



Down Syndrome Day

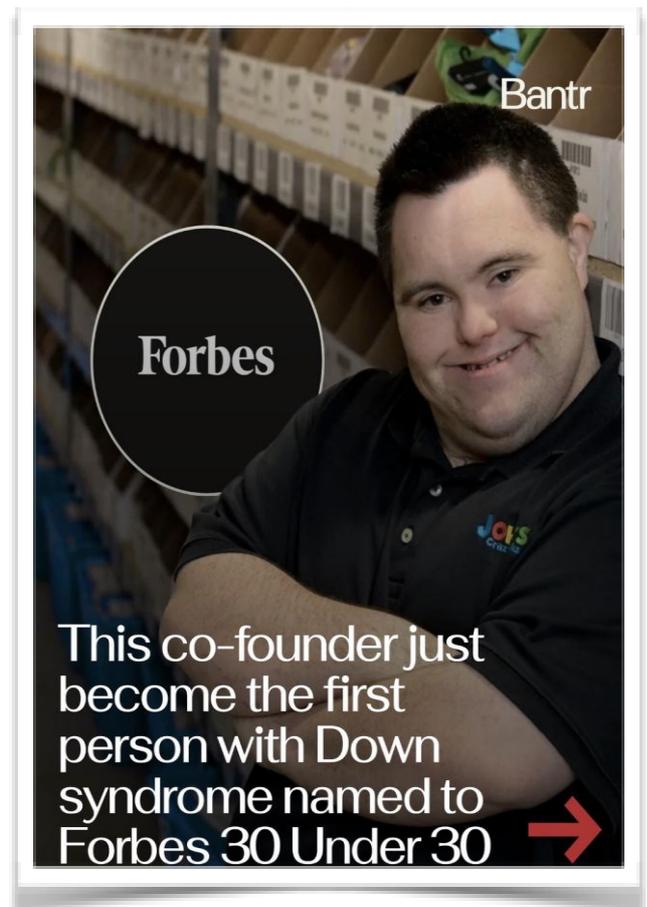
21st March



What is it?

World Down Syndrome Day is a global awareness day aimed at advocating for the rights, inclusion and well being of people with Down Syndrome and has been officially observed by the United Nations since 2012. March, being the 3rd month – on the 21st day was specifically chosen because it represents the 3rd copy of the 21st chromosome (trisomy 21)

One of the many symbols of this day is the 'Lots of Socks' campaign where people wear brightly coloured, mismatched socks to spark conversation about diversity. In January 2026, the co-founder of 'johns crazy socks' was named to Forbes 30 under 30 list in Social Impact, making him the first person with Down Syndrome to receive this recognition. With just 30 people in each category, John being selected means that he is considered one of the most influential young leaders in his field





Down Syndrome Coffee Morning

**Celebrating Down Syndrome Awareness
Join us on the 17th March
11am-12.30pm**

The Speech and Language Therapy team invite you to join us for a coffee morning.

This is a chance for parents and carers to connect, ask questions and share your experiences of the services provided in Hackney and the City.

 **Hackney Ark, Downs Park Road,
E8 2FP**

 **020 7683 4262**



21 Ways to celebrate World Down Syndrome Day

1. Wear crazy mismatched socks.
2. Wear the colours blue and yellow.
3. Participate in 21 random acts of kindness.
4. Donate to a Down syndrome organisation.
5. Volunteer with your local Down syndrome organisation.
6. Support a business owner who has Down syndrome.
7. Support an organisation that advocates for Down syndrome.
8. Share on social media about how those with Down syndrome are more alike than different.
9. Wear an awareness tee.
10. Pledge to end the R word at r-word.org.
11. Share 21 facts about Down syndrome.
12. Donate to or participate in Special Olympics fundraisers.
13. Bring Down syndrome awareness goodies to your job or to your children's school.
14. Run (or walk) 3.21 miles in honour of WDSO.
15. Share WDSO videos.
16. Read stories with your kids that promote awareness and inclusion.
17. Learn more about Down syndrome.
18. Participate in a local WDSO event.
19. Get your local schools to celebrate WDSO.
20. Do a fundraiser for your favourite Down syndrome organisation.
21. Wear WDSO shirts



Workfit

Down's Syndrome Association's (DSA) programme to match school and college leavers/job-seekers with employers

Workfit is a hugely positive and successful employment programme which matches job-seekers with Down Syndrome well-suited and highly rewarding roles.

Workfit provides a tailored service for both its users and employers. It provides training for employers so that they understand how to support their employees with Down Syndrome so that they can thrive within their roles and fulfill their potential.

The DSA have produced a [Workfit leaflet](#) with further information about the programme and some of the people who are benefitting from it.

