

DOWN SYNDROME
CHESHIRE

This is me



Sarah Gordy and Leon Harrop, actors from *Ralph and Katie*



Sujeet Desai, multi instrumentalist



Madeline Stewart, model



Grace Strobel, model &


encer



Oliver Hellowell, photographer



George Webster, presenter

The background features three large, overlapping, rounded shapes: a pink shape on the left, a yellow shape on the right, and a light blue shape at the bottom left. The text is centered over the pink shape.

**All these people have
Down's syndrome**



WDSD 2023

#ichoose

This is me



Athletics



Dance



Hanging with friends



Chilln'



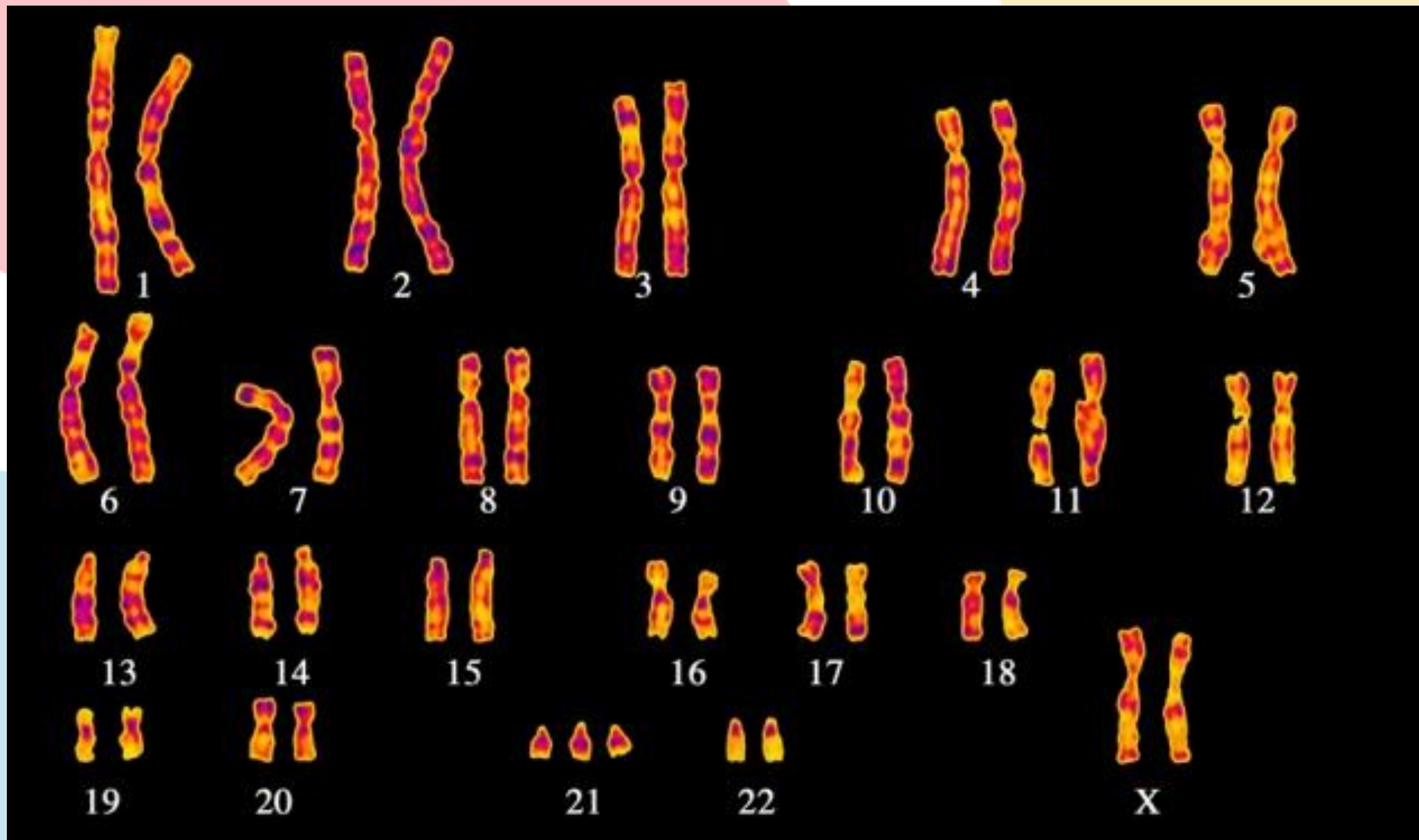
Having fun



Drama

The background features three large, overlapping, rounded shapes: a pink one on the left, a yellow one on the right, and a light blue one at the bottom left. The text is centered within the pink shape.

What is Down's syndrome?



Our Chromosome instructions



Chromosomes contain all the instructions needed to build a human, just like these instructions are needed to build this Lego penguin.

We all share 99.9% of exactly the same DNA, which is what makes us human. The other 0.1% is what makes us unique.

28 chromosomes =



56 chromosomes =



26 chromosomes =

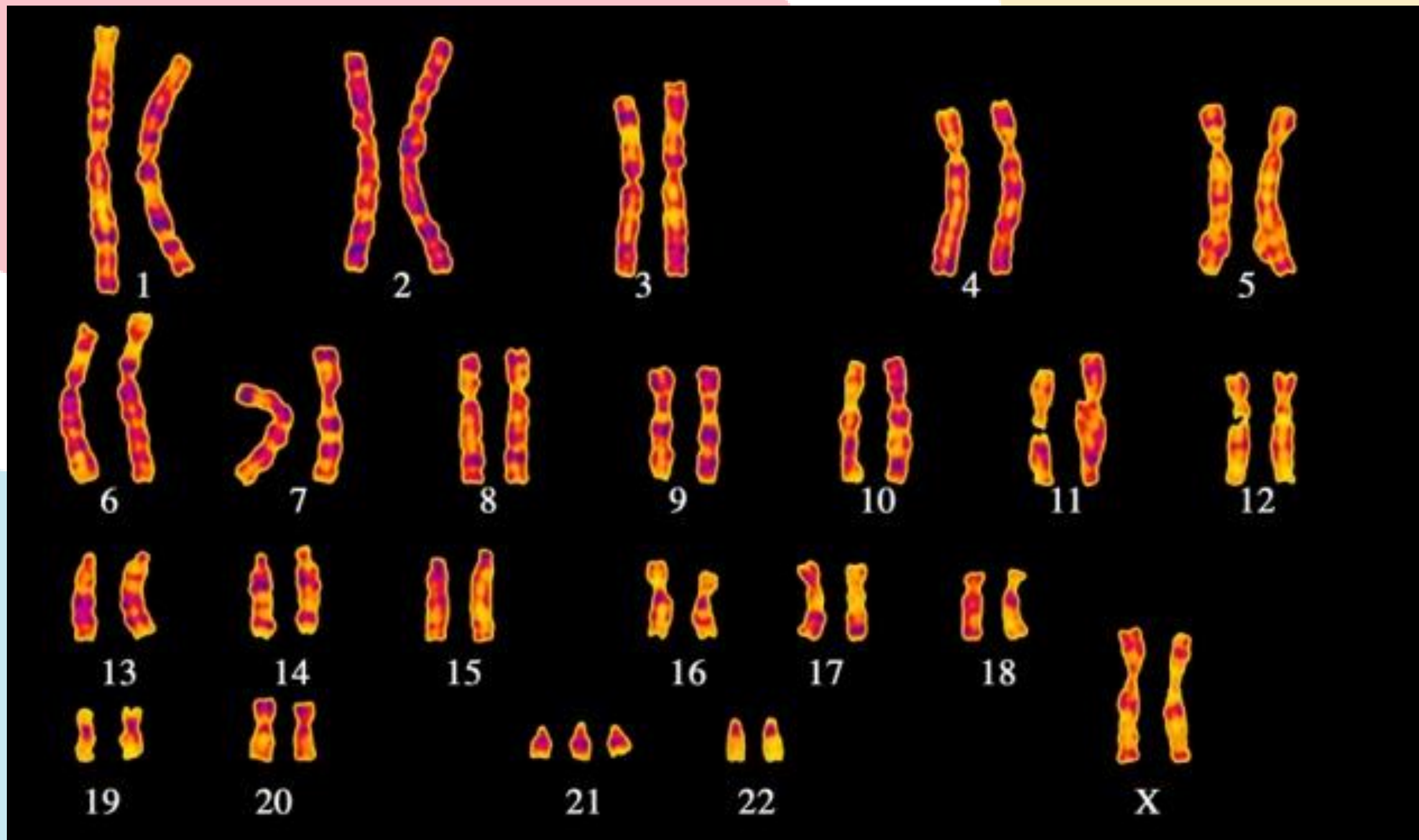


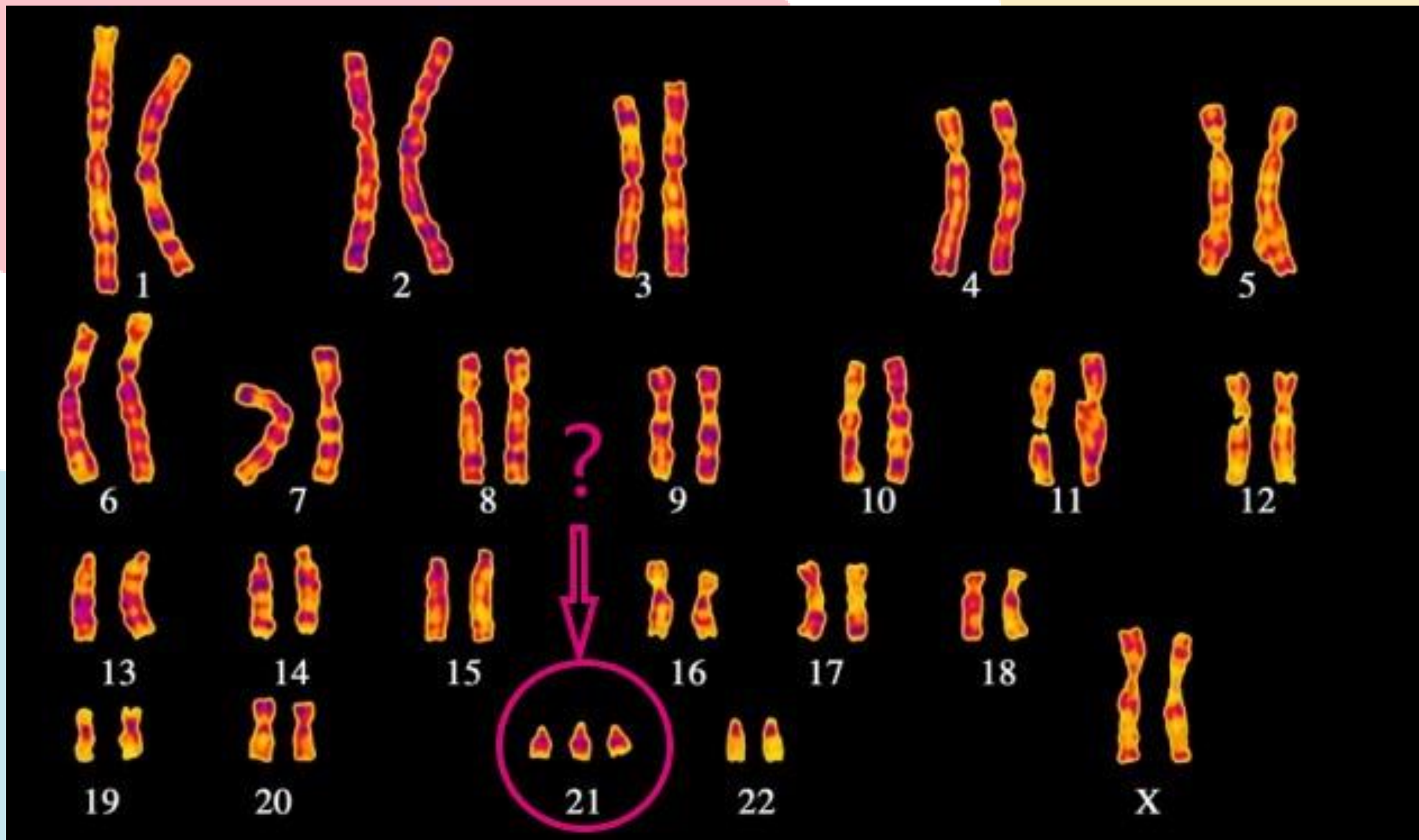
48 chromosomes =





= 92 chromosomes







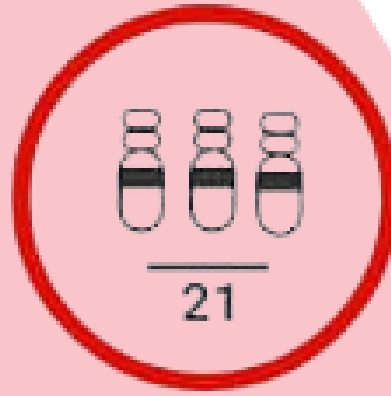
**It's all about
Chromosome 21**



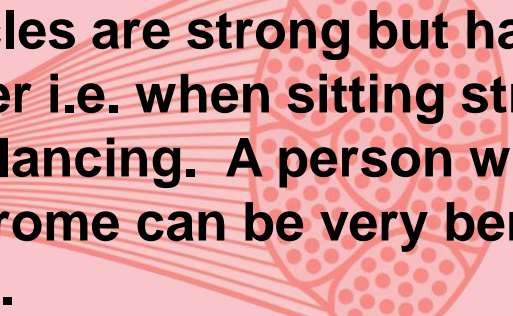
**Why is it called Down's
syndrome?**



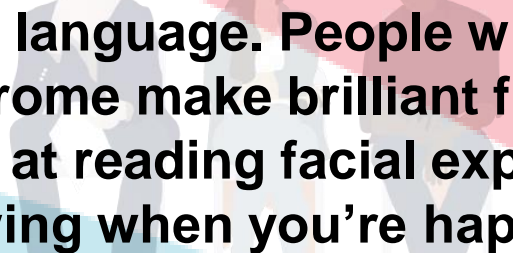
Dr John Langdon Down



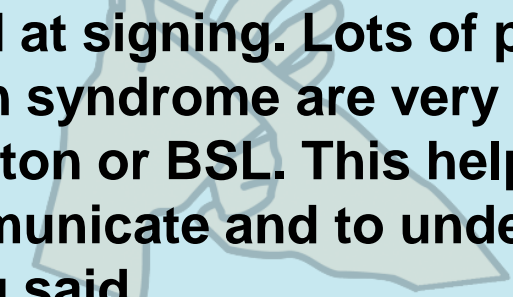
What does having that extra chromosome mean?



Muscles are strong but have to work harder i.e. when sitting straight, climbing or balancing. A person with Down syndrome can be very bendy but find it tiring.



Body language. People with Down syndrome make brilliant friends – they're great at reading facial expressions and knowing when you're happy or sad.



Good at signing. Lots of people with Down syndrome are very good at using Makaton or BSL. This helps them to communicate and to understand what is being said.

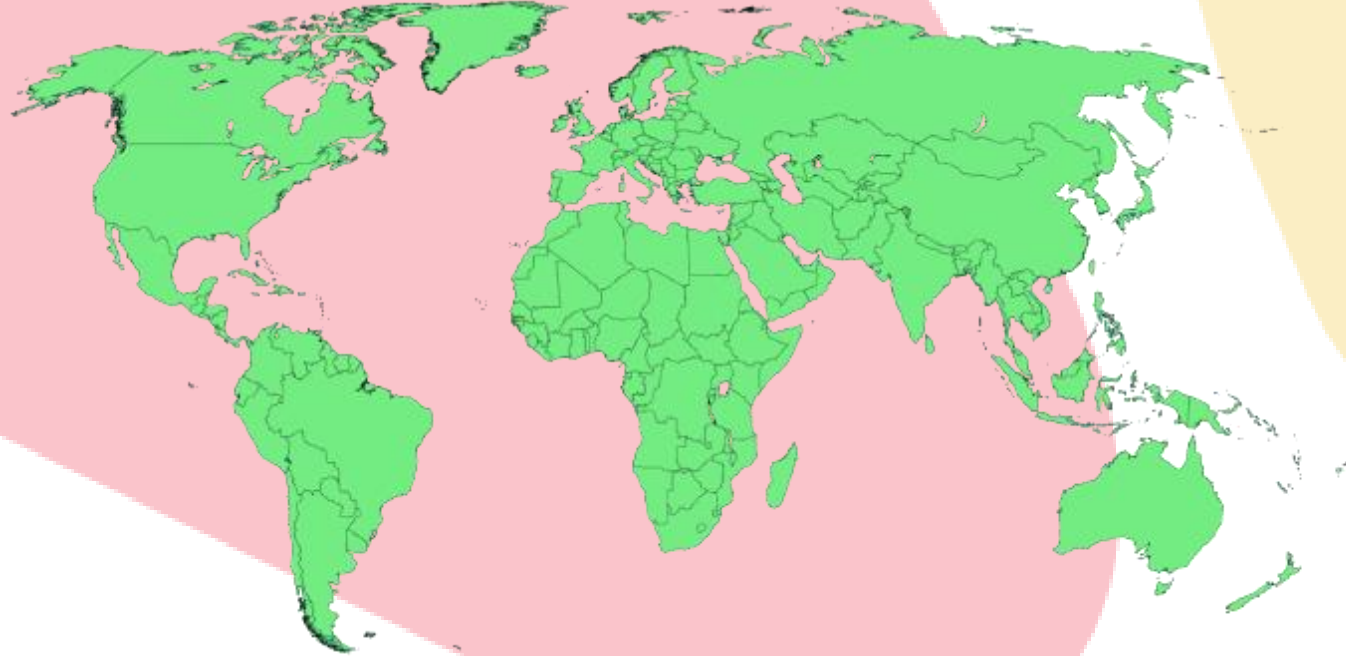
Visual memory – people with Down syndrome are REALLY good at remembering things they have seen or have been shown.

Short term memory will forget information quickly which makes learning difficult.

Working memory finds solving problems difficult, like maths.

Long term memory is excellent. It can take a while to learn things but once they do, people with Down syndrome can remember things really well. This is why they might not do the same work as you in class.

Where did you go on holiday?



- **There are people with Down syndrome all over the world**
- **1 in every 1000 children are born with Down syndrome**
- **40,000 people in the UK have Down syndrome**
- **Down Syndrome Cheshire supports nearly 400 people with Down's syndrome across Cheshire**

What do you like about school?

Literacy?



Arts & Crafts?

P.E.?

Numeracy?

**Breaktime
fun?**

Inclusion – Just like me



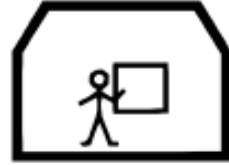
How can you include someone with Down syndrome?

- Be a good friend – people with Down's syndrome like to have lots of friends
- Ask if your friend wants some help.
- Be kind!
- Can you speak slowly and clearly? People with Down's syndrome can understand more than they can say .
- Be patient, give me time to answer questions or join the conversation.
- Words can be confusing, can you show me what to do as well?

Could you sign?



hello



school



teacher



friend



dinner



play



World Down Syndrome Day is celebrated on 21st March every year

The 21st reminds us that it's the 21st chromosome pair, and March that it's the 3rd copy which is unique to people with Down's syndrome.





DOWN SYNDROME
CHESHIRE