

Upwards with Downs

Supporting Adults and Children with Down syndrome,
in Essex, Hertfordshire and surrounding counties

Registered charity no. 1158649

"Our mission is to ensure that all people with Down syndrome, whether they are children or adult, are well supported in order to reach their full potential in life"

We provide services such as:

- 1-2-1 speech and Language therapy
- Sign language & Makaton Lessons
- 1-2-1 subsidised swimming lessons
- Occupational therapy
- Physiotherapy
- Regular fun swims for all ages
- SEND support and advice visits
- The Little Alice Theatre Company
- Regular discos for families
- Music and drama sessions
- Day trips
- Soft play hire
- Weekly preschool meet (term time only)
- Little signers



The activities we provide help our members to progress and reach their full potential. Our monthly discos are for everyone with Down syndrome and their families and it provides a safe and fun environment for all, a place to socialise and make new friends.

If you have a child with Down syndrome or have recently discovered that your baby has Down syndrome, either during pregnancy or at birth, please get in touch. We would love to hear from you.

For more information please visit:

www.upwardswithdowns.co.uk

Email us at: upwardswithdowns@hotmail.com

Or call: Lorraine: 07305 517459 | Peggy: 07834 320222 | Cristina: 07733 392064



Down's Syndrome
Association
'Affiliated'

