

Services Provided

Family and whānau support: Non-judgmental support is available at every stage, including following a new diagnosis. Families can connect with others who understand their experiences and access practical information and resources.

Information and advocacy: The group raises awareness, promotes positive attitudes and advocates for people with Down syndrome to be valued, included and supported to participate fully in community life.

Educational resources: Books, reading programmes and numeracy materials are available for families, schools and early childhood centres to borrow.

Groups & Activities

GreatM8s Social Group

A friendly social group meeting fortnightly.

Gymnastics Sessions

Popular, inclusive sessions supporting activity, confidence and connection.

Community Events

World Down Syndrome Day celebrations, Christmas gatherings and other opportunities for whānau to connect.

“We want families to know there is support available. Sometimes just talking to someone who understands can make all the difference.”

- Kathryn Sadgrove, Coordinator

 **Co-ordinator**
Kathryn Sadgrove

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