

Find support for your journey

Wherever you are in your journey, Down Syndrome Cheshire can help you find the right support, people and next steps.



1

Expecting a baby



For expectant parents and families preparing for birth.

- ✓ Someone to talk to
- ✓ Local signposting
- ✓ Practical information
- ✓ Support before and after birth

Speak to us

2

New parents and early years



For families with babies, toddlers and preschool children.

- ✓ Home visits
- ✓ Playgroups
- ✓ Early communication
- ✓ Nursery transition

Early years support

3

Primary age children



Support with school, learning, inclusion and friendships.

- ✓ Education advocacy
- ✓ School meetings
- ✓ EHCP guidance
- ✓ Family activities

Education support

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Teenagers and young people



Helping young people build confidence, friendships and independence.

- ✓ Youth activities
- ✓ Social connection
- ✓ Transition planning
- ✓ Preparing for adulthood

Young people's activities

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Adults and independence



For adults and families looking for purpose, community and opportunity.

- ✓ Thrive
- ✓ Life skills
- ✓ Health and social care advocacy
- ✓ Community participation

Explore Thrive

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Professionals



For schools, nurseries, health professionals and community partners.

- ✓ Awareness training
- ✓ Education support
- ✓ Inclusion guidance
- ✓ Professional training

Training for professionals

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Not sure where to start?



We're here to help you find the right support.

- ✓ Friendly advice
- ✓ Local knowledge
- ✓ Next steps guidance

Contact us

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We walk alongside you



Support that's person-centred, practical and empowering – every step of the way.

- ✓ Tailored support
- ✓ Trusted relationships
- ✓ Stronger communities

We're with you

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Better futures together



Building a more inclusive Cheshire where everyone can thrive.

- ✓ Inclusive communities
- ✓ Stronger connections
- ✓ Brighter futures

Let's thrive together

Let's start your journey.

Contact us and we'll help you find the right support.



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