

FAMILY SATURDAY SESSIONS

Many apologies to our families for our lack of support usually provided once per month at our family Saturday sessions. We know how important these sessions are for the whole family.

Our aim now is to relaunch these sessions at our summer party on August 14th, 10am to 12pm. Details of venue will be confirmed nearer the date. The hope is that we can deliver some party games and enjoy some party food or a picnic. Then from September we plan to return to our second Saturday of the month informal gathering which is aimed at supporting the whole family with volunteers to play with your child and activities for parents and siblings.



OCCUPATIONAL THERAPIST NEEDED

We are delighted to have been awarded additional funding from the National Lottery to fund an occupational therapist to attend our centre and see children/young people on an individual basis. We are in the process of seeking a paediatric occupational therapist with experience of working with children who have a learning disability. If you know of anyone please encourage them to contact our centre for more details.

Closing date 31st July 2021

DANCE TEACHER NEEDED FOR Dance21

We are seeking a fully qualified and experienced dance teacher to work with a group of young adults aged 16+ with Down syndrome at a weekly session (currently Monday evening 6.30-7.30pm), choreographing and teaching dances that reflect the interests and abilities of the dancers. Also to seek opportunities for the group to perform (the group typically performs at 6+ events per year including several appearances at Northern Ballets Expressions, Diverse Fest Bridlington and other more local events) and to support them in learning routines for these performances and accompanying them to events.

For full details please contact the office.

Closing date 31st July 2021.

EARLY DEVELOPMENT GROUPS

Congratulations to our year 5 children who graduate this term. Certificates have been awarded and reports written detailing the progress of each child. In addition we send information into their schools offering training and support.



All families involved in the groups from September will be contacted via letter detailing dates and times for next term. There are a few places available, so if you are interested please contact the office.

OUR SUMMER RAFFLE

FIRST PRIZE— swimming pool (donated by Jill Lund)

SECOND PRIZE - sandpit and sand

THIRD PRIZE - two super water pistols

Plus loads of runner up prizes donated by Asda, Shipley

To enter just follow this link:

<https://form.jotform.com/211612807058351>



COLLECTING TINS

We have a number of collecting tins available at the centre. As lockdown eases we would like to encourage members to help us raise funds by placing one in a local shop or your place of work. If you are interested please contact us for details, thank you, Charlotte.



Private Facebook page

<https://www.facebook.com/groups/earlydevelopmentgroups>

FUNDED BY THE NATIONAL LOTTERY



TRAINING COURSES AND WORKSHOPS

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

Our Autumn term training schedule is now available plus additional dates for the academic year 2021 to 2022. Please visit our website for details and to book. We have also produced a booklet detailing the training. Download it here or contact us and we'll pop one in the post.

The cost of our training courses and workshops remains the same and has done so for many years. We have however increased the cost of our observations/consultations/assessments and reports to better reflect the amount of time we have to commit when involved in these requests.

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.

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



SPEECH AND LANGUAGE NETWORK NORTH

'back to basics'

Training for SLTs across the North of England.

Thursday 15th July, 10am to 12pm, and Tuesday 20th July, 10am to 12pm

Due to a family bereavement our training day for SLTs had to be postponed last month. It has now been rescheduled over two half days and will be delivered via zoom. Bookings are still being taken.

On Thursday 15th July, 10am to 12pm, Wendy Uttley will cover the learning profile and health needs of a child with Down syndrome, teaching strategies and ideas to help manage behaviour.

On Tuesday 20th July, 10am to 12pm, Lauren Drake will talk about adult—child interaction, the complexity of communication and the communication chain.

To book: [Training | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](https://downsyndromebradford.com)

PRE RECORDED TRAINING NOW AVAILABLE TO

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 \(downsyndromebradford.com\)](https://downsyndromebradford.com)

- **Including children with Down syndrome - an introduction.**
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

OPPORTUNITY TO GAIN WORK SKILLS

I CAN WORK PROJECT—RELAUNCH

We are planning to relaunch our work project next term. Initially it will be delivered as a work based skills course face to face in the basement at our centre with a view to securing placements early 2022.

The course will be a full term for one day each week and cover conversation skills, boundaries/personal space, money, time, wellbeing, relationships in work, writing/text skills, reading in everyday life, politics, decision making, independent travel and life goals.

Places are limited to 5 young people with Down syndrome aged 18+. Please contact the office for details.

TASTER SESSIONS 11TH & 25TH AUGUST, 1pm to 3pm.
Please contact the office to book

International Guidelines for the Education of Learners with Down Syndrome.

Download your copy by clicking on the link above.



Our last online Sibz group will take place on Thursday, 22nd July, 6pm with Elanor Murray. Please contact the office to book your place. You will then be sent the zoom link and a

list of items you need to collect for the evening.

We will then take a break for the summer with the aim of recommencing face to face sessions in September.

All siblings will be welcome to our summer party on Saturday 14th August.

This group is ONLY for brothers and sisters (age 6 upwards) of people with Down syndrome.

SPEECH & LANGUAGE GROUP SESSIONS

Groups are delivered by Lauren Drake on Saturdays and Wednesdays and by Jessica Foley on



Saturdays. Watch a group in action by visiting our website: [Speech & language | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](https://www.downsyndromebradford.com)

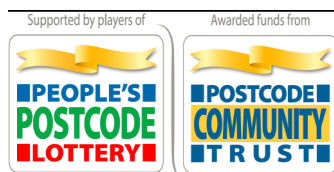
LAUREN DRAKE: Weds 14th July by zoom, Wed 21st July, face to face.

JESSICA FOLEY: Saturday 10th July in Myrtle Park.

ORAL MOTOR AND FEEDING SUPPORT

Jo Gallagher, specialist speech and language therapist and Verena, specialist dietician, will be providing 30 minute one to one consultations Monday 11th October.

Booking essential. Please contact the [office](mailto:office@downsyndromebradford.com) or text 07512346717.



FAMILY MEMBERSHIP RENEWALS

You can now become a member or renew your membership by completing an electronic form. Visit our website:

[Join us | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](https://www.downsyndromebradford.com)



our support services

[Support activities | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](https://www.downsyndromebradford.com)



Our youngest dance group, Twirly21s, for children aged 5 to 11 runs every Saturday with Claire King at Footsteps Theatre School, Idle, BD10 8PY, 3.20 to 4pm. Places available; no need to book just come along. Last session 23rd July, we will then break for the summer and recommence September, date to be confirmed.

Watch Twirly21s in action on our website: [Support activities | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](https://www.downsyndromebradford.com)

TEEN21

This is our new dance group for young people aged 11 to 16.

This now runs every Saturday with Claire King at Footsteps Theatre School, Idle, BD10 8PY, 2.30 to 3.15pm.

Places available.

Last session 23rd July, we will then break for the summer and recommence September, date to be confirmed.

DANCE 21

Classes for dance21 will continue to be delivered via zoom every Monday 6 to 6.30pm. These sessions are for young adults aged 16+. (ZOOM LINK ID: 7963610717 password Baby)



We are currently seeking a new venue and a new dance teacher (see front page). Please contact us if you have a suggestion. Places available.

Last session 26th July, restart September with face to face sessions. These will be confirmed later.

Please ring 01274 561308 or email wendy.rhodes@downsyndromebradford.co.uk to register your interest. Thank you

Currently funded by Locala Community Fund.

ORGANISATIONAL MEMBERSHIP RENEWALS

You can now become a member or renew your membership by completing an electronic form:

Visit our website:

[Join us | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](https://www.downsyndromebradford.com)



SPECIALIST INCLUSION PROJECT **SUMMER ACTIVITIES**

The SIP will be running a summer programme throughout August for children aged 8 to 18 with a diagnosed disability. It will include a residential at Ingleborough Hall and day trips to Bronte Waterfalls, Yorkshire Dales Caves, Malham Cove and Doe Park - climbing, canoeing, archery, walking and sightseeing are all on offer. For details and to register email s.i.p@bradford.gov.uk

DISABILITY MULTI ACTIVITY **SPORTS SESSIONS** **WITH EQUALITY THROUGH** **SPORT**

These are outdoor sessions at Northcliffe Park, Shipley with experienced coaches. A variety of sports will be on offer; focussed on being active and having fun. Age 18+ every Tuesday 1 to 2.15pm. Cost £3 per session, carers free. To book email info@bdslnet



CIRCUS STARR

The circus has been postponed until 21st Sept. We have 30 tickets available for the afternoon show at Peel Park. Please contact the office if you would like to attend.



BRADFORD DISABILITY FOOTBALL CLUB

Training runs every Sunday 10 -12 am at Fields Sports & Social Club and every Friday 6-8 pm at Trinity, Bradford College. The club is beginning to play in tournaments again and has both junior and adult teams for a range of abilities. They also arrange social events. Please see contact details below for more information.

Tel: 07879 495200 E-mail: bradforddisabilityfc@gmail.com
Website: www.bradforddfc.co.uk Twitter: @bfddisabilityfc

EVALUATING OUR SERVICES

Thank you to everyone who has given feedback so far in our early development group evaluations and our speech & language evaluations. We have had some wonderful comments and some good constructive comments. If you would like a copy of either report please contact the office.

Our WisH Club feedback form remains live as we would still like to gather a little more feedback. Please follow the link for parental comments. Feedback from the young people will be gathered later this year direct at the club.

WisH Club feedback form:.

<https://form.jotform.com/211461637935358>



WISH CLUB



ESEE CLASS

Our WisH Club sessions now start with a little light exercise with Elliot & Sam's easy exercise (ESEE) around 6.30pm - just for 30 minutes. This session can also be joined via zoom - just click [here](#) for the zoom link: ID: 835 7915 8044, Passcode: 882483



JULY

During July times, staff and venue will vary as we try to cover for Charlotte's absence - she's getting married on the 12th July!! Wishing you all the best Charlotte.

Friday 9th July, Helena Watford will be helping out. Abi will be coming in to bust some dance moves with everyone - watch out she's amazing! Followed by a movie.

Friday 16th July - WisH Club members plus parents will be meeting between 6 and 9pm at Myrtle Park, Bingley for a socially distanced picnic. Parents will be asked to stay to help with supervision. Let's hope the weather holds.

Friday 23rd July, Wendy Uttley will be helping out and we will be having a 'beat the Cube' style night with group challenges! Again the evening will finish early at 9pm.

Friday 30th July back to normal, 6pm to 10pm.

FACEBOOK GROUP

Join our private

Facebook group <https://www.facebook.com/groups/wishclubyouth/>.

FUNDING: The WisH Club is currently funded by Bradford Youth Fund.

CANADIAN DOWN SYNDROME MAGAZINE, 3 21

Always a good read and this month the focus is on teenagers and puberty.

[321-magazine-summer2021-FINAL3-DIGITAL-LINKS.pdf](https://www.cdss.ca/321-magazine-summer2021-FINAL3-DIGITAL-LINKS.pdf)
(cdss.ca)

News and articles from elsewhere



HORSOME EXERCISE SUMMER HOLIDAY

Come along to Cliff Hollins Riding School and try our BRAND-NEW mixed ability Horse Riding and Stable Management sessions.

Places are limited to 12 per session so register your place NOW to avoid disappointment!

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Cliff Hollins Riding School
Cliff Hollins Lane
Bradford, BD4 6RQ

Friday 30th July 2021
15:30 - 15:50

Friday 13th August 2021
15:30 - 15:50

Tuesday 21st August 2021
15:30 - 15:50

Friday 3rd September 2021
15:30 - 15:50

Email: info@cliffhollins.co.uk
or Whatsapp: 07557100605

DO YOU FANCY HORSE RIDING THIS SUMMER?

Cliff Hollins Riding School are offering mixed ability horse riding and stable management sessions.

30th July, 13th August, 31st August, 3rd Sept, 1.30 to 3.30pm

Email info@cliffhollins.co.uk or whatsapp 07557100603

POSITIVE AMBITIONS WITH MENCAP



A new service for young people with a learning disability living in Keighley, Shipley or Bingley including BD16, BD17, BD18 BD20, BD21 & BD22 who want to find out more about themselves and the world of work.

Services available include: A 10-week Employability Programme covering skills and qualities, CV creation, interview skills, money management, behaviour at work and job search.

Advice Hub for:

CVs, jobs search and interview skills
Quizzes to help you find your job match
Support to identify work placements and tasters
Travel Training

Join a group or gain one to one support

For more information, please contact: randeep.kaur@mencap.org.uk

MIND THE GAP

Follow the link below for news on their performance academy three year course, their twice weekly social club running throughout the summer and a live theatre event at Bolling Hall

[Mind the Gap's June Newsletter \(mailchi.mp\)](https://mailchi.mp/mindthegap)

DOWN'S SYNDROME ASSOCIATION NEWSLETTER

[Down's Syndrome Association | May Newsletter \(mailchi.mp\)](https://mailchi.mp/downsyndromeassociation)

ALL PARTY PARLIAMENTARY GROUP FOR DOWN SYNDROME

The launch of the new All-Party Parliamentary Group for Down syndrome took place on Wednesday 12 May.

All-Party Parliamentary Groups (APPGs) are informal groups comprised of Parliamentarians from different political parties. The groups have no official status within Parliament but by signing up to the group, are declaring an interest in issues around Down syndrome and a willingness to work with members of the community to address issues of concern. APPGs are run by and for Members of the House of Commons (MPs) plus members of the House of Lords. The new APPG for Down syndrome already has 44 Parliamentarians signed-up in support.

The DSPG consists of organisations who considered an APPG that will consider the issues affecting those in the Down syndrome community as a good way to ensure that we are represented at the highest level, bringing the key issues to politicians in the hope of affecting positive change at all stages of life.

Four of the trustees gave a [joint speech](#) to introduce themselves to the politicians at the APPG launch meeting, highlighting the key areas that could be addressed to improve lives. The speech seemed to make a deep impression!

The initial five key areas identified for improvement are:

- Community and wellbeing
- Education
- Employment
- Healthcare and Research
- Maternity Care

Twitter [@DSPolicyGroup](#) and [@APPGDS](#) and [Facebook](#)

Sleep Workshop for Parents

HALF DAY WORKSHOPS for: Parents and Carers of Children who are having difficulty sleeping.

What will the workshop cover?

- Common sleep problems and possible causes.
- The health benefits of good sleep.
- How light and darkness affect the sleep cycle.
- Our body clock.
- How diet affects sleep.
- Medical conditions that affect Sleep
- How exercise affects sleep.
- Attachment and association.
- Developing good sleep hygiene.

Further strategies. And much more.....

Where, how and when will the workshop be held?

The workshop will run between **9:30am – 12:30pm** on the following dates:
22nd July, 5th, 19th August, 2nd, 16th, 30th September 2021

Contact Claire Atkinson

Senior Leisure and Recreational Coordinator

The Specialist Inclusion Project.

Valley View House (School Side) | Lister Lane | Bradford | BD2 4LL

(Office Number: 01274 438744

(Mobile Number: 07582 103558

Email: claire.atkinson@bradford.gov.uk

PARENTS ONLINE

The PARENTS Online platform can be found at

www.parentsonline.co.uk

From July 2021 PARENTS Online will provide free emotional support to parents on Tuesdays and Thursdays 6pm-9pm, through a team of trained volunteers.



PARENTS ONLINE

Parenting can be tough. That's why The Cellar Trust and Brathay are working together to provide a non-judgemental ear when you need it most.

PARENTS Online provides text-based emotional support from trained volunteers through an online platform. You can chat confidentially and openly about your feelings with someone who is trained to listen and support you through whatever you're facing. Sometimes all you need is to be listened to and that's where we can help.

We provide you with:

- A confidential listening service which can be used anonymously
- Support from a fully trained volunteer, with their own experience of parenting
- A safe space to talk openly without judgement, about anything that's on your mind

For more information visit: PARENTSONLINE.CO.UK

BRATHAY **THE CELLAR TRUST**

fundraising news

Our target for 2021 is £70 000; that's £5830 every month. In May we received £5305.

Thank you to:

Frances Pittock, £50
 Michal Piecyk, £2865.25 from his amazing cycle ride
 Jon Senior & colleagues, £1520, from walking the three peaks
 M North, £18.61 collection tin
 Give as you live, £100
 Helen Worrell, £100
 Paypal Giving, £227.52
 Izzi Ashman, town crier, £23.87
 Virgin Gift Aid, £106.25
 In memory of Marieline Uttley, £70

And another large thank you to our regular monthly donors:

G Sweaney, £5
 Janet Astle, £25
 Mrs Fletcher, £15
 Peter Todd, £25
 Adele Robinson, £20
 G Martill, £10
 Anonymous, £100
 John Cain, £23.87

Total raised in
 2021
 £37401

GRANTS RECEIVED

Lord Mayor's Pot of Gold, £300 towards world Down syndrome day celebrations

Donation of goods:

A big thank you to:
 David Parkinson, plumbed in our washing machine for free
 Asda - donation of runner up prizes for our summer raffle

FUNDRAISING - EVERY LITTLE HELPS

We now have a fundraising page dedicated to helping raise funds:
 Visit www.downsyndromebradford.com/fundraising to find details on how you can help:

- One off or regular donation
- Our 100 Club
- Sponsored event
- Amazon.smile
- Give as you live
- Dontsendmeacard.com
- Facebook social impact - for birthday fundraisers
- Donating in memory of a loved one
- Leaving a legacy



OUR TARGET FOR
 2021 IS £70000.



facebook social impact

THREE PEAKS CONQUERED !

Jon Senior and colleagues from his place of work completed the three peaks Charity walk last month. They surpassed their £1000 target raising £1520. What an amazing all round effort and result. Thank you.

For details visit: <https://www.gofundme.com/f/three-peaks-walk-for-down-syndrome-support>



THE GREAT NORTH 500

CIRCUIT, SCOTLAND

CONQUERED!

Michal Piecyk, who volunteers for The Good Shepherd Centre, conquered the Great North 500 Circuit raising £2865.25 with Gift Aid. Another amazing feat of endurance! For details visit: <https://uk.virginmoneygiving.com/MichalPiecyk>



DONATE TO US DIRECT

SET UP MONTHLY GIVING OR A ONE OFF DONATION

Give as you live, the online shopping donation platform now has a direct donate button. We have placed the 'button' on the fundraising page of our website. [Fundraising | Down Syndrome Training and Support Service Ltd \(downsyndromebradford.com\)](http://Fundraising | Down Syndrome Training and Support Service Ltd (downsyndromebradford.com))
 Or follow this link to take you direct to the donation page:
Donate to DOWN SYNDROME TRAINING AND SUPPORT SERVICE LIMITED | Give as you Live Donate

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>



CONTACT Wendy Uttley or Heidi Shepherd

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