

**With thanks to Seaford Town Council,
we have managed to achieve all this...**



Seaford Town Council



Down
Syndrome
Development
Trust



We've been having lots of forestry fun! The children have been practicing their cooking skills and taking part in various outdoor sports activities at Bushy Wood in Hailsham.





Our children have been enjoying indoor sports sessions at Lewes Leisure Centre, improving their fitness with their friends.



With your support the children have been able to go cycling on adapted bikes round the track!





Two of our Seaford based children attended the Interoception Workshop with their parents. This allowed them to explore sensory needs, with our O.T. giving parents advice and tools to use with their children to help them to regulate their sensory needs and emotions.



Thanks to your funding Daniel was able to go to the Seaside Centre! He gained some independence as his parents did not attend, but he was fully supported by DSDT staff. This was an extremely successful trip!

All names have been changed for anonymity.





We've been taking our young people out for a pizza meal with their friends!

You helped us to take
some Seaford based
children kayaking on
the Cuckmere River.





Here are two of our local young people employed with the DSDT. They help to deliver our sessions and support the children throughout the various activities.





Alex and Daniel have been to Equine Therapy! This calming experience was greatly beneficial to their overall wellbeing and mental health. It even helped Daniel to tackle his fear of dogs.





Oliver adored Paddleboarding
down at the Cuckmere River
during the summer months.





“The DSDT helped me with my daughters EHCP Annual Review process, they gave advice on what should and shouldn't be included and now, with their continued support, feel I am equipped with the knowledge on how to get the best support for my daughter.”

Our Seaford based parents have accessed consultancy and advice on DS specific strategies to help manage their children's behaviour. They have also been assisted by our EHCP Advisor to help them navigate the complex and challenging EHCP's for their child so that they can receive the best education and support possible.



Kind Words from Parents

"We would be lost without DSDT support."

"A professional team of staff, great activities that are planned and delivered to our children of all ages and needs. I'm so grateful we are a part of this community. There's always something new and exciting on the horizon!"

"DSDT is so friendly and welcoming and my son definitely has a sense of belonging, it is so lovely to see him making friends and having fun with such dedicated and knowledgeable staff. DSDT are so committed to giving all the children and young adults such variable experiences. Everyone is totally included in everything they do."

"We've really appreciated DSDT's efforts to establish and formalise our Down Syndrome Community and the opportunity to be a part of this group. It is very easy for the specific needs of our children to get lost in the system and working together means that we are seen and heard. It's been great talking with other parents who have many shared experiences and challenges in a really positive environment. Our child has loved the activities and really looks forward to the opportunities, which are always a nice change from the usual offer out there, and have helped her to feel a part of something both with us and independently."

**Thank you Seaford Town Council
for all your support!**