

without having to travel outside their local town or village.

## Message:

As chairperson of Down Syndrome Mayo on behalf of people with down syndrome we would like to see this group of people more supported in inclusion in rural towns in any activity they wish.

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This e-mail was sent from a contact form on National Planning Framework (<a href="http://npf.ie">http://npf.ie</a>)

We would like to see our members in Down Syndrome Mayo supported in the community to join and be part of anything they would like to be part of in their local town or village. Families of people with down syndrome in small towns and villages report that their family member with down syndrome is not part of any local activity or group as it would be too difficult for them to join naturally. They feel very excluded and isolated. Our aim as a charity for our members who find themselves in this situation would be to be able to support them in an individual person centred way to be part of their community and to feel a valued member of their community. To be supported in engaging in recreational sustainable and meaningful activities within their local community