DS (Down Syndrome) ACTIVE Sessions

We hold a monthly activity session for people with Down Syndrome once a month, at Ditchingham Village Hall in the Winter and at BARC in the Summer. We have 6 DS Athletes who regularly attend , 4 adults and 2 teenagers.

We have a small but very committed band of volunteers and a coach to run the sessions. The emphasis is very much on fun and inclusion ,all to a loud backing track.

Both the attendees and volunteers appear to have a really good time, we have built up a good relationship with the athletes over the couple of years that the sessions have been running.

