Down syndrome and other learning disabilities and demonstrate how the use of Numicon as a visual representation of number can help to overcome these difficulties and lead to increased understanding and confidence.

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

Memory stick of resources available £10.00

- It is going to be invaluable for me and my setting to support our children and develop them to their maximum potential.
- Very thought provoking - good examples shown to understand the difficulty maths presents to children.
- Despite not having used Numicon before I found it easy to follow and flexible. It was very helpful.



## Let's make it visual — using visual resources to develop the language, communication and literacy skills of children with Down syndrome

Wednesday 10th November 2021, 9.30 to 12.30pm

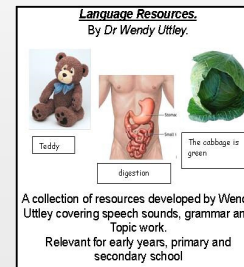
The morning will cover why the written word is used as a visual tool to develop language skills. Methods to develop clarity of speech, grammar, vocabulary, and lengthen sentence utterance will be discussed and illustrated.

It will also detail visual timetables, conversation diaries and ideas to develop reading, writing and spelling skills.

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

Memory stick of resources available £10

- Very useful to be given lots of ideas on a range of resources
- I liked the real examples of school work and the video clips



## Reading, Language Intervention for children with Down syndrome

Wednesday 17th & 24th November 2021. This training course is over 2 half days, 9.30am to 12.30pm.

The RLI programme detailed in a teacher's handbook and DVD developed and produced by Down Syndrome Education International, provides a systematic structured approach via daily activities that can be finely adapted to each child. The training days will cover the theory behind the programme, how to assess a child to find a starting point, how to monitor and record progress and how to deliver the daily intervention with examples from, and reference to, the teacher's handbook and DVD.

The RLI programme comprises of two strands of intervention; a reading strand and a language strand. The aim of the RLI programme is to:

- Improve spoken language and literacy skills of children with Down syndrome.
- Improve teaching practice and support educators.

We have for a long time known reading is a strength for children with Down syndrome but not all educators are aware of this or how to ensure the children reach their full reading potential.

- **COST:** £120 per professional (£40 for second person from same school)/ £30 per family member for both days inclusive.
- *Excellent. I have already put some things into practice and can see it will make a huge difference to lots of our students*

## The inclusion of children with Down syndrome - expectations of behaviour

Wednesday 1st December 2021, 9.30 to 2.30pm

By considering the learning profile of a child with Down syndrome and looking at areas of need this course will aim to address areas where difficult behaviours may develop. It will look at expectations, appropriate behaviour, including self help skills and go on to outline positive strategies to focus on wanted behaviour.

**COST:** £80 per professional (£20 for a second person from the same school)/ £20 per family member.

*Refreshments provided but please bring your own lunch.*

- *Useful for all children not just those with Down syndrome.*
- *Really pleased with this service, feel much more confident.*



## Down syndrome & autistic spectrum condition (WORKSHOP)

Wednesday 8th December 2021, 9.30 to 2.30pm

The workshop will enable participants to share their understanding of how children with a dual diagnosis of Down syndrome and autistic spectrum condition develop speech, language and communication. Using several case studies we will discuss what we know, what we don't know and what we would like to know! There will also be an opportunity to discuss and share ideas on how we manage communication, sensory issues, diet, feeding and unwanted behaviours.

**COST:** £40 per professional (£10 for second member of staff from same school)/£20 per family member.

*Refreshments provided but please bring your own lunch.*

- *An excellent day. I really enjoyed it and gained lots of ideas.*
- *Loved the small group work.*
- *Today highlighted to me the overlap of difficulties/symptoms seen in DS & ASC*
- *Today will make me look at children I am currently working with and think about how they*

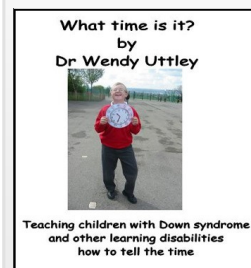
## Teaching number skills beyond 10, time & money

Wednesday 12th January 2022 ,9.30 to 3.00pm

In the morning we will look in detail at tackling number skills beyond 10:

- ◆ Rote counting in 10s, 5s, 2s, teens and counting through decades up to 100
- ◆ Recognising 2 and 3 digit numbers, place value and order
- ◆ Counting to find how many - beyond 10
- ◆ Adding up and taking away - methods to succeed
- ◆ Fractions, multiplication, division and using calculators

After lunch we will tackle time and money

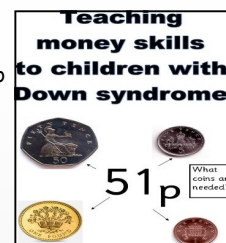


**Time:** This workshop will equip participants with a structured programme of activities and resources, developed and written by Wendy Uttley, to help them teach the passage of time and then how, step by step, to teach a child how to tell the time.

**Money:** We will detail a programme written by Wendy Uttley which consists of 120 finely graded activities to help teach a person with Down syndrome or other learning disability to understand and use money. From the early stages of learning the names for the coins to working with pounds and pence this programme is suitable to use with a child from approximately 5 years of age.

**COST:** £80 per professional (£20 for a second person from the same school) /£20 per family member.

Memory sticks of programme and resources are available for £10.00.



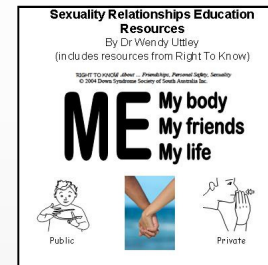
## ME, my body, my friends, my life

### 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 19th & 26th January 2022, 9.30am to 3.30pm

The course will cover:

- 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. A Memory stick of resources & activities is available to buy at a cost of £10.

**COST:** *Subsidised fees £60 per professional (£30 for a second professional from the same school)/ FREE for family members otherwise £30. This includes a folder of handouts.*



Refreshments provided but please bring own lunch. If cost is prohibitive you are welcome to attend but please consider organising a fundraising event for us, thank you

- *Very good for all people working with young people with learning difficulties*
- *I'm now much more confident to tackle the subject.*
- *Enjoyed meeting other people and being able to talk openly about issues and facts of life*
- *It's given me the confidence to talk about the changes my child will go through and most of all helped me to prepare and be aware of what is to come.*

**INSET TRAINING ALSO AVAILABLE  
PLEASE CONTACT THE OFFICE**

## Improve your child's sleep WORKSHOP

*This workshop is over 3 weeks, Fridays 4th, 11th & 18th February 2022, 10am to 12pm*

The workshop will start by discussing sleep and the difficulties that can be experienced with settling and sleeping through the night.

It will then offer the opportunity to share experiences and aim to set action plans to help improve the bedtime routine, settling, staying in your own bed, and sleeping through the night.

Creche available at £10 per child per session.

The course is 2 hours a week for 3 weeks and limited to 7 families.

- *My child is now sleeping in his own bed! Getting more sleep - the whole family has benefitted*

**COST:** *FREE to family members, otherwise £30.*

## Introduction to Down syndrome

*Wednesday 9th March, 9.30 to 2:30pm*

This session will introduce Down syndrome to people who have little experience of working with children and young people who have Down syndrome. It will cover society's view of Down syndrome, health implications, inclusion, the specific learning profile of people with Down syndrome and strengths and weaknesses in the classroom; outlining ways to ensure your teaching meets their learning needs. Promoting positive behaviour and managing behaviours will also be discussed. Vital training for all involved in the education, inclusion and development of a person with Down syndrome.

**COST:** *£80 per professional (£20 for second person from same school)  
/£20 per family member.*

*Refreshments provided but please bring your own lunch.*

- *Fabulous course - given me some real insight. Will definitely amend/tweak practice*
- *Thank you a very interesting morning. I feel that I have learned so much and want to find out more! Great presentation.*
- *Very interesting and educational. Also thought provoking. Really enjoyed this course.*



## **Six week behaviour course for parents and carers of children with Down syndrome (support staff welcome please ask)**

Wednesday 16th, 23rd, 30th March, 6th, 27th, April, 4th May 2022, 10am to 12pm

PLACES LIMITED TO 7 FAMILIES

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.

- *It has changed my ability to look and evaluate a situation.*
- *I now feel more confident in how to progress and manage any difficult behaviour I've experienced*

**COST:** FREE to family members, otherwise £30.

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

Session 1 - Wednesday 18th May 2022

Session 2 - Wednesday 25th May 2022

Time 9.30 until 11.30am both days

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.

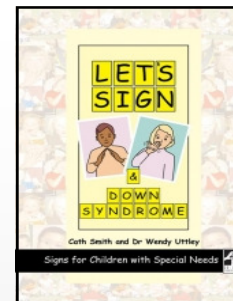
Session 2 will cover signs for the home, school day, colours, descriptions, time/days, questions and connective/link words.

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 for second person from same school) /£20 per family member.

- *A very useful course. Was good to be able to practice the signs straight away.*
- *Impressed with how much I have learnt over the two sessions.*
- *Really interactive and enjoyable.*





### **Three week 'toilet training for all ages' WORKSHOP**

Friday 1st, 8th and 15th July 2022, 10:00am to 12:00pm

Do you need help toilet training your child?

Whether it be a young child just starting or an older child who still needs to develop skills towards independent toileting you are welcome to join us.

Sessions will run over three weeks and cover how the bladder develops, skills needed to use the toilet, tips on toilet training, constipation, day and night time wetting and set targets for each child. There will also be opportunities to support each other, share ideas and resources and monitor progress.

The course is 2 hours a week for 3 weeks and limited to 7 families.

Creche available at £10 per child per session.

- *Activities gave a true understanding of how difficult it is for a child with Down syndrome*
- *Benefitted from hearing other parent's experiences, some really useful tips.*
- *Lots of ideas and given me confidence as very daunted and didn't know who to ask.*

**COST:** FREE to family members, otherwise £30.



#### **CONSULTATIONS, OBSERVATIONS, ASSESSMENTS AND REPORTS**

Online or face to face



#### **Consultations**

Consultations are available at a cost of £25 per half hour. These may take the form of discussion around a child's developmental/educational targets or taking part in an EHCP meeting.

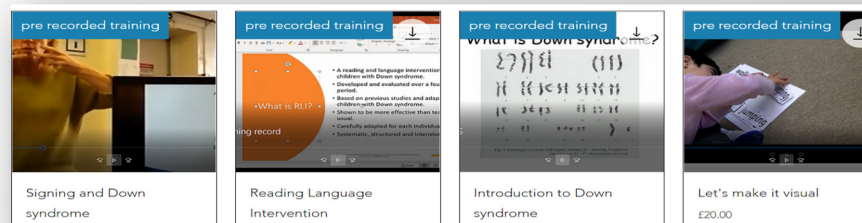
#### **Observations**

We can come into school to observe your child. This will cost £50 per hour. A report can be prepared following an observation, this will cost £100.

#### **Assessments**

We can assess your child, usually at our centre for £50. A report following an assessment will cost an additional £50.

## PRE RECORDED TRAINING AVAILABLE TO DOWNLOAD FROM OUR WEBSITE



### DOWNLOAD

All of our pre recorded training can now be purchased and downloaded direct from our website:

[Buy resources | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](http://downsyndromebradford.com)

- **Introduction to Down syndrome**

2 HOUR PRE-RECORDED AVAILABLE. Cost £10 family member/£20 professional

- **Teaching basic number skills to children with Down syndrome using the Numicon approach, beyond 10, time and money.**

4 ONE HOUR SESSIONS NOW AVAILABLE. Cost £20 family member/£40 professional

- **Let's make it visual - using visual resources to develop the language, communication and literacy skills of children with Down syndrome,**

2 ONE HOUR SESSIONS NOW AVAILABLE. Cost £10 family member/£20 professional

- **Reading, Language Intervention for children with Down syndrome**

6 ONE HOUR SESSIONS NOW AVAILABLE Cost £30 family member/£60 professional

- **Signing and children with Down syndrome**

This is a 4 hour training session covering about 300 signs. It is available as a download (3.5GB) via an online transfer or on a memory stick. Cost £20 family member/£40 professional

- **The inclusion of children with Down syndrome - expectations of behaviour.**

4 ONE HOUR SESSIONS NOW AVAILABLE. Cost £20 family member/£40 professional

## RESOURCES AVAILABLE TO ORDER OR DOWNLOAD FROM OUR WEBSITE

### EARLY READING BOOKS LINKED TO RLI PROGRAMME

Two sets of 10 books are available to buy in print or download. The books have large clear print and images on a clear white background. Each page has a repetitive sentence as the vocabulary builds and is revisited throughout the set. The first set of 10 books is written at level 1 of the Hatcher Grading scheme and the second set at level 2.

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

Electronic copy, £10 for each set.



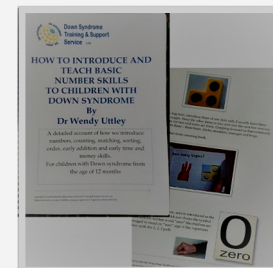
*The books are simply excellent - perfect for my child in school.*

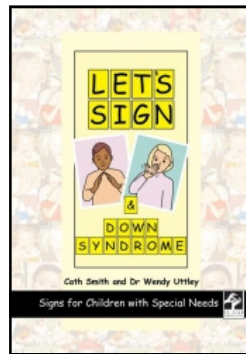
### TEACHING BASIC NUMBER SKILLS TO CHILDREN WITH DOWN SYNDROME

by Dr Wendy Uttley

The book brings together the number interventions developed by Wendy Uttley and is used in our early development groups throughout our five year programme. It is a detailed account of how we introduce numbers, counting, matching, sorting, early addition and early time and money skills from the age of 12 months to 6 years and above.

COST £10 plus postage. Please visit our website to purchase <http://www.downsyndromebradford.com/resources-books-to-buy/>

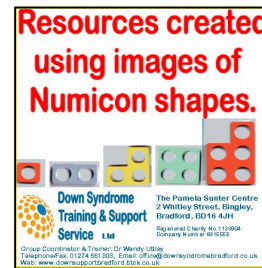
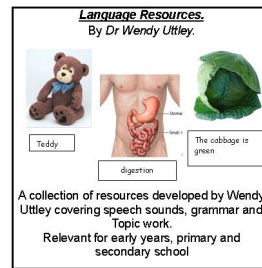




**SIGNING BOOKS**

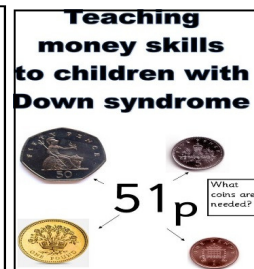
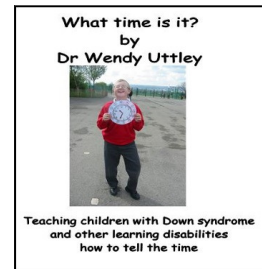
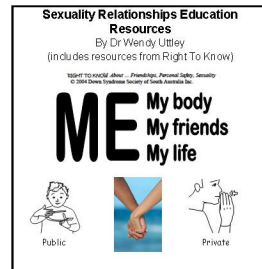
*Let's Sign & Down syndrome* includes over 300 signs to accompany our signing course, £7.

*Signs for SRE.*  
This supports our ME, my body, my friends, my life workshop, £6.



**MEMORY STICKS £10**

Resources and activities to support several of our training courses. Both the time and money resource includes a programme of delivery.



<https://www.downsyndromebradford.com/buy-resources-1>

***School assemblies, (1/2 hour)***

***Introduction to Down syndrome for primary schools.***

***Introduction to Down syndrome for secondary schools.***

Both sessions cover what Down syndrome is and what it means to have Down syndrome with time for questions and answers. Please ring the office to book. Payment by voluntary donation to the charity.