The DSActive DSEngage Programmes continue to be busy with new partner organisations, sessions and activities.

Taking part in any activity, whether it’s leisure, recreational or sporting, can benefit physical and mental health and the well-being of everyone involved. New activity opportunities as well as established sessions continue to be supported by the DSActive Programme. The importance of children and adults having the opportunity to take part within a session that best suits the needs of the individual is a value shared by our DSActive Partners. The changes made after the DSActive Programme review enables DSActive to support organisations to successfully participate in a range of session types, to include Down’s syndrome specific sessions, learning disability sessions, open mixed ability sessions etc. If you know of a session taking place that the DSActive Programme could support, please get in touch with DSActive dsactive@downs-syndrome.org.uk

Date for your diary:
The first British Down Syndrome Swimming Championships was held in November 2022 and was a huge success. The event will return to the K2, Crawley on 18 and 19 November 2023. More information can be found at Sign Up 2! Down Syndrome Swimming Great Britain (dss-gb.org) or you can email specific questions to britishdsswimmingchamps@gmail.com. This event is great not only for participants but also spectators, so please do come along and support the event.

We continue to have a great time at the DSA DSEngage online sessions. All sessions are free and information about the session and how to book can be found on the DSEngage webpage DSEngage - Down’s Syndrome Association (downs-syndrome.org.uk)

Newcastle United Foundation Down Syndrome Team
The team were excited to be invited back to Spain to take part in their second Donosti Cup Tournament at the Anoeta Stadium, home of Real Sociedad.

The Donosti Cup is Spain’s top soccer tournament and attracts over 350 teams from 23 nations every year. This year Newcastle was the only team representing Great Britain! The team got off to a great start at the exciting opening ceremony with a lap around the pitch whilst being clapped and cheered by almost 10,000 people.

The team loved it, especially all the cheering from the crowd.

On the first day of fixtures Newcastle played a team from France and then the hosts Real Sociedad! Two brilliant games which included Newcastle scoring a goal worthy of goal of the tournament from the halfway line! The team went into their last game knowing that if they won (they were playing a team from Mexico) then they would be crowned champions! It was a tight nerve game ending 0 – 0 and so they had to have a penalty shoot-out! The team handled the pressure really well. They were fantastic. They won the shoot out and took the Donosti Cup back to Newcastle proud and very worthy winners.

Coaches Mark Daglish and Steven O’Neill hope that the team will be able to parade the trophy to a sell out crowd at St James Park when the Newcastle United 1st Team hold the Sela Cup. A brilliant opportunity to show off their fantastic achievement.

Congratulations from the DSA to the Newcastle United Foundation Down Syndrome Team and to everyone involved in this trip. We have seen the photos and the official video and it looks like an amazing tournament and that you all had a great time!