



## Media Release

For Immediate Release 5 March 2013



## World Down Syndrome Day: 18 March 2013

The **Down Syndrome Association of Namibia (DSAN)** will celebrate “World Down Syndrome Day” on the 18<sup>th</sup> of March. Internationally the day is celebrated on the 21<sup>st</sup> of March but on that day we already celebrate Namibia’s Independence.

To raise awareness about Down Syndrome (DS) internationally, relatives, friends, carers and supporters of people with DS will wear lots of different socks in support of World Down Syndrome Day 2013.

Down Syndrome International, a UK based charity organization, initiated the idea for 2013 for all of us to wear different socks to celebrate the extra chromosomes that make people with DS unique. People all over the world will celebrate being different by wearing brightly coloured, striped, dotted, mismatched socks. Join DSAN by pulling up your special socks on World Down Syndrome Day in Namibia!



People with DS have extra chromosomes, which cause intellectual and physical development challenges. With around 7 million people in the world living with DS, it is the most common and recognised form of learning disability. People with DS face the harsh reality of low life expectancy, physical and psychological abuse, stigma and exclusion, and limited opportunities in life as children and adults. In addition to their own intellectual and physical challenges, people with DS face educational, political, medical and social barriers – in both the developed and developing world.

When asked why you are wearing your special socks, you will have a chance to explain that you support the international and Namibian Down Syndrome community. Being different makes people with DS unique but they are still first and foremost people; people who can be sad or happy, silly or excited, quiet or loud, with aspirations and dreams and hopes for a happy life with purpose – in Namibia and the world over.

So remember, most important is that you wear socks that attract attention and will make people ask you a few questions so you can explain what is DS and that you stand up for people with Down Syndrome in Namibia.

### **Become a member of DSAN**

We are reaching out to people with DS and those close to them: parents, family members and friends, caretakers, professionals, practitioners, researchers, organisations and anyone who wishes us to create a community of support for people with DS.

DSAN is registered as a non-profit company under Section 21 of Companies Act 2004, registration number 21/2012/1014.

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