



Living Well
North Tyneside
Supporting Health and Wellbeing

Celebrating inclusion, understanding, and the uniqueness of every person

World Down Syndrome Day (WDS) is observed each year on **21 March**. This date was chosen to highlight the uniqueness of the triplication (trisomy) of the 21st chromosome, which is the genetic cause of Down syndrome. The day is recognised worldwide to raise awareness, promote inclusion, and celebrate the lives and contributions of people with Down syndrome.

What is Down Syndrome?

Down syndrome is a genetic condition that occurs when an individual has an extra copy of chromosome 21. This additional genetic material can cause physical characteristics, developmental differences, and some health challenges, but people with Down syndrome are also individuals with their own personalities, talents, dreams, and contributions to make to society.

Thanks to advances in healthcare, education, and greater awareness, people with Down syndrome are living longer, healthier lives and are increasingly active in schools, workplaces, and communities.

The Theme for 2025: 'End the Stereotypes'

This year, the global theme is 'End the Stereotypes' — focusing on challenging outdated perceptions and encouraging everyone to see beyond the diagnosis to the individual. People with Down syndrome have varied abilities and can thrive with the right support and opportunities.

How to Celebrate World Down Syndrome Day

1. Rock Your Socks!

One of the most popular global traditions is to wear brightly coloured, mismatched socks on 21 March. Why socks? Because chromosomes are shaped a little like socks, and colourful socks help spark conversations about Down syndrome awareness.

2. Start a Conversation

Talk to children, friends, and colleagues about what Down syndrome is — and just as importantly, what it is not. Bust myths and encourage open dialogue.

3. Share on Social Media

Use your voice to promote awareness and positivity by sharing posts, facts, and stories using the hashtag #WorldDownSyndromeDay.

4. Support Local Organisations

Consider donating to or volunteering with charities that support people with Down syndrome and their families.

Local Support in North Tyneside

Down's Syndrome North East (DSNE) - Supporting families and individuals in the region with advice, activities, and community events.

Contact (North East) - Supporting families with disabled children, including those with Down syndrome.

North Tyneside Carers' Centre - Providing support and guidance to carers, including those caring for children and adults with Down syndrome.

Why Awareness Matters

Raising awareness helps to:

- Challenge misconceptions and reduce stigma.
- Promote inclusion in schools, workplaces, and communities.
- Help ensure that people with Down syndrome are given equal opportunities to succeed and participate fully in society.

Get Involved

To find out more and access resources for schools, workplaces, and community groups, visit the [official World Down Syndrome Day website](#)

Together, we can create a more inclusive, understanding world where every individual is celebrated for who they are.

Related Links

- <https://www.worlddownsyndromeday.org/>
- [Down's Syndrome North East \(DSNE\)](#)
- [Contact \(North East\)](#)
- <https://www.northtynesidecarers.org.uk/>

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