

Here for  
every stage  
of your  
journey



Down's Syndrome  
Manchester  
Thrive with us





# Welcome

**We are an inclusive, member-led charity for individuals with Down's syndrome, parents, caregivers, and professionals, from diagnosis through to adulthood.**

Our warm and friendly team is here for every stage of your journey. We are here to help you find friendships, connect with other families, and access professional support and advice.

Join our supportive community for answers, information, and access to a wealth of knowledge and understanding.

**Get involved at**  
**[www.dsmanchester.org.uk](http://www.dsmanchester.org.uk)**



# Thrive

with us

We offer family support to every member. Whether you need support with education, toileting or sleep we will work with you to advise, signpost, and connect you to the right services.



## Have fun with us

**Preschool** – Our preschool group runs twice a month and is a chance to get together with other families while the children play and explore the fantastic sensory room. We also have regular visits from a speech therapist, an occupational therapist and portage.

**Social events** – We run social groups for members across all age ranges from 5–9 years, 10–16 years, over 17 years, over 25 years, and for parents / carers.

**Holiday club** – We offer a few days of holiday club each year for our members to enjoy.



## Grow with us

**Chatterbox** – Our monthly flagship event for all members. This is a Saturday morning social event offering speech therapy, occupational therapy, arts & crafts, sing and sign Makaton sessions and other themed games and activities to enjoy whilst catching up over food and drink with other families.

**User group** – We have a monthly user group open to everyone aged 11 years and above. This group is for members with Down's syndrome to get together to discuss topics that are important to them and effect change wherever needed.



## Learn with us

We are lucky to work with industry leaders to provide training sessions for parents, carers, and professionals.

We cover a variety of topics including literacy, numeracy, behaviour and understanding the learning profile of someone with Down's syndrome.

## Work with us

We have an employability project in partnership with the Down's Syndrome Association and their WorkFit programme.

Our dedicated WorkFit officer supports our members who have Down's syndrome to find paid employment. Employment allows members to be more independent, learn new skills, meet new people, earn money and increase their self-esteem.

Down's Syndrome Manchester is a charity, and we rely solely on donations to keep our services running.

By fundraising for us, you can help our community to thrive and our members to reach their true potential. Every penny raised will go directly to supporting our members.

## Donate to us



£20 could support our preschool group, providing crucial early years support to families



£50 could support a specialist speech therapy session for three members



£100 could provide four members with access to employability sessions

## Fundraise with us

There are many ways to fundraise for Down's Syndrome Manchester – contact us and we can help get you started! Email us at [contact@dsmanchester.org.uk](mailto:contact@dsmanchester.org.uk) or call us on **07593 542 107**.



Down's Syndrome  
Manchester  
Thrive with us