

DSActive

*Activities for people
with Down's syndrome*



The Programme

DSActive was created in response to the awareness of the sedentary lifestyles of many children and adults with Down's syndrome and the subsequent health problems including obesity, resulting from lack of exercise and participation in sport. It was evident there was a need for specific Down's syndrome sport.

DSActive is a sports programme for people with Down's syndrome administered by the Down's Syndrome Association (DSA).

DSActive currently have over 40 football sessions and 20 tennis programmes that run over England and Wales. All of the programmes are easily accessible and cater for ALL ages and ability.

The sessions that are offered have massively increased the satisfaction of taking part in sport for players. More impressively, the programme has offered sport to many individuals who previously had limited opportunities.

What the programme does

DSActive supports and works in partnership with the coaches to deliver football & tennis sessions to people with Down's syndrome, as well as advertising new teams to its members. The programme provides on-going support through a dedicated team that is available to provide specialist advice and guidance, frequent visits to football & tennis sessions, coach resource pack providing reference material on Down's syndrome and suggested session plans, and DSActive website which offers information about each club. DSActive also organises frequent National Festivals for both football and tennis that brings participants from various DSActive clubs.





Benefits

Common knowledge and research studies show sport and exercise can produce physical benefits. This principle also applies to individuals with Down's syndrome, and the DSActive programme has already yielded some astonishing results.

- A University of Cambridge PHD examined the benefits of sports participation on individuals with DS. It found that 30 minutes of moderate to vigorous activity was hugely beneficial providing health benefits towards diabetes and obesity – two common illnesses experienced by those with DS.
- 76% of parents/carers in a recent study have stated that their loved one was not very active before they started attending DSActive, which implies that the football and tennis sessions are important means of raising activity levels.
- One parent gave a very clear example of how DSActive had improved her son's physical health. Three years previous to him starting DSActive sessions he had been diagnosed with diabetes, since there has been a notable improvement in his blood glucose levels.
- Many players that have been a part of DSActive, have significantly improved their weight management & fitness, increased their level of co-ordination and seen a noticeable ease of movement.
- DSActive offers players an opportunity to spend time together in an active environment. Association with certain clubs has also created chances for participants to connect more frequently and freely with their peers at school. Consequently, the vast majority of participants have seen great development in their social and emotional development.
- There are no limitations for participants joining the sessions; they are quick, easy and accessible for anybody to join.

How to access the programme

Email: DSActive@downs-syndrome.org.uk

Phone: 0333 12 12 300

Website: www.dsactive.com

Twitter: @DSActive

Facebook: DSActive

