

CELEBRATING PEOPLE WITH DOWN SYNDROME

Down Syndrome UK is a parent-led charity working hard to challenge outdated stereotypes and raise expectations for individuals with Down syndrome.

Donate today



FOR PARENTS

Positive About Down Syndrome Community

We deliver welcome packs and offer online support to new and expectant parents to celebrate their baby and give them a contemporary understanding of what it's like to live with Down syndrome.

Early Years Development Programme

Pants & School Programme

Research shows that early intervention makes a real difference for our children. Our PEGS and Pants4School programmes are designed to get children ready for school by improving speech, language, reading and toilet training.

Heart Buddies Support

Our Heart Buddies programme connects parents of little ones awaiting surgery with parents who have been through the same experience to offer support and advice at a time where it's needed most.

EHCP Support Service

Navigating the complexities of DLA and EHCP applications can be daunting to any parent. We help parents to understand the processes, access what is available to them and appeal if necessary.

DLA Support Service

FOR PROFESSIONALS

EDUCATION

Through a series of CPD accredited videos, resources and ongoing live support, we help Early Years and Primary professionals welcome a child with Down syndrome and support them to reach their full potential.

***Coming soon: We have just finished fundraising to develop our Secondary Education Programme!**

HEALTHCARE

We aim to educate professionals about contemporary life with Down syndrome and improve parents' experiences when they receive the news that their baby has Down syndrome. We do this through lived-experience training, regular monthly webinars, printed resources and more.

SPEECH & LANGUAGE THERAPISTS

New in 2025, our Director of Education and Speech and Language Therapy, Dr Becky Baxter introduced a training programme for speech and language therapists, covering an overview of the speech profile, review of the evidence, implications for assessment and intervention as well as evidence-informed intervention strategies.



Support



Counselling



Training



Information



Campaign



Resources

www.downsyndromeuk.co.uk

info@downsyndromeuk.co.uk ☎

0330 111 2121 📞

Positive About Down Syndrome Community

Thank you to all the support PADS and DSUK have given. I found comfort and connection in this Facebook group - questions asked and answered and so much support. We've done (and I'm sure we will continue to benefit from) online physio, seminars on eye care, constipation, baby led weaning and more. I did online counselling and the four of us have stayed in touch which is lovely!

But don't just take our word for it...

Positive About Down Syndrome Community

Aurelia went into Year 1 this week - she is at a small mainstream school with a super teacher and 1:1 and is thriving. PADS has helped us in SO many ways since she was just a few months old from her heart surgery to potty training, starting school, and everything in between. I refer to PADS as my 'bible' for any worries or queries I have with my little girl! We joined when she was 4 months old in 2019. So grateful.

Pants 4 School Programme

We're so thankful for Down Syndrome UK's toilet training bootcamp with June Rogers. In just one month, we went from nappies and constant accidents to wearing pants and toileting at regular intervals.

Heart Buddies Support

We've had heart buddies for both of our surgeries and couldn't have done without their support and advice. Knowing someone was at the end of the phone who knew exactly what you were going through was so reassuring! It took away the worry and stress of knowing what to pack in advance, what the ward would be like and how to get a Ronald McDonald room. We can't thank PADS and their heart buddies enough!

Early Years Development Programme

We at Owls Nursery, have been delighted to receive all the lovely resources from DSUK in relation to the very informative training regarding Down syndrome. We have found them clear, bright and eye-catching. The child we are supporting has found the toileting social story particularly helpful to follow and a great tool for supporting his independence. The feelings and emotions cards, behaviour poster, sound cards and matching activities are all incorporated into daily nursery routines, alongside other teaching resources to further support and develop strengths in all areas of the EYFS curriculum.

Donate today

