

If you would like to become a member of DownSouth and join our mailing list for information on future events, please complete the form below and send it to:

DownSouth,
PO Box 382
Paignton
TQ4 6WW

Name

Address

.....

Postcode

Telephone

Email

Child's Name.....

Age

For more information about our group, or for help and support, please contact:

DownSouth
07972 789095

www.downsouth.org.uk



*DownSouth is a registered charity number
1103696*

*Affiliated with The National Down's
Syndrome Association*

*Member of the Contact a Family Local
Parent Support Group Network*

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A support group for
parents and carers of
children and adults
with Down's Syndrome

Who are we?

We are a group that has been formed by parents and carers to support children and adults with Down's Syndrome and their families, living in the Torbay, South Hams and Teignbridge areas of South Devon.

Our aim is to inform, encourage and support parents, allowing them to grow in strength and knowledge so that they are better equipped to give the best possible help to their children.

We hope to

- Support parents in similar situations to ourselves both emotionally and practically through sharing information and exchanging ideas
- Raise awareness of the needs of our children and families
- Campaign for better services for people with Down's Syndrome and their families
- Have lots of fun together!

Help for new parents

We realise that if you are a new parent who has just been told that your child has Down's Syndrome, joining a support group is probably the last thing on your mind...

The parents in our group have all been there and **we are here for you on your terms.**

You may just want to talk things through or you may have questions you need answers to. We understand that initial contact can be difficult, so why not ask your health visitor or midwife to get in touch with us on your behalf.

Help for families new to the area

Our members are parents of a wide age-range of people with Down's Syndrome so we have a lot of experience of the services available in our areas. Why not come to one of our social events and see if we can help in any way!

Some of the things we do

- We hold information meetings with an invited speaker
- We hold open meetings to discuss issues affecting our families with the aim of lobbying professionals for improvements in services
- We fundraise to provide social opportunities and resources for our children.
- We provide input into local focus groups to ensure that the needs of people with Down's Syndrome are understood by those making decisions.
- We have regular social events like:
 - Regular swimming evenings when we hire a local pool
 - Trips to Crealy/Zoo/Woodlands
 - Stall at the Babbacombe Fayre
 - Beach picnics
 - Christmas Parties