



DOWN SYNDROME
CHESHIRE



**CHANGING LIVES EVERYDAY
SINCE 2007**

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We first joined DSC when Libby was just six months old. From the moment we stepped into the Cheeky Monkeys sessions, we were welcomed with open arms. For us, it was the first place where Libby's progress was truly celebrated. The reassurance, advice and encouragement we received in those early days helped shape her entire early years education.

Fifteen years on, DSC is woven into the fabric of our lives. The weekly activities keep Libby active and confident, and give her the chance to spend time with other young people with Down syndrome. We've attended countless training courses, family events and respite sessions and DSC has become our go-to place for support, advice, fun and friendship.

Being part of the DSC community has given us more than we ever expected. We've made lifelong friends who understand the journey we're on. We've celebrated each other's highs and held each other up during the tough moments. We've learned from families ahead of us, and we've been able to pass our own experiences on to others. That sense of community has been life-changing.

DSC has also ensured Libby has the right support in school. Her teachers have received training in everything from speech and language, to reading, numeracy and Makaton, support we couldn't have found anywhere else. It has meant she can thrive in mainstream education, surrounded by staff who truly understand how to help her succeed.

School holidays could have been isolating for Libby; she can't always do what her teenage peers do. But DSC's holiday clubs have given her a place where she belongs, where she has fun, and where she's surrounded by friends. She looks forward to them every single time.

Most importantly, DSC allows Libby to be herself, a funny, expressive, music-loving teenager, free from judgement and surrounded by people who celebrate her for exactly who she is. For us, DSC is the friendly face, the listening ear and the steady support we can always rely on. Without it, we would be bereft.

DSC has changed our lives, and we need it to be here for families like ours for many years to come.

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The Edwardson Family





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DSC has been part of our journey from the very beginning, in fact, from before Ash was born. When we first received his diagnosis, DSC reached out with warmth, reassurance and the answers we desperately needed. At a time when everything felt uncertain, they helped us understand what might come next and how best to support our little boy as he grew. Knowing that someone was only ever a phone call or message away gave us comfort we can't put into words. The team are a true fountain of knowledge and experience, and their support has shaped our confidence as parents.

As Ash has grown, DSC has walked with us through every major milestone. The practical help has been incredible, from nursery advice and school transition support to guidance around EHCPs, DLA applications and navigating systems that often feel overwhelming. Having people who understand the processes, who advocate for families like ours and who explain things clearly makes such an enormous difference. It has meant that Ash receives the right support at the right time, and that we feel empowered rather than lost.

Being part of the DSC community has been life-changing. There is something so powerful about meeting parents and staff who simply 'get it' - who understand the highs, the worries, the celebrations and the challenges without needing any explanation.

The sense of belonging is priceless. You never feel alone, because someone else in the community has usually walked a similar path and is ready to offer guidance, empathy or honest advice. That shared understanding is something we treasure.

Some of our most special memories come directly from DSC sessions. Watching Ash light up during Cheeky Monkeys - singing, signing, laughing, surrounded by staff who know him, champion him and gently support his development, is nothing short of magical. We've watched him grow in confidence, communication and engagement because of these experiences. DSC celebrates his progress in a way that feels deeply meaningful to us as a family.

The impact on our wider family has been just as important. DSC gives us confidence, community and emotional support. It gives Ash opportunities to develop, socialise and shine in ways that might not exist elsewhere. It gives us, as parents, a space to breathe, to ask questions, to share worries and to feel understood.

DSC is so much more than a charity, it is a lifeline. A place of expertise, warmth, community and hope. What they offer is fantastic, but more importantly, it's transformational. We are truly grateful for everything DSC has done, and continues to do, for Ash and for us as a family

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The Olsen Family

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Down Syndrome Cheshire has been an invaluable source of support for our family throughout Emily's life. From the very beginning, their team especially the Education Advocates, has helped ensure Emily's needs are understood and met. Their guidance, staff training and expert advice transformed her experience in nursery and primary school. When it came to transitioning into a new school setting, their support made what felt like an overwhelming and uncertain process so much more manageable. Knowing we had people who genuinely understood the system and cared about Emily's wellbeing made an enormous difference.

Through DSC we've also found something we didn't even realise we were missing: a community of families who truly understand. Being able to talk openly with parents walking a similar path has been incredibly reassuring. Those conversations have reminded us that we're never alone, no matter how challenging things may feel at times.

One of Emily's favourite places is the Hub. Whether she's at a holiday club, a skills session or simply spending time with friends, she absolutely thrives. It's where her confidence has grown, where friendships have blossomed and where she feels a genuine sense of belonging among other children with Down syndrome. The joy she shows when she's there tells us everything we need to know about its impact.

Each new phase of Emily's life brings new questions, new systems to navigate and new uncertainties, but knowing DSC is always there ready with advice, compassion and expertise, gives us comfort every single time. Looking back over the last eight years, I can honestly say we would have been lost without their guidance, their knowledge and the incredible community they have built around families like ours.

The Packer Family

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We've been members of DSC for over ten years, and the support we've received has shaped every stage of Jasper's life. In his early years, the Makaton training offered by DSC was transformational. It allowed us and his nursery and school staff, to truly communicate with him when he was non-verbal, helping him make progress quickly and with far less frustration.

The Education Advocate service has been absolutely invaluable. Navigating the EHCP process can feel like a constant battle, but having someone in the room who understands the system and is firmly on your side makes an enormous difference. Their support through applications, reviews and multi-team meetings has been a lifeline.

As Jasper has grown, DSC's sports and social activities have helped him flourish physically, socially and emotionally.

Weekly football sessions taught him turn-taking and patience; yoga and other activities have helped him build confidence. Through Learning Lab, holiday clubs and residential, Jasper has developed vital friendship skills and growing independence, while giving me precious respite time to work or spend one-to-one time with my other child.

I've also hugely benefited from the sessions for parents: SEN law workshops, Wills and Trusts planning, and peer-support coffee mornings. Being able to learn from professionals and share experiences with people who truly understand, is something you simply can't put a price on.

We've built so many wonderful memories with DSC. Jasper's pure excitement at the Breakfast with Santa session last year, seeing the whole community fill The Grange Theatre for the annual panto, and watching Rebecca strut proudly down the catwalk at the Fizz and Fashion night all moments I treasure.

I'd truly be lost without DSC. It's a community, a support network, and a source of joy all rolled into one. I'm so grateful for everything DSC does, and so proud to be part of something that changes lives every single day.

The Ollier Family

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It's hard to explain just how much DSC has changed our lives, because its support shows up in both our brightest moments and our toughest ones.

In good times, DSC means weekly sessions where our son can dance, express himself and build friendships in a place where he feels completely safe and understood. While he thrives, we get a precious hour to breathe, to rest, reset or connect with parents who truly understand our world.

In difficult times, DSC becomes a lifeline. It's a team who listens, shows up and supports us emotionally and practically. They sit with us in the storm, remind us we're not alone and help us find a way forward. Their care is always personal and never makes us feel like a burden.

Being part of this community has been transformative. The shared wisdom, the reassurance from other families, the knowledge that things do get better - it all matters. DSC also helps our young people become visible and valued in their local communities.

We have so many treasured memories: early years sessions at Lower Whitley, Christmas bag-packing, talent shows at the Hub, Cheshire Dance performances, and Theo proudly giving out awards in his leather jacket and bow tie. Even training sessions bring hope — watching school staff suddenly 'get it' because DSC explains what we've tried to say for years.

DSC is important to us because it's a place where we never have to explain our son. Here, we learn practical tools, from Makaton to education advocacy, that genuinely improve daily life. It's where we exhale, laugh, feel normal, feel supported and make lifelong friends.

Recently, a young person told us they hope to one day be blessed with a baby with Down syndrome. Hearing that made me realise something powerful: if they lived in Cheshire, I'd feel nothing but joy for them. Because thanks to DSC, they would never walk the journey alone. They would be supported, understood and welcomed into this incredible community.

That is the gift DSC gives, to our family and to every family who joins after us

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The Avraam Family



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DSC has been by our side since the day Jamie was born and now he's 18. Eighteen years of navigating a world that often felt overwhelming, isolating and full of questions no parent ever expects to ask.

Jamie has grown up with DSC. Through their activities, events and school support, he has found friendship, joy, stability and belonging. They didn't just create opportunities for him, they created a world where he could thrive, where he is celebrated, and where his needs are understood without question. As a parent, watching your child be accepted exactly as they are is a gift beyond measure.

Being part of the DSC community has given us something I never expected to find: hope. Genuine, life-changing hope. The kind that comes from being surrounded by people who know the hardest parts of this journey, because they've lived it too. People who open their arms, their hearts and their lives to you without hesitation.

DSC became so important to me that I went from being a parent who needed help, to a volunteer, to becoming part of the team. I wanted to give back what had been given to us, safety, support, compassion and the knowledge that no family ever has to do this alone. I welcome new families the same way DSC welcomed me: with warmth, empathy and the reassurance that they have found their place.

DSC isn't just important to us. It is our second home. A lifeline. A place where families frightened for their child's future walk in with uncertainty and walk out with hope.

When you support DSC, you are not funding a charity, you are lifting up families who are carrying more than most people will ever realise. You are giving a child like Jamie a place to grow, to belong, to shine. You are giving parents like me a reason to keep going on the days when everything feels too hard.

You are giving families hope. And there is nothing more powerful than that.

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The Goodier Family





“We’ve been members of Down Syndrome Cheshire since moving to Cheshire 12 years ago, when Lucy was just two years old. From our very first visit, we felt an overwhelming sense of welcome, like we had finally found our people. DSC quickly became more than a charity to us; it became a safe space, a support network and a place where our family truly belonged.

The Makaton training we received through DSC was life-changing. Being given the tools to communicate effectively with Lucy from such a young age strengthened our bond with her and helped us better understand her needs, feelings and personality. It’s a gift we will always be grateful for, and one that has shaped Lucy’s development and our confidence as parents.

Through DSC’s facilitated social events, family fun sessions and parent-connecting opportunities, we’ve met incredible people who have become genuine friends. Sharing experiences with families who understand the journey without explanation has been invaluable. Lucy has built meaningful friendships with her peers and always looks forward to visiting the centre, where she feels comfortable, confident and happy.

The staff make a remarkable difference. They are consistently warm, welcoming and knowledgeable, offering support that feels personal and heartfelt. Their encouragement and understanding have supported us through many stages of our journey. Thank you for everything you do, our family’s journey truly wouldn’t have been the same without you!

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Down Syndrome Cheshire has made an enormous difference to our lives. The support they offer doesn't stop with our son, it extends to our whole family, wrapping us in care, understanding and encouragement at every stage. From the moment we became involved, we felt welcomed, accepted and valued, and over time that sense of belonging has grown into something truly special.

Through DSC, we've made lasting friendships and become part of a community that feels like a big extended family, where everyone looks out for one another.

What really stands out about DSC is their constant drive to do more for their members. They are always developing new services and opportunities that help people with Down syndrome live active, confident and fulfilled lives. Our son absolutely loves attending Thrive Club. It's a place where he feels comfortable, included and proud to be himself, and where he's built meaningful relationships with other members. Watching those friendships grow has been incredibly reassuring for us as parents.

Being part of DSC has taken away the isolation that so many families experience. Sharing stories, challenges and successes with others who truly understand makes everyday life feel lighter and more manageable.

The support DSC provides is truly invaluable. We feel incredibly fortunate to have such a strong, compassionate and proactive support network in our local area, and our lives would look very different without it.

The Trantor Family

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“ Our family has been part of the DSC family from the very beginning, and it’s hard to put into words just how much that has meant to us. DSC has never supported only Josh, they have wrapped their arms around our entire family, walking alongside us at every stage and helping us believe in what is possible.

The impact DSC has had on Josh’s education has been extraordinary. They supported his school to truly understand how to bring out the very best in him, from whole-school Makaton training to individual teachers gaining a deep understanding of how children with Down syndrome learn. The difference this made cannot be overstated. Josh always felt included. He belonged. People could quite literally speak his language, and because of that, he was seen, heard and understood as a valued member of his school community.

Josh is social at heart and thrives on connection. Without the opportunities DSC has created and funded over the years, he simply wouldn’t have the rich, lasting friendships he has today. Through dance, drama, football and other activities, Josh has found his people, friendships that will stay with him for life. Alongside this, we as parents have found something just as precious: a community of people who truly understand the joys and challenges of raising a child with a disability.

Joy sits at the heart of the DSC community. Their warmth, kindness and generosity run through everything they do. One of my most treasured memories is seeing so many of Josh’s DSC friends at his 18th birthday party, young people he had known for years, all coming together to celebrate such an important milestone. That moment captured everything DSC stands for: belonging, friendship and shared joy.

Without DSC, our lives would have been far more isolated. Josh would not have experienced the confidence, inclusion and connection that shape his life today. We will always be deeply grateful for the support, community and belief DSC has given our family - it has changed our lives.

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The Duff Family



DOWN SYNDROME
CHESHIRE

Drinks

- TEA £1
- Americano £3
- Latte £3
- Cappuccino £3
- Flat White £3
- Espresso £2
- Iced
- Hot
- APPLE
- ORANGE
- Citrus

Breakfast

- Sausage/Bacon
- Buy
- Small Breakfast



DOWN SYNDROME CHESHIRE
DENTON HOUSE, DENTON DRIVE
NORTHWICH, CW9 7LU

