

What is Down's syndrome?

- For every 1,000 babies born, one will have Down's syndrome.
- As far as we know, there have always been people with Down's syndrome. It occurs in all parts of the world, in all races and social classes. Babies with Down's syndrome are born to parents of all ages.



- Down's syndrome is a genetic condition. Our genes are grouped along chromosomes. Most people have 23 pairs of chromosomes. People with Down's syndrome have 23 pairs, too – plus an extra chromosome 21.



- This change happens very soon after conception. Nothing done by either parent before or during pregnancy causes it.
- People with Down's syndrome share some characteristics, but they are all individuals, with their own personalities and family traits. Down's syndrome is only a small part of who they are.

- People with the syndrome have some degree of learning disability but, like anyone else, they can continue to learn and develop throughout their lives.

- With the right support and loving families, people with Down's syndrome are able to share in every part of life.

- You can find out more about Down's syndrome from the Down's Syndrome Association at www.dsa-uk.com.



What is Down's Syndrome Norfolk?

Down's Syndrome Norfolk is a volunteer-led charity, run by ten trustees, one of whom has Down's syndrome. The others all have a close family member with DS.

We believe that people with Down's syndrome should be able to lead a life **of their own choosing**, and we are active in:

- giving information, advice and support to people with Down's syndrome, their families and carers



- working with statutory agencies, the media and other voluntary organisations to share information and best practice

- organising social and fundraising events

- supporting the education of children with Down's syndrome in mainstream and special schools.

We also run two special groups:

The Young Down's Group is for families, carers and friends of babies and children with Down's syndrome. There are regular meetings, outings and social events. Siblings are always welcome, and parents are able to share ideas while their children play.

The Snappy Name Drama Group for young people from seven years and above meets fortnightly in term time and offers a wide range of creative and expressive activities, such as drama, dance and music. There are sessions for pre-teens and young adults, and again siblings are welcome. The young people have fun, and families have the chance to socialise over a coffee or lunch.





Down's Syndrome Norfolk

Registered Charity Number: 1098031

Affiliated to:



The Down's Syndrome Association



The Down's Heart Group

For further information about Down's Syndrome Norfolk
or the Snappy Name Drama Group contact:

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www.downsyndrome-norfolk.org.uk



LIVING OUR LIVES...

Supporting, sharing and celebrating
the lives of people with Down's syndrome in Norfolk

