



Is there a need to Shout?

The best spokespersons for people with Down syndrome are people with Down syndrome! The "Shout Programme" is designed to train and develop adults with Down syndrome to speak for themselves. If we don't 'Shout' how can we be heard?

The "Shout Programme" is an adaptation of a similar Programme that was initiated by the Down's Syndrome Association in Northern Ireland. With their support we hope to achieve the same level of success in developing a panel of people to speak for themselves.

The 1st Phase of the programme will train adults in the key areas of;

- Self confidence and self esteem
- Project skills
- Presentation skills
- Public speaking
- Independent life-skills

The 2nd Phase will allow graduates to host various forums for;

- Educational interest groups.
- Medical and health groups.
- Community and care workers.
- Disability support groups and members of the public.

The main objective of the "Shout Programme" is to create and promote a real awareness and understanding of Down syndrome through the varied true-life experiences of people with Down syndrome as presented by people with Down syndrome.

Down Syndrome Ireland

Down Syndrome Ireland (DSI) is one of Ireland's most progressive voluntary organisations. The organisation's mission is to support people with Down syndrome in making their futures as complete as possible by providing them with the necessary structures to fulfil their potential. Since inception DSI has achieved much in areas of groundbreaking research, home teaching, inclusion in mainstream education and supports for independent living. DSI have focused on the following key areas of development:

Education

- Ongoing training, support and advice for primary and secondary school teachers and special needs assistants (SNAs).
- Advice for parents regarding 'school preparedness'.
- 7,000 guidelines circulated to all primary and secondary schools.
- Professional in-service for teachers nationwide.

Health

- Extensive health research allowed the development of the Irish Medical Management Guidelines for Children & Adolescents with Down syndrome which were published and circulated to over 10,000 healthcare professionals nationwide.
- Weekly liaison with over 200 parents of children with Down syndrome and healthcare professionals nationally.
- Lectures medical, nursing students and healthcare professionals.
- Offers clinical support for children attending the National Children's Hospital, AMNCH, Tallaght.
- Continues ongoing collaborative research internationally.

Adult Independence

- Provides coaching to adolescents and adults in education, training and employment.
- Supports parents to source education, training and employment opportunities.
- Provides seminars for parents and professionals nationally.
- Organises international exchange programs.

Counselling, Psychotherapy & Drama Therapy

- Full-time counsellor offers support and information for families.
- Personal development courses, including a sexuality module organised for adolescents and adults.
- Provide training for healthcare professionals, teachers and SNAs.



Down Syndrome Ireland will host the **10th World Down Syndrome Congress** in Dublin in 2009.

Highlights of the Congress will include an exhibition showcasing the talents and achievements of people with Down syndrome and the staging of the inaugural international Synod of people with Down syndrome.



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DIRECT DEBIT MANDATE

SHOUT PROGRAMME

PLEASE FILL IN YOUR DETAILS BELOW, USING BLOCK CAPITALS, AND RETURN THIS FORM TO US, NOT TO YOUR BANK.

Down Syndrome Ireland ID Originator Number – 301423

I want to support Down Syndrome Ireland by giving a monthly gift of
€10 €21.50 Other

The 2001 Finance Bill means that Down Syndrome Ireland can claim back the tax paid on donation of €250 or more in any one year by individuals on PAYE. So a monthly contribution of €21 or more will actually be worth even more to us.

Name of Account Holder(s): Mr Ms Mrs Other

Name: _____

Address of Account Holder(s): _____

Tel No: _____ e-mail: _____

INSTRUCTIONS TO YOUR BANK OR BUILDING SOCIETY TO PAY A REGULAR DIRECT DEBIT.

BANKING DETAILS

TO THE MANAGER, BANK/BUILDING SOCIETY:

Bank/Building Society Name: _____

Bank/Building Society Address: _____

Branch Sort Code: Account Number:

INSTRUCTIONS TO THE BANK/BUILDING SOCIETY & SIGNATURES

I/we instruct you to pay direct debits from my/our account at the request of Down Syndrome Ireland.

The amounts are debited on or just after the first working day of each month.

I/we will inform the bank/building society in writing if I/we wish to cancel this instruction.

I/we understand that if any direct debit is paid which breaks the terms of this instruction, the bank/building society will make a refund.

Starting Date: (DD/MM/YY)

Signature: _____ Date: _____

Banks/Building Societies may decline to accept direct debits from some types of accounts.



Perforation



Help us speak for ourselves

support the
**Down Syndrome Ireland
SHOUT PROGRAMME**
and sponsor a programme candidate.

www.downsyndrome.ie/shout



No stamp
Required if
Posted in
Republic of
Ireland

Shout Programme
Down Syndrome Ireland
Citylink Business Park
Old Naas Road,
FREEPOST F4224
Dublin 12.

What is Down syndrome?

Down syndrome is a common congenital chromosomal anomaly. It is found worldwide. Down syndrome occurs when there is one extra copy of chromosome 21 in the body. In Ireland one baby with Down syndrome is born out of every 546 births. You may already know someone who has Down syndrome.

- Down syndrome is present at birth
- The extra chromosome 21 material may affect the physical development and learning abilities of people with Down syndrome
- Down syndrome is lifelong
- People with Down syndrome may share certain physical characteristics. Each child also inherits family traits and consequently can be more like their family than anybody else. Like any other child, children with Down syndrome vary in their abilities and achievements.

Children with Down syndrome have increased risk of certain health issues:

- Congenital heart defects
- Susceptibility to infection
- Hearing, vision, thyroid and respiratory problems
- Obstructive digestive and neurological problems and leukaemia

The life-expectancy of persons with Down syndrome is increasing, the importance of life-long living and learning needs to be supported.

Your support will mean that we can continue our existing services and develop new initiatives that will benefit all of our members.



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www.downsyndrome.ie

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