



Down's
Syndrome
Scotland



**Will you help
Fraser to
reach his full
potential?**

At Down's Syndrome Scotland we work to help people with Down's syndrome reach their full potential by providing information and support to them, their families, carers and professionals. As the only organisation in Scotland focusing solely on Down's syndrome, we are for many people their first point of contact for information and support.



INVESTOR IN PEOPLE

Down's Syndrome Scotland is a partner in the Scottish Consortium for Learning Disability (SCLD) Down's Syndrome Scotland is a registered charity, Charity No. SC011012
A Charitable Company Limited by Guarantee, Registered in Scotland No. 356717



Down's Syndrome Scotland
helping people realise their potential

0131 313 4225 www.dsscotland.org.uk

What is Down's syndrome?

Down's syndrome is the most frequently recognised cause of learning disability. It occurs randomly at the point of conception and affects approximately one in every 1,000 births. There is no cure, but we know that with the right support, Fraser and other children with Down's syndrome will be able to grow up to live fulfilling and independent lives.

Down's Syndrome Scotland knows that every person with Down's syndrome is a unique individual, full of potential. Our aim is to help them to achieve that potential, whilst also making society aware of the valuable contribution people with Down's syndrome can make.

New Parents

We provide information to new parents enabling them to learn more about Down's syndrome and how it may affect their baby. We help them to connect with other families in their local area through our New Parent Contacts, this is really important as it enables new parents to speak to someone who's been through the same experience.

"Until I spoke to Down's Syndrome Scotland and one of their new parent contacts I felt so isolated and alone, but now I feel as if a weight has been lifted and I know there's support for me when I need it."

New Mum – West of Scotland



Branches and other groups

Our branches arrange a variety of clubs and activities that children, young people and adults with Down's syndrome, and their families can take part in. These range from parent and toddler groups to a theatre group and even an "extreme sports" group.

We are working to roll out our Achieving Better Communication (ABC) Groups across Scotland. These are groups led by a qualified speech and language therapist and help children with Down's syndrome to communicate better with their families and friends. With your support we can help more children to have access to this fantastic resource, the results of which literally speak for themselves.

Publications

We produce a range of publications that we make available to families, schools and other professionals who work with individuals with Down's syndrome.

These deal with all ages and stages in the life of a person with Down's syndrome. In addition, our easy read booklets have been produced specifically for people with Down's syndrome, to help them to understand more about having Down's syndrome and keeping themselves healthy.

"Try looking at the Down's Syndrome Scotland website – they have some excellent publications"
Community Learning Disability Nurse - Tayside

Training

We provide training to staff in schools about the unique way children with Down's syndrome learn, thereby ensuring that they receive the best education possible within their school environment.



We also run "Ages and Stages" training for staff working in education, health and social care. We hold study days for hospital staff so that they can offer new parents the best possible support in the first days. Our Training Team of adults with Down's syndrome are involved in delivering this information whenever possible.

"It was very interesting and refreshing to have part of the training done by someone with Down's syndrome."
Brothers of Charity

Information Service

Our information service, consisting of website, email contact and a telephone helpline means that people can contact us, in whichever way suits them, to ask any questions they may have about various aspects of Down's syndrome. We don't claim to be able to answer every single question immediately, but we are committed to making sure people get the information they need, as soon as possible. (If we don't know, we'll find out.)

Other work

In a pioneering move several years ago, we became the first charity to support a young person with a learning disability on the Scottish Youth Parliament (SYP). This has continued and we hope to have a representative there for a long time to come.



It is vital that we ensure the voices of people with learning disabilities are heard in order to initiate change in society.

We work with other learning disability organisations to campaign about issues affecting people with learning disabilities, such as adequate services and the need for job opportunities.

We respond to the media to present a balanced view about life with Down's syndrome and to raise public awareness about living with Down's syndrome.

Will you support us in continuing our work and help us to make sure that everyone with Down's syndrome in Scotland is given the chance to reach their full potential?

How you can support us

- Organise a fundraising event
- Get sponsored to compete in a fun run or marathon for us
- Donate online via our website www.dsscotland.org.uk
- Become a Supporter by making a regular donation – just fill out the form attached and post back to us. As little as £3.00 a month can help to ensure that we're here to help the parents of children like Fraser
- Leave us a gift in your will to help secure our work for the future
- Tell all your friends about us!!

£100 will provide training and ongoing support to a school educating a child with Down's syndrome.

£100 will provide 6 DVDs for the library, giving advice and information, available on a free loan basis.

£50 will keep a "Parent Contact" up-to-date with current practice and support from National Office.

£5 each month will provide telephone support for a year for a family with a young baby with Down's syndrome.

Please enter your name and address below

Title Name

Address

 Postcode

Phone

Email

Please complete and return this form to: Department F1, Down's Syndrome Scotland, FREEPOST EH2 775, 158-160 Balgreen Road, Edinburgh, EH11 ONX

I would like to become a supporter of Down's Syndrome Scotland and wish to donate

I enclose a cheque for (made payable to Down's Syndrome Scotland)

OR I would like to donate regularly

To the Manager

Bank

Branch

Bank Sort Code

Bank Address

 Postcode

Signature Date

Please Pay to The Royal Bank of Scotland, West End Branch, Edinburgh EH2 4EQ (Sortcode 835100) on account of Down's Syndrome Scotland (A/C No 00256764)

on the Day of 20

And each *week/month/quarter/year thereafter until or until further notice from me, the sum of £ from my account No

giftaid it Tick here to increase the value of your donation through Gift Aid. To qualify for Gift Aid you must pay an amount of income tax and/or capital gains tax equal to the basic rate tax that we will claim on your donations. You can cancel this declaration at anytime by notifying the charity.

Down's Syndrome Scotland would like to write to you with further information relating to our projects and activities, including fundraising. We will not share your details with any other organisations. If you do not wish to receive such information please tick this box.