ASIA PACIFIC
DOWN SYNDROME
FEDERATION

April 2020

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PRESIDENT SPEAK

Greetings to all my fellow members of the Asia Pacific Down Syndrome Federation (APDSF)!

During these times, when we are all facing unprecedented threat to the health of the world as a whole, we need to take the necessary precautions to ensure the safety of everyone especially our children and adults with Down syndrome who can be a vulnerable population because of their condition.

As the saying goes, "When the going gets tough, the tough get going." Together as a community, we have all proved it right. In our own little ways, we have tried to fight the war against the dreaded Coronavirus. Our families have been a great source of support and strength and I would like to appreciate each one of you for your tenacity and honest effort to fight Coronavirus.

As mentioned in my mail to you, the offices of the APDSF are closed, however, this cannot stop us from sending out information to our members through our newsletter as originally planned. I would like to thank all the members who have sent us the information for the newsletter.

Our next edition will hopefully be in better times where there will be more information to share with all of you.

Stay healthy, stay safe.
Regards,

N. Ramachandran
President – APDSF

India

The Down Syndrome Federation of India had planned elaborate events across the country to celebrate World Down Syndrome Day. Each state had its ideas on helping raise awareness about Down syndrome.

World Down Syndrome Day at Vadodara
DATE OF EVENT: Sunday evening, 22nd March 2020
VENUE: Amphitheater
DRESS CODE : Yellow and Blue
Event Plan
5:00-5:30 pm - Walk with banners from Gate No. 2 of Kamatibagh and reach at Amphitheater . 1 km trail
5:40– 6:15 pm- Art activity
6:15 – 6: 45- Group Performances by children (Max: 5. Only Groups more than 2 children-
Tentative Plan: a play by parents
Contact 9099934390 if anyone wishes to).
6:45 – 7:45 Zumba :
There will be DJ for playing music, parents can send there choice of non Bollywood music to play during event.
For Registrations, contact - 9099934390

WDSD Celebrations at Surat

MAR
21
Buddy Walk Surat
Public · Hosted by Red Carpet Event Managers

Contact - Ms. Meghana Surana - +91 93775 95777
21 March 2020

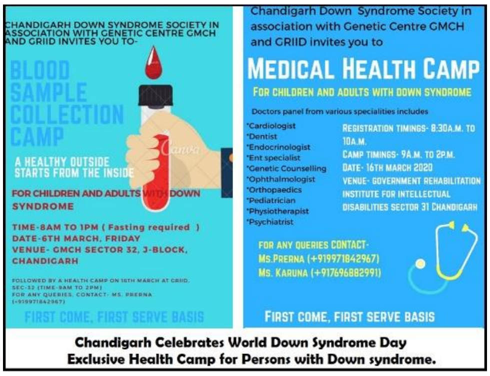
At the World Down Syndrome Day Sports Meet, we only have

WINNERS!

Down Syndrome Association of Tamilnadu Welcomes YOU to Celebrate World Down Syndrome Day with US
Date - 21 March 2020
Time - 7:30 A.M - 12:30 P.M
Venue - SDAT Nehru Park Stadium (behind Nehru Park Metro Station)

We invite you to share the Joy of being in the midst of Winners!

info@downsyndrome.in
www.downsyndrome.in



CHANDIGARH DOWN SYNDROME SOCIETY IN ASSOCIATION WITH GENETIC CENTRE GMCH AND GRIID INVITES YOU TO-

BLOOD SAMPLE COLLECTION CAMP

A HEALTHY OUTSIDE STARTS FROM THE INSIDE

FOR CHILDREN AND ADULTS WITH DOWN SYNDROME

TIME-8AM TO 1PM (Fasting required)
DATE-6TH MARCH, FRIDAY
VENUE- GMCH SECTOR 32, J-BLOCK, CHANDIGARH

FOLLOWED BY A HEALTH CAMP ON 16TH MARCH AT GRIID, SEC-32 (TIME-9AM TO 2PM)
FOR ANY QUERIES, CONTACT- MS. PRERNA (+919971842967)

FIRST COME, FIRST SERVE BASIS

Chandigarh Down Syndrome Society in association with Genetic Centre GMCH and GRIID invites you to

MEDICAL HEALTH CAMP

FOR CHILDREN AND ADULTS WITH DOWN SYNDROME

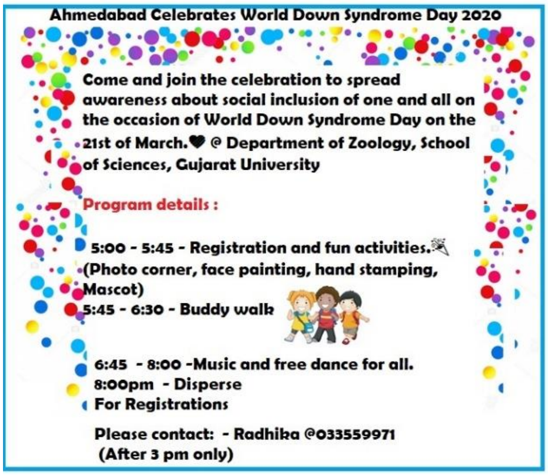
Doctors panel from various specialities includes
- Cardiologist
- Dentist
- Endocrinologist
- Ent specialist
- Genetic Counselling
- Ophthalmologist
- Orthopaedics
- Pediatrician
- Physiotherapist
- Psychiatrist

REGISTRATION TIMINGS- 8:30A.M. TO 10A.M.
CAMP TIMINGS- 9A.M. TO 2P.M.
DATE- 16TH MARCH 2020
VENUE- GOVERNMENT REHABILITATION INSTITUTE FOR INTELLECTUAL DISABILITIES SECTOR 31 CHANDIGARH

FOR ANY QUERIES CONTACT-
MS.PRERNA (+919971842967)
MS. KARUNA (+917696882991)

FIRST COME, FIRST SERVE BASIS

Chandigarh Celebrates World Down Syndrome Day
Exclusive Health Camp for Persons with Down syndrome.



Ahmedabad Celebrates World Down Syndrome Day 2020

Come and join the celebration to spread awareness about social inclusion of one and all on the occasion of World Down Syndrome Day on the 21st of March.♥ @ Department of Zoology, School of Sciences, Gujarat University

Program details :

5:00 - 5:45 - Registration and fun activities.
(Photo corner, face painting, hand stamping, Mascot)
5:45 - 6:30 - Buddy walk

6:45 - 8:00 -Music and free dance for all.
8:00pm - Disperse
For Registrations

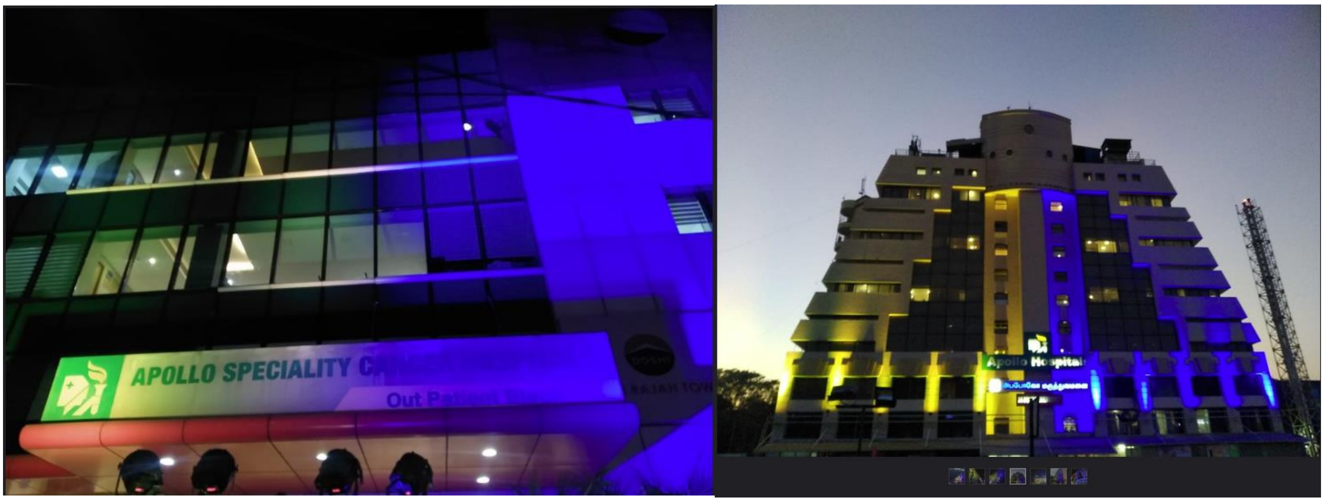
Please contact: - Radhika @033559971
(After 3 pm only)

As in the previous two years, this year too, the Federation got permission to light up the Chennai Corporation Commissioners Office – The Ripon building in the Down Syndrome Colors of Blue and Yellow on the 21st of March 2020. Since this building is in a centralized location, close to the major Railway stations in Chennai, the awareness that this created was high. People noticed and wanted to know the significance of the date, the colors and why the building was lit. The building lit up in the royal blue and golden yellow gave a grand impression and anybody who passed by the building could not but admire the grandeur.


பெருநகர சென்னை மாநகராட்சி
GREATER CHENNAI CORPORATION


பெருநகர சென்னை மாநகராட்சி
GREATER CHENNAI CORPORATION
WIDE
Vivo V15Pro
AI Triple Camera
2020.03.21 18:36

One of the most popular hospital chains in the country, Apollo Hospitals joined hands with the Federation to light up its hospitals in Blue and Yellow on the 20th and 21st of March 2020. Almost 10 hospitals were lit up on the occasion with banners being placed at strategic locations to spread awareness about Down syndrome.



Down Syndrome
Australia

Australia

Across the world, the events of recent weeks have brought many changes to how we live our lives and connect with each other. In this new world of needing to have physical distance from each other it is even more important that we remain connected. Here in Australia we celebrated World Down Syndrome Day throughout March, sharing 21 stories in the lead up to 21 March.

This year we shared stories about times when the inclusion of a person with Down syndrome led to positive changes for schools, workplaces, community events and families. The 21 stories can be found here.

Unfortunately we had to cancel our events to celebrate 21 March but we instead we celebrated the day by sharing video messages through social media.

Our Patron, His Excellency General the Honourable David Hurley AC DSC (Retd). has shared a message to call for the rights, inclusion and wellbeing of people with Down syndrome. The Governor General's message can be seen here.

We also shared a message from Claire from our Down Syndrome Advisory Network about celebrating our differences and overcoming challenges. You can watch the video message here.

We also were very excited to launch our Ask About Down Syndrome App. This is the world's first app providing information about Down syndrome and was developed alongside people with Down syndrome. The app features people with Down syndrome answering questions and sharing stories about community inclusion, the barriers they face, and how these issues can be addressed. The app also links to a range of resources that support and promote community inclusion.

You can download the app on the **App Store** and **Google Play Store**.

We have also recently created a new place on our website with coronavirus information for our community. This information has been put together to help people with Down syndrome and their families access the information they need during this difficult time. The information is available at coronavirus Information .

Bangladesh

Bangladesh-Celebration of World Down Syndrome Day-2020

Down Syndrome Society of Bangladesh (DSSB), being the representative member of Down Syndrome International-UK, and the Department of Communication Disorders, University of Dhaka jointly had an announcement to take the opportunity to come together to observe the World Down Syndrome Day on 21st March, 2020 and this year it was supposed to happen at TSC Auditorium, University of Dhaka for creating a massive awareness on Down Syndrome Issues. Here is the event link on social media:
https://www.facebook.com/events/2510814465853897/
World Down Syndrome Day (WDSD), 21 March, is a global awareness day which has been officially observed by the United Nations since 2012. Down Syndrome International (DSi) encourages friends and colleagues from all over the world to choose their own activities and events on WDSD to help raise awareness of what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities.

Therefore, DSSB called the attention from all the concerns to come together to make a single voice for our wonderful people who are born with Down syndrome. The theme for World Down Syndrome Day-2020 is "We Decide" emphasizing that all people with Down syndrome should have full participation in decision making about matters relating to or affecting their lives. Whatever we do, we hope together we will create a very loud single global voice to advocating for the rights, inclusion and well being of people with Down syndrome on 21 March.
But unfortunately DSSB had to postpone the main event following the official circulation of government to restrict all the public gathering due to outbreak of COVID-19 all over the country. Earlier on 17th March the government

also postponed National program on the ***Mujib Year*** ***(****on the occasion of the centennial birth anniversary of the founding leader of the country, Sheikh Mujibur Rahman). So, we were requested to celebrate the World Down Syndrome Day 2020 virtually and we did it finally.*

1. **WDSD Global Video Event**

We have been contributing to WDSD Global Video Event from Bangladesh since 2014. This year we have participated WDSD Global Video Event-2020 to address the theme of 'We decide' as per DSi guidelines. Here is the link for more information: https://www.youtube.com/watch?v=SvTPaRvmhvg

Down Syndrome International presents a global video journey promoting inclusion of people with Down Syndrome. "We Decide" features videos of people with Down Syndrome, their friends, peers and advocates. The campaign will seek to tackle negative attitudes and a lack of knowledge about the potential of people with Down Syndrome, which for many prevents them from experiencing full participation. This WDSD Global Video Event is presented for World Down Syndrome Day, Saturday 21 March 2020. Please share to make their voices heard.

2. **World Down syndrome Day Virtually Observed:**

Bangladesh Television, a national TV channel has broadcasted a program as to celebrate the World Down Syndrome Day-2020 virtually. This program covers all the present activities of Down Syndrome Society of Bangladesh including flashback on the celebration of World Down Syndrome Day since Down syndrome movement started in Bangladesh. Thanks to BTV to make such an amazing program that made us feel of the celebration of World Down Syndrome Day. Here is the link:
https://www.facebook.com/DSSocietyBangladesh/videos/844892792587829/

In addition children also virtually enjoy the day with cultural program earlier at the Down Syndrome Resource Centre. It was uploaded on social media. Here is the link:
https://www.facebook.com/DSSocietyBangladesh/videos/2267248840236246/

3. **Awareness Raising Program**

CHILD Foundation has taken the initiative along with Down Syndrome Society to raise the voice for people with Down syndrome by producing short film (video) on the occasion of Happy World Down Syndrome Day-2020. Here is the link: https://www.facebook.com/watch/?v=236956237443423
CHILD Foundation promises to support & inspire Individuals with special needs to reach their fullest potential. The video was shared on social media to spread the message and information on Down syndrome.

Reports on General Activities:

DSSB carried out following special activities during the period:

1. Empower Us Self-advocacy Training- Inclusion International:

A three- day- long 12th to 14th March, Empower Us Self-advocacy Training at Platinum Grand Hotel in Dhaka organized by Inclusion International with the support of Down Syndrome Society of Bangladesh and SEID. The 16 self-advocates including support persons from 2 organizations have learnt various aspects of self advocacy to raise their voice in their communities. Self advocates from DSSB actively participated in the session!! Here is the link:

https://www.facebook.com/watch/?v=2504115503139735

Self advocates from DSSB also enjoyed the closing ceremony of the workshop. Here is the link:

https://www.facebook.com/watch/?v=538027510427707

Down Syndrome Society of Bangladesh achieved full member organization status at Inclusion International.

2. Inclusion Work Project in Bangladesh:

The Inclusion Works project, a consortium project led by Sightsavers and funded by the DFID UK Aid Connect fund. The focus of the Inclusion Works programme is “how can more people with disabilities be included in/access formal waged employment?” An amazing 3 day workshop on ‘Capacity Building of DPOs Leaders’ was organized by ADD at Gulshan, Dhaka on 3rd -5th March. DSSB has actively participated in this session along with its self advocates. Inclusion Work Project is UK Aid supported project in Bangladesh. DSSB has been working in this project as DPO. Here is the link:

https://www.facebook.com/DSSocietyBangladesh/videos/597044007544616/

香港唐氏綜合症協會
The Hong Kong Down Syndrome Association

Hong Kong

Stay Strong *We Decide*

The Most LIKE Photo Contest

March 21st named as The World Down Syndrome Day and we celebrate this meaningful day every year. However, COVID-19 is raging and we couldn't organize an on-site community education event this year. However, ***We Decide*** to show our positive energy to the society actively through social media as well as echo the theme of the WDSD – ***We Decide***. How to respond to this epidemic? Let you decide!

With the sponsorship of the Hong Kong Jockey Club Charities Trust, "Stay Strong, We Decide" – The Most LIKE Photo Contest was held aiming at showing the mutual support, cheering up for ourselves, family and friends as well as showing the care on both physical and mental health through social media. Our members were invited to join the contest by sharing a photo with text to share their anti-epidemic tips or express their blessings to others in these blue days. Up-keeping our energy and stay healthy even under epidemic!

"The most powerful way to stay strong and healthy doesn't cost any money … time for exercise …Stay active, do exercises, keep clean, good health kicks illnesses !!"

"Keep your family together. Be careful and thankful!"

" The virus couldn't trap my heart! My heart is still full of sunshine even under epidemic"

No matter the COVID-19, or any difficulties in your life, let's face and deal with them in a positive way. Show your care to your family members and friends and hence let the spirit of mutual support found and spread out in our society! Try to appreciate and express gratitude to each other, so as to help us with more energy to tackle problems. Besides, it is hoped that you all can appreciate yourself, proud of what you have done in the process of problem solving and you may found something new under the blue days.
"Stay Strong, ***We Decide***". In day of March 21st , ***We Decide*** to wear mask and pair of mismatched socks to celebrate the World Down Syndrome Day. Hoping that we can meet each other and show our smile under the mask one day!

The Hong Kong Down Syndrome
Facebook : https://www.facebook.com/hongkongdownsyndromeassociation

COVID-19 😷 is not invincible!
Wash hands regularly
Keep you away from germs
Exercise regularly
Keep you in good health
Always live happily
Keep your family together
Be careful and thankful!

Japan Down Syndrome Society
公益財団法人
日本ダウン症協会

Japan

On-line event “We Decide” by Japan Down Syndrome Society.

Japan Down Syndrome Society(JDSS) held an on-line/ webinar event “We Decide” on 24th February 2020. Usually over three hundred people participate the annual event, however, due to COVID-19, it was only thirty staffs to participated at the event. The rest of participants were accessed to the event by youtube.

The purpose of the event was to increase the awareness of Down Syndrome and people with Down Syndrome. The program covers to advocate a message of “We Decide” announced by adults with Down syndrome music performance Several performers with Down syndrome

The total access number for the event was over eight hundreds and two hundred people participated at the event on-line basis. Two national newspapers and yahoo introduced the event.

3月21日は国連が定めた「世界ダウン症の日」です。

きめた！

タグラグビーの練習は毎週末に3時間。
大切な仲間やコーチとはすでにワンチーム！
目標は試合でのワントライです！
—— 北澤舞空

Photographed by Maki Ezure
Creative direction by elements ltd.

We Decide 国際ダウン症連合(DSi)2020年テーマ

3月21日は「世界ダウン症の日」。4月2日の「世界自閉症啓発デー」と並んで、国連が定めた啓発デーです。

ダウン症は「21」番目の染色体が「3」本あることから3月21日に定められました。

ダウン症の名前の由来
ダウン症の正式名称は「ダウン症候群」。
最初の報告者であるイギリスの医師、ダウン博士の名前より命名。
（アップ・ダウンの「ダウン」じゃないですよ）

全国各地でダウン症啓発のためのイベントや行事が行われます。
世界ダウン症の日公式サイト
http://jdss.or.jp/wdsd2020/
公益財団法人 日本ダウン症協会
http://www.jdss.or.jp

World Down Syndrome Day

3月21日「世界ダウン症の日」をきっかけに
どうかダウン症への理解が深まりますように

公益財団法人
日本ダウン症協会
〒170-0005
東京都豊島区南大塚3-43-11 福祉財団ビル5階
Tel：03-6907-1824 Fax：03-6907-1825

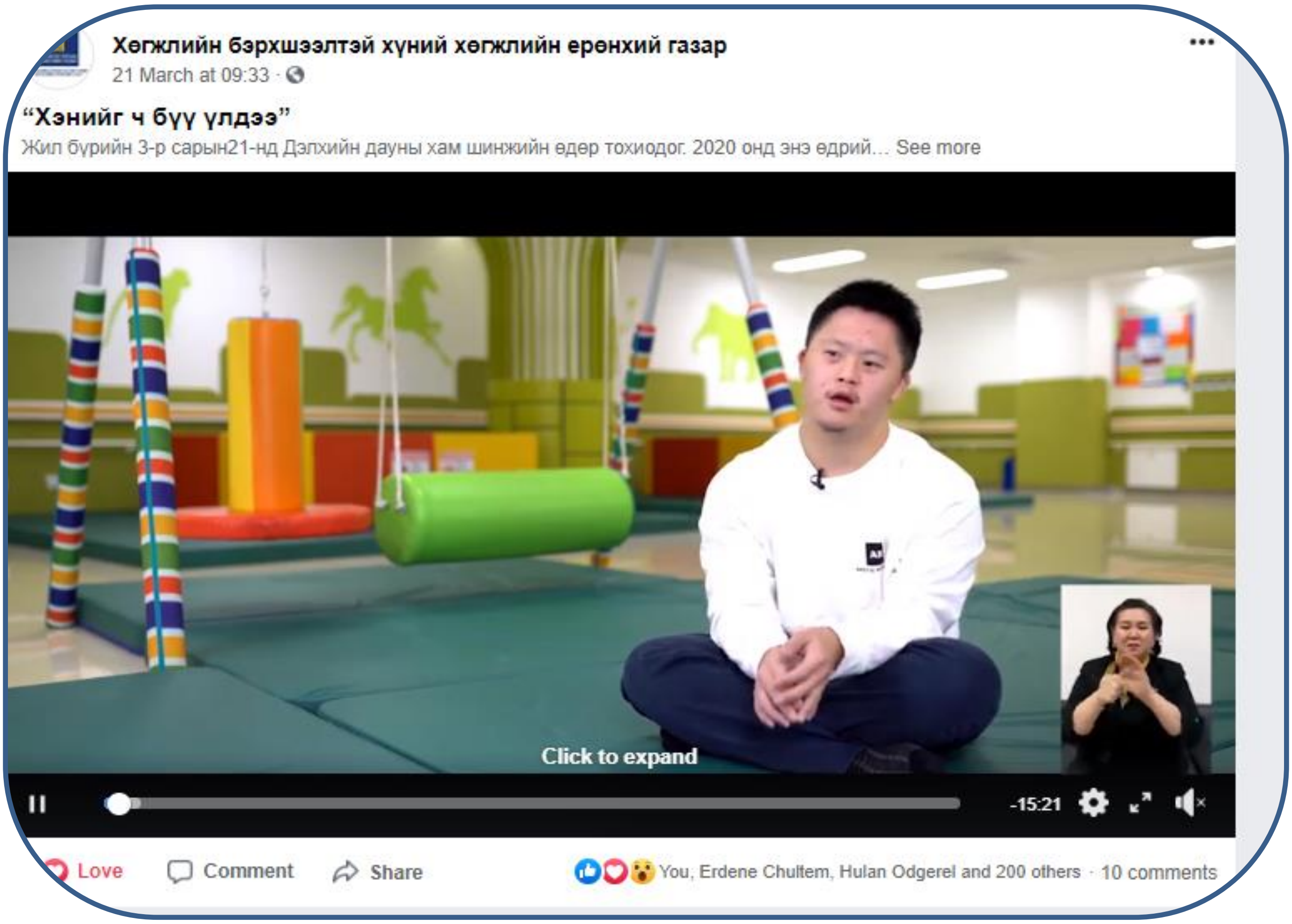
新型コロナ対策でイベント中止、「無観客ライブ」を実施・配信した理由

なかのかおり | ジャーナリスト（福祉・医療・労働）
2/27(木) 16:30

Mongolia

Title	Type	Hosted by	Content	Links	
Leave no one behind	Video interview	Government agency of the Disabled People Empowerment and Down Syndrome Association of Mongolia	B.Elberelt with Down Syndrome, self-advocate, silver and golden medalist of Special Olympics and trainee of vocational training center of DSAM and his mother O.Khulan	Video reached up to 22,900 people	https://www.facebook.com/GADPWD/videos/561821821206687/UzpfSTE5NzkyMjY2MzY0OTUyMToyNjcxNjc0MzY2Mjc0MzI2/
"The everlasting love and warm heart of people with Down Syndrome	Interview	Interviewee: B.Battsetseg, executive director of Down Syndrome Association of Mongolia. Ikon.mn is the top web site of Mongolia.	Talked about activities of Down Syndrome Association of Mongolia, its successful on-going projects, characteristics of people with Down syndrome and recent situation of the disabled people's independent living.	1072 shares and reached out over 50 thousand people.	https://ikon.mn/n/1tuv?fbclid=IwAR3PpesaJZFQ9D6UTQoIotGBrGaLPm4va68LMZcbxHd8VVXuU55w_vJ7OKc
Let's empower children and people with Down syndrome	Interview	Interviewee: O.Khulan, one of the founders of Down Syndrome Association and mother of B.Elberelt, self-advocate	Talked about psychological barrier to accept a child with Down Syndrome, to overcome this psychological barrier and how to develop, and empower children with Down syndrome,	2487 shares and reached out over 100 thousand people	https://eguur.mn/84052/?fbclid=IwAR3kQuGKwFbTtAO6m3B2l-mawAPA_1JT81E9HgKhVXcQbcBqBuZyZ5gjJQE
The World Down Syndrome Day	Interview	Interviewee: V.Ganzorig, President of Down Syndrome Association of Mongolia.	Talked about the World Down Syndrome Day, activities of DSAM, recent situation of the disabled people's empowerment and their rights and policies of the government of Mongolia.	60 reactions, 22 shares and reached out 15 thousand people.	https://www.facebook.com/TovchMedia/videos/2797956850272490/UzpfSTE5NzkyMjY2MzY0OTUyMToyNjIxNzQ3ODc3OTMzNjQy/
Leave no one behind	Poster	Leaders advancing democracy by USAID and Embassy of USA	In celebration of the World Down Syndrome Day, a poster is hosted by LEAD Mongolia page.	67 likes, 64 shares.	https://www.facebook.com/LEADMongolia/photos/a.301895023501719/1104669686557578/?type=3&theater
Leave no one behind	Poster hashtag	Government agency of the Disabled People Empowerment and Down Syndrome Association of Mongolia	In celebration of the World Down Syndrome Day, a poster is hosted by the Government Agency.	43 likes, 70 shares.	https://www.facebook.com/GADPWD/photos/a.2170273206336231/3118220198208189/?type=3&theater

Content 1. B.Elberelt with Down Syndrome, self-advocate, silver and golden medalist of Special Olympics and trainee of vocational training center of DSAM


Хөгжлийн бэрхшээлтэй хүний хөгжлийн ерөнхий газар
21 March at 09:33 ·

“Хэнийг ч бүү үлдээ”
Жил бүрийн 3-р сарын21-нд Дэлхийн дауны хам шинжийн өдөр тохиодог. 2020 онд энэ өдрий… See more

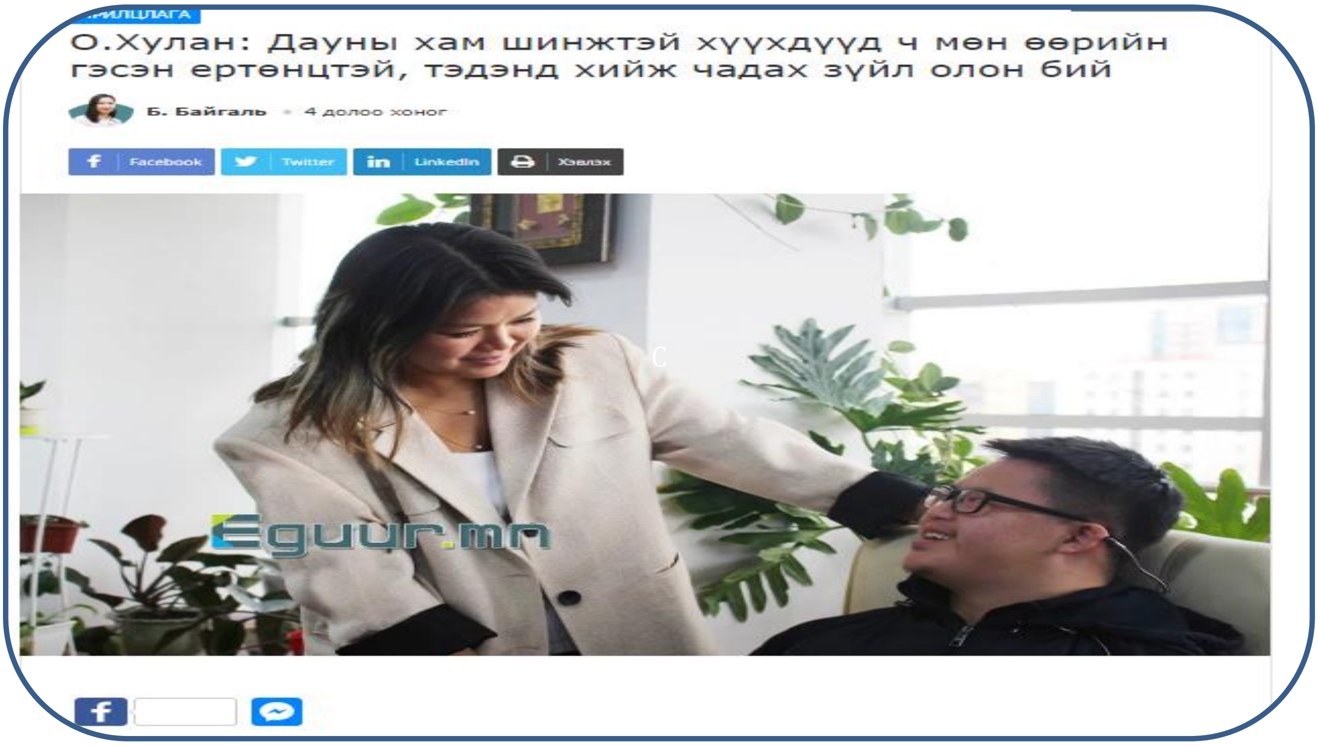
Content 2. Interviewee: B.Battsetseg, executive director of Down Syndrome Association of Mongolia. Ikon.mn is the top web site of Mongolia.


Хөдөлмөр сургалтын төв, эцэг эхчүүдэд хийгээд орон нутагт сургалтууд, Холбооны Шангри-Лад тэмдэглэдэг уламжлалт том арга хэмжээг зохион байгуулах, шинэ эцэг эхчүүдэд гэрээр нь очиж анхан шатны зөвлөгөө өгөх, төрийн байгууллагуудтай харилцах, мэдээ нийтлэл бичих, ээжүүдийн хийдэг Эко торны ажлыг нь чиглүүлэх гэх мэтийг хийхдээ эцэг эхчүүдээс туслалцаа авах, сайн дурынхантай хамтрах зэргээр ойр дотно ажиллаж, нэг дор олон төрлийн хүмүүстэй харилцаж сурсан даа.

Сургалтанд хамрагдаж буй залуусаа ажлын байранд гаргах ёстой тул он гармагц арилжааны кофе шоптой болгоё гэсэн мөрөөдөл тээн төслөө бичиж, 150 гаруй сая төгрөгийн төсөвтэй төслийн саналыг хэд хэдэн газарт танилцуулаад амжив. Германы Элчин сайдын яам, Чингис Хаан банк төслийг тус бүр 50 сая төгрөгөөр дэмжихээ мэдэгдэж, үлдсэн 50 сая төгрөгийг босгох ажил үлдэв. Энэ үед Холбооны Удирдах Зөвлөлийн хурлаас Холбоо хараахан арилжааны буюу аж ахуйн төсөл хэрэгжүүлэх цаг хугацаа, хүний нөөцийн боломжгүй гэж үзсэн тул 2019 оны 9-р сард кофе шоп старт-ап төслийг хойшлуулсан.

Хэдийгээр хичээж зүтгэсэн төслөө хэрэгжүүлэх нь хойшилсон ч ажиллах хугацаандаа төслөө амжилттай хэрэгжүүлж, энэ төслөөрөө дамжуулан олон нийтэд даунтай хүмүүс сурч мэдэж, хөдөлмөрлөх боломжтойг ойлгуулж, хамгийн гол нь даунтай хүүхэдтэй болсон шинэхэн эцэг эхчүүдэд хүүхдэд нь ямар их нөөц боломж байдгийг ойлгуулсан. Мөн төслөө "social enterprise" буюу нийгмийн старт-ап болгох санааг гарган төсөл бичиж. Зориг сангийн төслийн

Content 3. Interviewee: O.Khulan, one of the founders of Down Syndrome Association and mother of B.Elberelt, self-advocate



ИЛЦЛАГА

О.Хулан: Дауны хам шинжтэй хүүхдүүд ч мөн өөрийн гэсэн ертөнцтэй, тэдэнд хийж чадах зүйл олон бий

Б. Байгаль • 4 долоо хоног

Content 4. Interviewee: V.Ganzorig, President of Down Syndrome Association of Mongolia.

Tovch.mn was live.
about a month ago ·

Дэлхийн Дауны өдөр тохиож байна. Шууд

60 · 22 shares 15K views

Suren Suren · 0:31 yun live be

Happy Hangal · 0:25 yu ve

Khuanbai Bolatbek · 8:33 хаха medehgui bna

Энхтүвшин Оюунболор · 1:25 Бна уу

Sereglen Gerelchuluun · 0:01 юуны талаар мэдээлэх гэж байгаа хэлээчээ

KHonai KHonai · 0:34 Өдөрийн мэнд.

Content 5. Leaders advancing democracy page by USAID and Embassy of USA

Leaders Advancing Democracy - LEAD Mongolia
@LEADMongolia

ойлгуулах, мөн Дауны хам шинжтэй хүн нийгэмд ямар чухал байр суурь эзэлдгийг олон нийтэд таниулах зорилготой юм.

#WDSD20 #LotsOfSocks #March21 #ExtraordinaryGift DSAMmn

Did you know that March 21 is a day when you can wear mismatching colorful socks for a good cause?

On World Down Syndrome Day, join us in supporting the #LotsOfSocks campaign! WDSD is a day to raise awareness of what Down Syndrome is and to highlight the important roles that people with Down Syndrome play in our communities.

20,423 people like this

20,968 people follow this

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Page created – 22 August 2016

Team Members

Meghan Burland

Khulan Dashpuntsag

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Content 6. Government agency of the Disabled People Empowerment and Down Syndrome Association of Mongolia

Хөгжлийн бэрхшээлтэй хүний хөгжлийн ерөнхий газар
@GADPWD

Хөгжлийн бэрхшээлтэй хүний хөгжлийн ерөнхий газар
21 March at 09:53

Дэлхийн дауны өдөр 2020.03.21
http://www.gadpwd.gov.mn/index.php/news/105

You, Ganzorig Vanchig, Ariuka Burnee and 40 others
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Government organisation in Ulaanbaatar, Mongolia
Open now

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11-р хороололын автобусны буудлын урд дунд замд буюу хуучнаар түлэнхийн төвийн дэргэд

Community
Invite your friends to like this Page
4,814 people like this
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Erdene Chultem and 82 other friends like this or have checked in

Myanmar

Myanmar Down Syndrome Association had planned to celebrate World Down Syndrome Day on March 21st, 2020 together with all the Down syndrome associations and organizations from all over the world. However we couldn't celebrate as the Covid-19 (World Pandemic Disease) Crisis is happening all over the world.

We couldn't carry out our celebrations which we have been doing since 2015. We gave our warm wishes and special thanks through our social media platform (Facebook) to all the contributors, donors, supporters who not only help us with the funding but also with intellectual and moral support.

We shared the program with our lovely Down syndrome families. We would like to invite you to visit our Facebook Page " Down Syndrome Myanmar Association" to give feedback and comment for the better future actions.

In 2020, we are glad to inform you about the presentation of our short film "Choice" which follows the We Decide Theme. We submitted it to the Global Video Event and now we can see our product on their website.

In addition, we introduced our action plans and work is in progress for us to achieve our goals. We did awareness raising and enhanced the participation from the word to the action by using different advocacy ways.

For example, when our people with Down syndrome arrivesat our association office, we arrange the food in buffet style so that they can carry and choose their preferred food with their own effort. Furthermore, we made the special norm which allows the mom and parents of the people with Down syndrome to eat food only if the people with Down syndrome brings the food. We intend to transform them to be the active persons for others from passive persons. Moreover, we added the words to encourage the parents to support our children by letting them to do themselves and recognize their capability as they are also one of our future treasures.


CASHIER

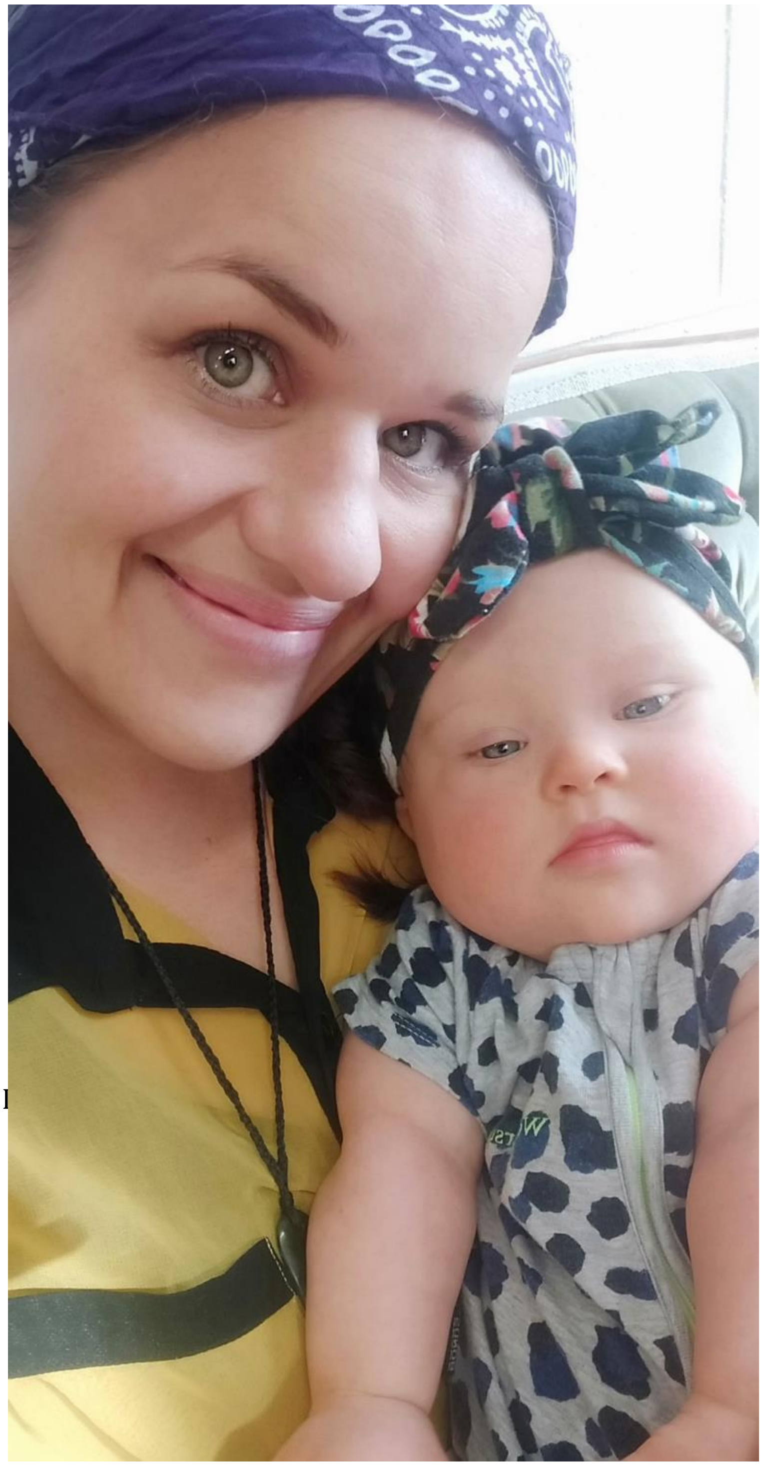

"We Decide"


MYANMAR
DOWN SYNDROME
ASSOCIATION
မြန် မာ ဒေါင်း ဆင် ဒ ရုန်း အ သင်း မှ ကြီး မှူး ကျင်း ပ သည့်
ဆဋ္ဌမအကြိမ်မြောက်
ကမ္ဘာ့ဒေါင်းဆင်ဒရုန်းနေ့
21 World Down Syndrome Day
အခမ်းအနားနှင့် ဒေါင်းဆင်ဒရုန်းရှိသော ကလေးငယ်များ ပျော်ပွဲ ရွှင်ပွဲ
နိုင်ငံကျော်အဆိုတော်များက ပံ့ပိုးကူညီဖျော်ဖြေမည်။
ဝင်ကြေး အခမဲ့
DownSyndromeMyanmarAssociation
21-3-2020 (SATURDAY) (7:30)AM-(1:00)PM @ MYANMAR CONVENTION CENTER (MCC)

New Zealand

THE LUCKY FEW' TATTOO BONANZA

By Diane Burnett



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Matching tattoos for WDSD

Damien Goddard

Cimara Lima and her son Eric

Ang Slater and tattoo artist Aaron van den Berg from 2 Sparrows Tattoo

Leonie Gillespie

To celebrate her beautiful baby girl Paige and World Down Syndrome Day 2020, Dawn Goddard had an inky idea.

Dawn wanted to get as many people as she can to get the world-renowned ‘the lucky few’ tattoo on 21st March, World Down Syndrome Day 2020. Dozens of people from across country from the New Zealand Group for Parents of Children with Down Syndrome Facebook group showed an interest, so Dawn contacted and organised quotes from a few tattoo studios.

Aaron V, co-owner of the family-owned private tattoo studio 2 Sparrows Tattoo in Pakuranga kindly offered to donate his time for free and change only $50 per ‘the lucky few’ tattoo to cover the cost of the materials required.

“The minimum cost for most tattoos nowadays is $150 plus, so this is amazing,” said Dawn who was overwhelmed by the response.

Not only did 33 people show up in Pakuranga, but another 17 got their tattoo done in Te Awamutu and 21 others got the three arrows tattooed in Masterton, Tauranga, Whangarei, Wairarapa and elsewhere in Auckland. One tattoo artist donated $40 of every tattoo to raise hundreds of dollars for the Upside Down Trust. Dawn, a photographer, also photographed the event and hoped the event to raise awareness of Down syndrome for World Down Syndrome Day 2020.

The original idea and design started in the United States where Mica May, a designer, had an idea to celebrate being a parent of a child with Down syndrome by designing a special tattoo for #theluckyfew. She shared her idea with several other mums at their first gathering, having previously only met online. Their connection was immediate, and they discussed getting matching tattoos to acknowledge their bond.

At that point Mica spoke up and told them about the reoccurring dream she’d been having for a long time. In the dream, she wakes up with three black arrows on her arm – always the same design and always the same placement. As she described the design from her dreams, tears started rolling down the faces of the other mums, and everyone said “Yes! This is our design”.

The three arrows are the perfect symbol for parents of children with Down syndrome, because the number three is representative of the three 21st chromosomes that result in Down syndrome and the arrows represent how the parents of these special children rise up and move forward. “We rise the highest after we've been pulled back and stretched — sometimes even more than we think we can bear," said Mica May.
The group tested the design on themselves that evening using a pen and decided to all get the tattoo the next day. But what started as a bonding moment for a small group of friends has grown to include hundreds of other parents from all over the world.

Last year, in Newquay in the UK, thirty parents joined the global campaign to raise awareness of people with Down syndrome. Each got ‘the lucky few’ tattoo to show how proud they are of their children and siblings with Down syndrome, and a person with Down syndrome also got the tattoo along with her mother and sister. Dawn contacted one of the organisers of this event and got the details for the original designer, Mica May, who she contacted. “She has given us her blessing to use the design,” said an excited Dawn.

NORTHLAND GOES VIRTUAL FOR WDSD

By Jo Morrison

Due to concerns about the Coronavirus the Northland Down Syndrome Support Group had to take the hard decision to cancel our ‘Lots of Rocks’ Walk around the Hatea Loop in Whangarei, and instead to take our community celebrations online.

From Ahipara in the Far North to Ruakaka and further south, families posted photos of their WDSD2020 celebrations on our Facebook group. Event Organisers, Kathryn Sadgrove and Jo Morrison, said, “it was disappointing for us to cancel an event that brings so many people with Down syndrome, their families and their friends together for our global day of celebration.

“We were expecting around 250 participants from across the whole Northland region but we felt we had to play our part in protecting the community.”

The local Northland business community has been very supportive and the group was able to use items originally donated as prizes, instead for an online silent auction. This means the support group was still able to carry out fundraising to support the work in Northland with whānau and schools.

The painted rocks that are usually hidden around the Hatea Loop during the walk will not go to waste. The children of Kamo Primary School and Onerahi Primary School who painted the rocks in colours of purple, orange and white, have taken them home and hidden them around the Whangarei District and beyond over the weekend. Anyone who finds one of these rocks is encouraged to post a photo of themselves to the charity’s Facebook Group page and may even win a prize!

Kathryn and Jo confirmed that the ‘Lots of Rocks’ Walk event will be back on again next year.
“We are going to have great fun together online this year, but we do aim to be back and walking the Hatea Loop again next year for World Down Syndrome Day 2021.”

Jesse Williams was one of the young adults featuring in the #WeDecide video to talk his work at the Lido Pool in Palmerston North.

PALMERSTON NORTH STARS IN WDSD VIDEO MESSAGE

By Coen Lammers

The Down syndrome community in Palmerston North was buzzing with excitement when several of them were asked to take part in a film shoot for the 2020 World Down Syndrome Day video message.
Director Dean Easterbrook and camera operator Bruce Nixon bounced around the city to cover numerous venues to interview adults with Down syndrome about their lives and to help deliver the global message "We Decide".

The 2020 video message hopes to raise awareness about Down syndrome but specifically wants to remind the community that people with Down syndrome can and want to make their own decisions.
Dean and Bruce spoke to Vincenzo and Rachal Vaccarino about their married life, filmed Jesse Williams at his work place at the Lido Pool and then visited the Design School where Robyn Chok is completing a design course.

The crew then moved to the wonderful Creative Journeys hub where people with disabilities are encouraged to explore their artistic talents or just hang out. First Nicholas Wales delivered his part of the script to camera before the crew filmed Georgia Garrett, who was supported by her choir Six To 60 who had all taken time out from work to watch Georgia's interview.

When the heavens opened, the filming was forced inside and the director convinced the choir to deliver an impromptu performance of Elton John's classic "I'm still standing" and it was clear to see how this group had fully embraced Georgia in their midst.

Next stop was the globe theatre where Lily Harper delivered an acting master class to camera. Lily was the lead actress in the play Up Down Girl at the same theatre and was clearly not intimidated by the spotlight.
The crew then moved to Hamish MacNeill bakery to film him at work in his new micro-business, before heading to the home purchased by Jessica Williams and Alec Cole, who have invited Lily as a flatmate.
The different settings in the video hopes to provide a compelling showcase of the variety and quality of activities people with Down syndrome are involved in and how they are all following their own passions.
In Auckland, the film makers also filmed Emma Sykes and Abigail Knight to provide the finishing touches for the video.

Disability Rights Commissioner Paula Tesoriero kindly agreed to support the project and provided the introduction to the video in which she describes how vital it is for all of us, inside and outside the Down syndrome community, to enable people with a disability to make their own choices


#wedecide


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DOWN SYNDROME ASSOCIATION
(SINGAPORE)

Singapore

Celebrated annually on March 21, World Down Syndrome Day is a global event to raise awareness and exemplify the abilities of persons with Down syndrome while advocating equal rights for them. This year's theme "We Decide" believe that all persons with Down syndrome can participate in decision making about matters relating to or affecting their lives.

At DSA(S), World Down Syndrome Day has been one of our key events marked with a community walk and family carnival. However, in view of the COVID-19 developments, the organising committee has made a decision to defer the event after a careful deliberation considering the well-being of all participants. We may not have celebrated together in a physical space, but thanks to the advancement of technology, we were able to do so via digital means.

'Rock Your Socks' campaign was launched to raise awareness about Down syndrome. It encourages people to wear colourful mismatched socks to arouse curiousity among peers, spark conversations about Down syndrome and remind others that differences can be beautiful too. You may wonder, why socks? Persons with Down syndrome have an extra copy of chromosome 21, and socks resemble the shape of chromosomes. As part of the campaign, photo contests were organised, garnering much support from the community who posted photos of their socks on their social media feed.

In line with this year's theme "We Decide", learners with Down syndrome from different DSA(S) programmes voted for their favourite photo to determine the weekly winner who will walk away with $25 worth of vouchers.

On March 20 (Friday), staff and learners wore their colourful mismatched socks to DSA Centre in celebration of WDSD. Just before the day ended, Aaron Lee, founder of Upcakes delivered a chocolate cake to commemorate the occasion. The cake was a hit among our learners and staff, and it certainly brought much joy.

We thank all our donors and partners for contributing to the success of this year's celebration, and our supporters for rocking their socks in this show of solidarity for inclusivity.


PhotoGrid


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FUNNY

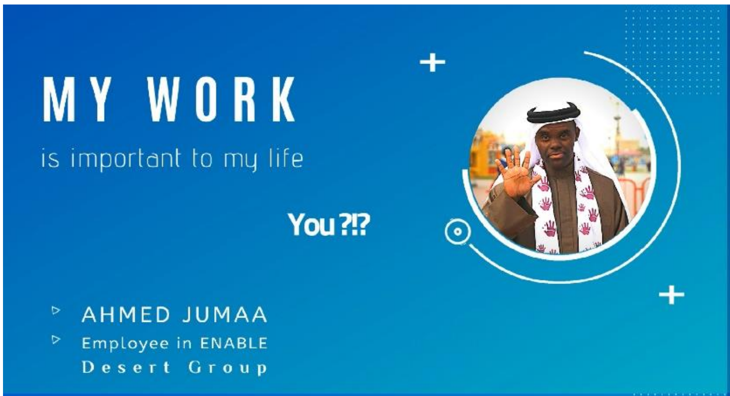

EXIT

جمعية الإمارات لمتلازمة داون
UAE DOWN SYNDROME
ASSOCIATION

UAE

Emirates Down Syndrome Association (EDSA) Celebration of World Down Syndrome Day 2019 - Under the slogan “We Decide”

Our heroes at Emirates Down Syndrome Association (EDSA) had their say, they announce to the world what they decided to be, their ambitions and dreams. They work hard towards achieving their objectives and wanted to inspire others to follow the same path.



MY WORK

is important to my life

You ?!?

- AHMED JUMAA
- Employee in ENABLE Desert Group

I LIKE

Robotics & Innovation

You ?!?

- ABDULLAH ADEL
- Dubai School for Secondary Education for Boys

I LIKE

Drawing & painting

You ?!?

- RASHED AL-MARMOUM
- Member of the EDSA sports team

I HAVE DECIDED

be a World Champion in Bocce

You ?!?

- MAHMOUD JAROOR
- Champion of the World Games for Special Olympics in Bocce

I COMMITTED

to stay at home

You ?!?

- SHARHAN AL-MARZOUQI
- Member of the EDSA sports team

I LIKE

Horse Riding & Computer

You ?!?

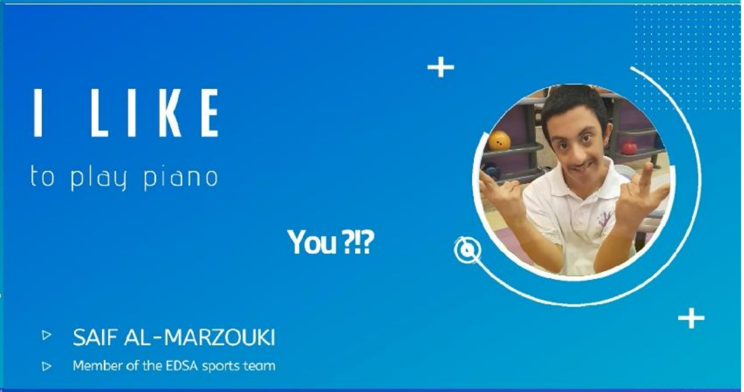
- ABDALAZEEZ ALALI
- Sharjah American International School

I LIKE

food preparation

You ?!?

- QAIS ABDULSALAM
- Vocational Rehabilitation Swissôtel Al Ghurair

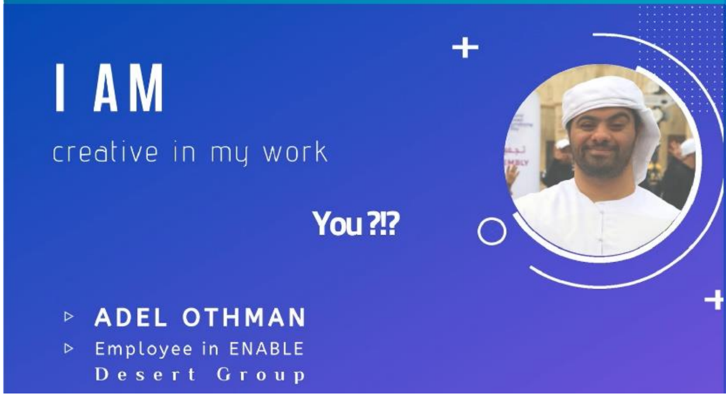


I LIKE

to play piano

You ?!?

- SAIF AL-MARZOUKI
- Member of the EDSA sports team



I AM

creative in my work

You ?!?

- ADEL OTHMAN
- Employee in ENABLE Desert Group

I AM FULL

of positive energy

You ?!?

- TARIK AL-SARRAJ
- Employee in ENABLE Desert Group

Vietnam

There were activities carried out by persons with Down syndrome at the Gia Dinh Special School before the traditional Tet holidays around last week of January, 2020.

Children participated in making traditional food, greeting cards flowers for decoration sending to their parents, grand parents, teachers and classmates.

After having all of our nice work, teachers and children in their traditional dresses got in photos with their beautiful products.All of them.looked so happy to bring their products to give their families, teachers and classmates.