



# SUPPORT GROUP'S DIRECTORY 2016

This directory has been compiled to help parents in the Merseyside, Wirral and Cheshire area find support and advice within their local area. This list is not exclusive and we hope that this is a resource which we can develop year on year. All information was correct when this resource was created in April 2016.

## **DOWN SYNDROME LIVERPOOL**

MAIN CONTACT	Anne Wilde
EMAIL	<a href="mailto:secretary@downsyndromeliverpool.org.uk">secretary@downsyndromeliverpool.org.uk</a>
WEBSITE	<a href="http://www.downsyndromeliverpool.org.uk">www.downsyndromeliverpool.org.uk</a>
FACEBOOK	<a href="http://www.facebook.com/DownSyndromeLiverpool">www.facebook.com/DownSyndromeLiverpool</a>
TWITTER	@DownSyndromeLPL
COVERS	Liverpool area
OFFERS	<ul style="list-style-type: none"><li>• New parent support packs and home visits</li><li>• Monthly support group for infants and Preschool children</li><li>• Regular Social events</li><li>• Free Training events for parents and professionals</li><li>• Quarterly newsletter</li><li>• Bi-annual fundraising Ball</li><li>• Annual Christmas Party</li><li>• Football team</li></ul>

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## **SEFTON UP ON DOWNS GROUP**

MAIN CONTACT	Donna Procter
TELEPHONE	07866 663 010 or Julie 07956 665 446
EMAIL	<a href="mailto:donnaprocter@hotmail.co.uk">donnaprocter@hotmail.co.uk</a>
FACEBOOK	<a href="http://www.facebook.com/groups/seftonupondowns">www.facebook.com/groups/seftonupondowns</a>
OFFERS	<ul style="list-style-type: none"><li>• Local support group.</li><li>• Fundraising activities</li><li>• Coffee mornings</li><li>• Christmas party</li><li>• Annual Training Conference.</li><li>• Facebook Group</li><li>• Links with Sefton Parent Carer Forum</li></ul>

## **READY STEADY DOWNS**

**MAIN CONTACT** Emma Johnson  
**TELEPHONE** 07977 137827  
**EMAIL** readysteadydowns@hotmail.com  
**FACEBOOK** www.facebook.com/groups/readysteadydowns  
**COVERS** St Helens and surrounding areas including Widnes and Wigan  
**OFFERS**

- Facebook group
- Monthly multi activities session - first Saturday of the month at Selwyn Jones Leisure Centre, Newton Le Willows.
- Sessions may include activities such as short tennis, football nets, bouncy castle, and baby corner. Also special visitors e.g. Shetland pony.
- Hoping to offer a monthly swimming session with swimming instructor - TBC
- Parent home visits

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## **SUNDOWNS**

**MAIN CONTACT** Kim Page  
**TELEPHONE** 07535 226 159  
**EMAIL** info@sundowns.org.uk  
**WEBSITE** www.sundowns.org.uk  
**FACEBOOK** www.facebook.com/Sundowns  
**BASED** Welcome Centre, 39-41 Hamilton Street, Birkenhead, CH41 5AA  
**COVERS** Wirral area  
**OFFERS**

- One to One Support at the Welcome Centre
- Forest Schools Activity Programme in school holidays
- Weekly evening social support groups - under 18 years Tuesday 6-9pm, over 18 years Wednesday 6-9 pm
- Quarterly newsletter
- Closed group social media discussion forum for members
- Weekly Makaton preschool signing sessions every Friday
- Consultation meetings quarterly for members
- Parents social meet up and education forum every Friday morning
- Annual respite weekend for members
- Support for families with pre-school/primary age children
- Signing For Babies Group for children aged 0-5 each Friday in term time
- Educational events for parents/practitioners

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## **DS@WIRRAL**

**MAIN CONTACT** Lynne Whittaker (Secretary) Tel. 07720834376  
**OTHER CONTACTS** Wendy Neil (Chair) Tel. 07722875665 / Jemma Herbert Tel. 07824860682  
**EMAIL** jemmaherbert@hotmail.com  
**FACEBOOK** www.facebook.com/Downs-Syndrome-Wirral  
**COVERS** Wirral area  
**OFFERS**

- Membership - 80 families, covering a very wide age range
- Bi-monthly disco to members aged 12+
- Regular newsletter
- Social events throughout the year
- Summer play scheme for members aged 12+.

## **WIRRAL MENCAP**

**MAIN CONTACT** Chloe Harvey - Chief Executive  
**ADDRESS** Wirral Mencap, 42-44 Market Street, Birkenhead, CH41 5BT  
**TELEPHONE** 0151 666 1829  
**EMAIL** info@mencapwirral.org.uk  
**WEBSITE** www.mencapwirral.org.uk  
**FACEBOOK** www.facebook.com/Wirral=Mencap  
**TWITTER** @WirralMencap  
**COVERS** Wirral area group  
**OFFERS**

- Information and Support for all ages
- Offers a variety of services, including the Gateway project, similar to D of E Award
- Weekly social event called the Crossbow club
- Buddies and befriending service
- Free mini bus loan to members

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## **CHESHIRE DOWN SYNDROME SUPPORT GROUP**

**MAIN CONTACT** Julie Duff  
**TELEPHONE** 01606 246171 or Mobile 07518 590300.  
**WEBSITE** www.cheshiredownssyndrome.com  
**FACEBOOK** www.facebook.com/pages/Cheshire-Downs-Syndrome-Support-Group  
**TWITTER** @cdssgroup  
**COVERS** All of Cheshire (including Runcorn, Chester, Northwich, Crewe, Knutsford, and Macclesfield)  
**OFFERS**

- A maternity pack for new parents in local hospitals.
- Parent and Toddler sessions - 3 sessions around the region, Crewe, Knutsford and Chester. Details on Facebook page and on website.

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## **LIVERPOOL PARENT AND CARERS FORUM (LIVPAC)**

**MAIN CONTACT** Donna Phipps  
**TELEPHONE** 0151 727 5271  
**EMAIL** livpac@hotmail.co.uk  
**FACEBOOK** www.facebook.com/groups/344660228948335/?ref=ts&fref=ts  
**OFFERS**

- A closed Facebook page
- Parent advice and support
- Monthly social meetings

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## **ADVANCED SOLUTIONS COMMUNITY NETWORK**

**MAIN CONTACT** Vanda Reeves  
**TELEPHONE** 0151 486 1788  
**EMAIL** info@advancedsolutions.co.uk  
**WEBSITE** www.advancedsolutions.co.uk  
**FACEBOOK** www.facebook.com/groups/109174059237838/  
**OFFERS** Support, training and advice for families living with a range of neurodevelopmental conditions pre, during and post diagnosis. Such as ADHD, Autism Spectrum Conditions, Sensory processing Difficulties, Developmental Coordination Disorders and learning difficulties

## **USEFUL LINKS:**

### **DOWN SYNDROME ASSOCIATION**

Provides information, counselling and support for people with Down's syndrome, their families and carers as well as for professionals. Also a campaigning organisation)

[www.downs-syndrome.org.uk/](http://www.downs-syndrome.org.uk/)

### **LIVERPOOL PARENT PARTNERSHIP SERVICE**

[www.liverpool.gov.uk/schools-and-learning/special-educational-needs/parent-partnership-service/](http://www.liverpool.gov.uk/schools-and-learning/special-educational-needs/parent-partnership-service/)

### **LIVERPOOL EARLY HELP DIRECTORY LOCAL OFFER**

[www.fsd.liverpool.gov.uk/kb5/liverpool/fsd/advice.page?id=yBSaPbF4ZIE](http://www.fsd.liverpool.gov.uk/kb5/liverpool/fsd/advice.page?id=yBSaPbF4ZIE)

### **LIVERPOOL CONTINENCE TEAM**

[www.liverpoolcommunityhealth.nhs.uk/health-services/nursing-services/continence-promotion-service.htm](http://www.liverpoolcommunityhealth.nhs.uk/health-services/nursing-services/continence-promotion-service.htm)

### **SEFTON PARENT AND CARERS FORUM**

[www.sendirect.org.uk/providers/parent-carer-forums/my-services/sefton-parent-carer-forum](http://www.sendirect.org.uk/providers/parent-carer-forums/my-services/sefton-parent-carer-forum)

### **SEFTONS AIMING HIGH SHORT BREAKS TEAM**

[sefton.gov.uk/social-care/children-and-family-care/aiming-high-for-disabled-children/aiming-high-short-breaks.aspx](http://sefton.gov.uk/social-care/children-and-family-care/aiming-high-for-disabled-children/aiming-high-short-breaks.aspx)

### **SEFTON DIRECTORY LOCAL OFFER**

[www.seftondirectory.com/kb5/sefton/directory/localoffer.page?localofferchannel=0](http://www.seftondirectory.com/kb5/sefton/directory/localoffer.page?localofferchannel=0)

### **SEFTON SPECIAL EDUCATIONAL NEEDS INFORMATION ADVICE AND SUPPORT SERVICE (SENDIASS)**

[www.seftondirectory.com/kb5/sefton/directory/service.page?id=wBXaryM\\_SUo](http://www.seftondirectory.com/kb5/sefton/directory/service.page?id=wBXaryM_SUo)

### **ACTIVE8 SUPPORT SERVICES**

[www.active8supportservices.co.uk](http://www.active8supportservices.co.uk)

Created by Ann Kenwright, Trustee, Down Syndrome Liverpool.