



Under the patronage of Lady Cowper-Coles, wife of the British Ambassador, ICING, the International Children in Need Group has been coordinating the fund raising efforts of the British community living in Riyadh.

A succession of activities from sporting challenges to tea parties has resulted in a small pool of funds which have been directed towards various charitable activities.

The latest of these was a project to assist the Down Syndrome Charitable Association (DSCA) in Saudi Arabia to "Train the Trainers".

ICING were very pleased to be able to sponsor the visit of Mrs Gillian Trafford, an occupational therapist working with children having the condition, who was able to run a month long training course.



Down syndrome is a genetic condition caused by the presence of an extra chromosome. What we don't know is what causes the presence of the extra chromosome. What we do know is that no one is to blame. Nothing done before or during pregnancy can cause Down syndrome. It occurs in all races, social classes and in all countries throughout the world. It can happen to anyone. About 1 in a 1000 children will be born with the condition.

The name "Down" comes from the English doctor John Langdon Down, who first described the syndrome in 1866. Down syndrome is associated with a number of developmental difficulties:

- Delayed motor skills (such as sitting, crawling and walking in infancy)
- Delayed cognitive skills (such as speech and language acquisition and short-term memory abilities)

In the past it was believed that there were many things that people with Down syndrome could not do when in fact they had never been given the opportunity to try. Today these opportunities have never been greater with many people with Down syndrome leading rich and varied lives. There are limits to what children with Down syndrome can achieve. However, they:

- Have potential and an ability to achieve, which should not be underestimated.
- Respond well to encouragement, knowledge and stimulation.
- Can join the workforce and become productive members of the community.
- Like all children, those with Down syndrome demonstrate a wide range of capabilities and potential.

While the birth of a child with Down syndrome can be devastating at the time, parents learn to enjoy their child and develop hope for their child's future. Children with Down syndrome contribute enormously as family members, and can grow up to be productive adults in the community. Having a baby with Down syndrome can place stress on the family and a marriage. It takes time to learn to cope, and support from an organisation like the DSCA can be invaluable for both parents and the children.