



kdsp

A Down Syndrome Organisation

Newsletter

July-December 2024



Impact Statistics



Family Network expanded to **2419** families
179 new families facilitated through Family First Contact meetings
92 new parents and caregivers facilitated through Humrahi program



45 awareness sessions conducted



Over **600** individuals benefited through healthcare



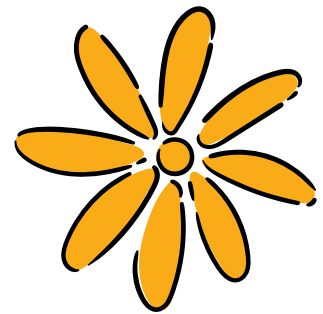
Over **190** individuals benefited from skills development programs



86 children benefited through EPEP, TAP, and PIE



300+ Children benefitted from weekly Early Childhood Intervention therapy sessions



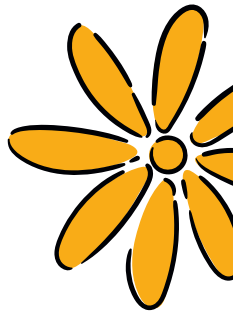


Family Support



Impact Stats:

- Family Network expanded to 2419 families
- 179 new families facilitated through Family First Contact meetings
- 100 new parents and caregivers facilitated through Humrahi program
- 18 emotional support group sessions conducted for EPEP, TAP and EFL mothers.
- Conducted 183 Check-In calls with the Family Network. Checking up on families who had been registered for 3 months or more.
- 201 new individuals registered
- 32 family support group sessions conducted, which includes informational & emotional support groups benefiting over 400 parents/caregivers



Monthly breakdown

- KDSP continued to offer informational support to parents and caregivers via monthly Family Support Group sessions on a variety of topics:
 1. **July:** Empowering Parents: Comprehensive Awareness and Inclusive Language for Down syndrome
 2. **August:** A Guide to Using Restrooms Independently for Individuals with Down syndrome
 3. **September:** Importance of Keeping a Consistent Routine of Children with Down syndrome
 4. **October:** First Aid Training for Parents of Individuals with Down syndrome
 5. **November:** Caring for the Caregiver: Managing Burnout in Parenting
 6. **December:** Cardiac Issues of Children with Down syndrome

Humrahi Annual Meet up

We concluded the final supervision session of 2023-2024 with reflections, certificate distributions, and special rewards for the top 3 Humrahis in recognition of their outstanding contributions.



Opening of Emotional Support Group Sessions for all the programs, EPEP, TAP and EFL.

Our Emotional Support Groups, offering therapy to parents of EPEP, TAP, and EFL participants, began in August and September 2024. Baseline forms were collected, with results to be analyzed alongside endline data in May 2025 for potential improvements.



EFL Opening



EPEP Opening



TAP Opening

Celebrating Children's Day with DEPD Students

We celebrated Children's Day with 15 children from the Department of Empowerment of Persons with Disabilities (DEPD), featuring yoga, painting, and a magic show. The children enjoyed refreshments and received goodie bags filled with treats and gifts.



New Humrahi Intimation

We welcomed a new cohort of Humrahis in December. As a vital part of Family Support, the Humrahi program supports newly registered parents with essential guidance. Through a rigorous 3-step hiring process, candidates were nominated, assessed on listening skills, empathy, and DS knowledge, and interviewed by FS.





Awareness



Stats

1. Around 1300 people made advocates through 45 awareness sessions

The Awareness Department at KDSP undertook several impactful initiatives to spread awareness and promote inclusion for individuals with Down syndrome.

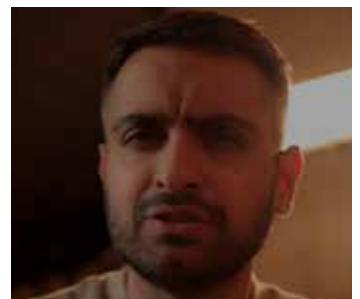
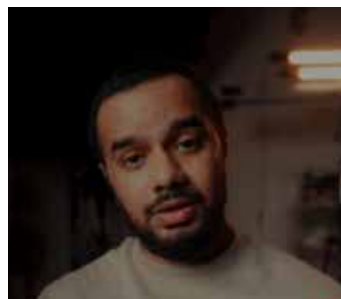
- KDSP students appeared in a promotional video for J. Junaid Jamshed for their Independence day campaign called Par-waaz ki Azaadi showcasing support for individuals with Down syndrome through this influential platform.

- Independence Day celebration where the J. Junaid Jamshed team visited KDSP for a cake cutting ceremony and an engagement activity with the students.



- Zahra Halai represented KDSP at Habib University for Global South Arts and Health Week where she spoke about how Arts have helped her express herself.

- Famous influencers support KDSP, shout-outs from prominent figures, including Irfan Junejo, Ali Hamza, and Kazi Akbar, helping raise awareness for KDSP's initiatives and the Down syndrome community.



- KDSP students displayed on Times Square for the NYC Buddy Walk organized by the NDSS, bringing international recognition to their talents.

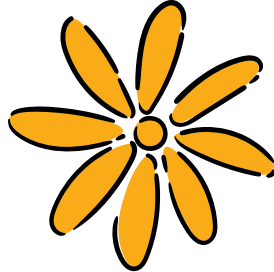


- Rangon ki Lehr embarked on its Lahore ka Safar at the Ejaz Art Gallery in Lahore.



October 2024 - Celebrating the Down syndrome Awareness Month

- The month began with the Myths Mitao campaign, aiming to debunk common misconceptions about Down syndrome. The campaign aimed at showing the world what Individuals with Down syndrome are capable of and can accomplish in their lives while busting myths that the society stereotypes them with.



First-Ever KDSP Conference

- In October 2024, KDSP hosted its inaugural conference, uniting inclusion advocates to amplify the voices of individuals with Down syndrome. The event, attended by Honorable Chief Minister Syed Murad Ali Shah, emphasized the government's commitment to inclusion. The panels highlighted key topics, including improving early childhood interventions, making education more inclusive, and integrating individuals with Down syndrome into the workforce.

The conference also marked the launch of KDSP's 10 year video kindly made by SOC (Sharmeen Obaid Chinoy) Films.



Children's Day Celebrations at KDSP

- KDSP celebrated Children's Day in collaboration with Habitt, where our students represented Lehr and KDSP Kafe. The Kafe brownies were a huge success at the pop up.



- KDSP's heroes were invited to the Chief Minister House Sindh, where they were honored to be his cabinet for a day. Our Education for Life student, Dua even became the Chief Minister for a day. The day was filled with fun and gave our students an opportunity to see what they can all achieve one day.



- KDSP was present at the talent exhibition organized by the State Bank of Pakistan at the State Bank of Pakistan Museum.



International Day of Persons with Disabilities

- For International Day of Persons with Disabilities, KDSP engaged in multiple activities. A guest speaker session at Dawlance was delivered by Ms Shayan alongside Farah Vohra who is a Skills Development Facilitator at KDSP.



- For the academic community, KDSP has engaged students from Dow University through iCare, IBA, and AKU-IED, fostering future advocates for inclusion.



- Ms Shayan represented KDSP with our Student Rania on Aaj TV's "Sidra Iqbal Show," further promoting its mission and spreading awareness.



- Our students also participated in the Special Talent Show and Exhibition organized by the Department of Empowerment for Persons with Disabilities, showcasing their creativity and talents.



- At the organizational level, sessions have been held at Artistic Milliners, Junaid Jamshed, Engro Fertilizer, Bacha Party, Shield, Rangoonwala, and Hilal Foods.

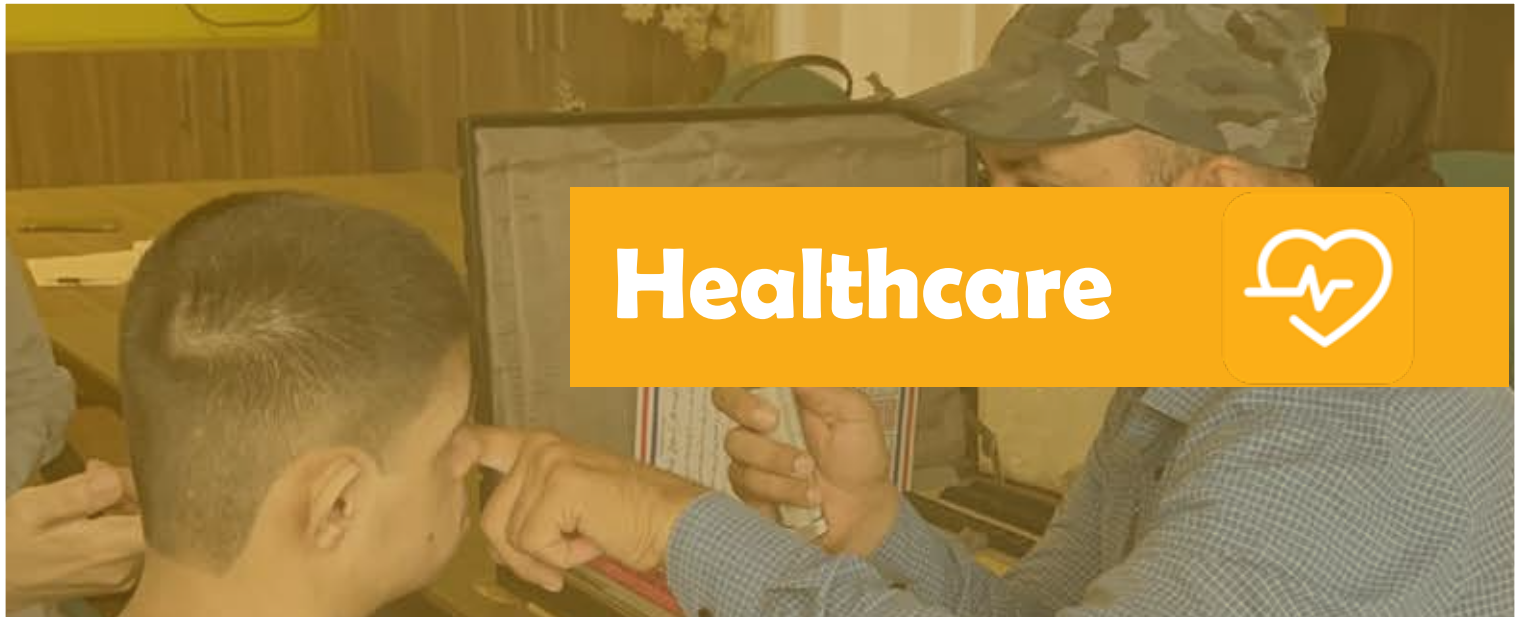


-In the healthcare sector, KDSP has conducted sessions at Fatmiah Hospital, South City Hospital, Altamash General Hospital, SICHN, Ziauddin Hospital, and Fatmiah Hospital's Parents Awareness Session.



- KDSP also collaborates with schools such as Rahi's Montessori, Beaconhouse Schools (Lahore, Multan, and Clifton Campus), Beaconhouse Discovery Centre, River Oaks Academy, The Stream School, Happy Days Montessori, My Cambridge Academy, and KGS (who visited KDSP).





Stats

1. 90+ healthcare cases sponsored, including 9 dental procedures, 14 surgeries and hospitalizations & 77 medicines and equipment sponsored.
2. 470+ individuals benefitted in Healthcare through KDSP's in-house clinics and external consultations

1. Three free of cost eye camps with LRBT, 80+ individuals benefitted



2. One free of cost dental camp by Shield Pakistan, 20+ individuals benefitted.



3. One free of cost Cardiac Camp conducted by Dr Saleem Akhter which helped identify potential cardiac concerns among our beneficiaries. This initiative also supported our health profiling process, making it more systematic.



Skills Development



Stats

1. Total number of sessions (includes vocational & hobby-building programs) - 2011
2. Average student attendance for EFL & Skills Lab is 92% & 81% respectively
3. Average SLOs achieved for EFL & Skills Lab is 85% & 81% respectively

Summer Camp

KDSP's Skills Lab held a four-week Summer Camp featuring a variety of fun activities, including life skills training, arts and crafts, fitness sessions, and sports events. The 30 children attending the camp thoroughly enjoyed the experience throughout the program.



Mudpie Clay Art Session as part of GSAHW

Mudpie Studios conducted a therapeutic clay workshop for KDSP' Education for Life - Year 1 students as part of Global South Arts and Health Week (GSAHW).



J. Engagement Activity

J. Employees celebrated Independence Day with KDSP Education for Life (EFL) students and conducted a fun painting and drawing activity.



Rangon Ki Lehr - Ejaz Gallery - Art Exhibition

'Rangon ki Lehr', an art exhibition by KDSP, made its debut at the Ejaz Art Gallery in Lahore. The exhibition featured around 40 pieces showcasing the creativity and unique perspectives of the artists.

The event received an overwhelming response, with guests and visitors expressing immense appreciation for the artistry on display. It was a proud moment for KDSP to bring this celebration of talent and inclusion to Lahore, highlighting the boundless potential of individuals with Down syndrome through the transformative power of art.



Engro Internship

Unzila Shah and Hamza Khan, from Education for Life Years 2 and 1, participated in Engro's six-week Summer Internship Program. Unzila interned in Engro Fertilizer's marketing department, while Hamza worked in the administration department. Both students received paid internships.



Lehr at HBL

Lehr by KDSP displayed crafters' products at HBL Tower to celebrate 'World Mental Health Day'. The products were well received from the customers and employees.



Lehr at Bachaa Party



Lehr at KGS



Lehr at the Crafter's Guild



Lehr at DEPD



Lehr at SBP State Bank



Lehr at Habitt for Children's Day Celebration



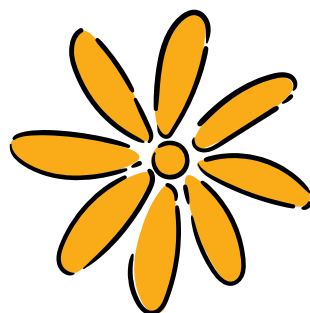
Lehr at Dawlance for Person's with Disabilities Day



Lehr at PKIC



Lehr at Soul Fest



KDSP Kafe

KDSP Kafe at KE

Students from KDSP's Education for Life program baked delicious brownies for the employees at K-Electric.

KDSP Kafe at PKIC



Kafe at Soul Fest



Cooking Program

As part of KDSP's Skills Lab, a three-month Cooking Course was launched for students aged 12 and above. Throughout the program, participants will explore the fundamentals of culinary skills, equipping them with essential techniques and encouraging creativity in the kitchen.



Education



Stats

1. 33 kids being benefited from EPEP
2. 28 children benefiting from TAP
3. 26 children benefiting from PIE
4. 5 total inclusion partnerships
5. Average attendance of students in EPEP, TAP, and PIE - 96%, 94% and 71% respectively
6. Average % of SLOs achieved by EPEP, TAP, and PIE students - 62.5%, 88% and 83% respectively

Independence Day

EPEP students celebrated Independence Day, engaging in art activities with their mothers, marking a memorable start to their classes. TAP students learned basic questions and answers about Independence Day, such as the founder of Pakistan, the colors of the flag, and the provinces of Pakistan.



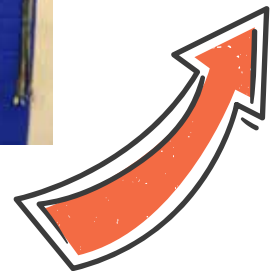
Blue Day

During EPEP's Blue Day, mothers enthusiastically joined their children in various fun activities and classroom tasks. This special event focused on color recognition, creating an engaging and interactive learning experience for all.



Gala Day

A fun Gala Day was organized for TAP students, where they enjoyed various games such as bowling, Find the Nib, Pin the Tail, Walk My Walk, Toss the Ring, and more. The event also included a Show and Tell activity and a photo booth.



World Children's Day

EPEP celebrated a fun-filled Children's Day where parents were invited to prepare 'crazy hats' for their children. The kids had a blast walking the ramp, displaying their unique hats. The event featured a face painting station, a game station, and an art station, ensuring the kids were fully engaged throughout the day.

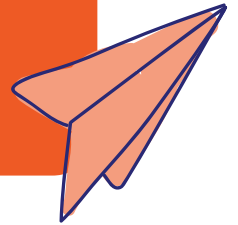


Early Childhood Intervention



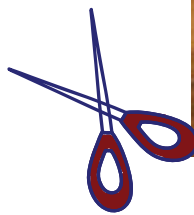
Stats

1. 460+ children benefited from therapies
2. 254 children currently taking therapies
3. 500+ therapy sessions scheduled weekly
4. 200+ home plans and one-time guidance call's given (to children on our waitlist)



Training at Ilmesters School

Three therapists from Speech Therapy, Occupational Therapy, and Physical Therapy collaborated with the EPEP team to deliver an 8-module training. The sessions covered topics like behavioral management, speech and language development, fine motor skill development, and creating individualized educational plans, promoting inclusivity for individuals with Down syndrome in mainstream schools.



Speech Therapy Basic Sign Language Department Certification



The entire Speech Therapy department successfully completed their certification in a basic sign language course from Connect Hear, reinforcing their commitment to effective and inclusive communication.

Handwriting Without Tears Training

Shafaq, head of Occupational Therapy, completed an 8-hour online training by Learning Without Tears and later led a session for the OT department, EPEP, and TAP teachers, focused on enhancing handwriting development strategies for children.



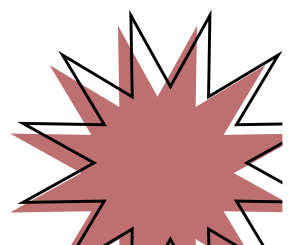
Resource Mobilization



Donor Plaques

KDSP celebrated its 10th anniversary this year, and this milestone would not have been possible without the generous contributions and unwavering support of our donors. To express our gratitude and honor their commitment, we presented our donors with a token of appreciation recognizing their significant impact on the Down syndrome community in Pakistan. The following donors were given plaques in recognition of their exceptional support:

- Nusair Teli - Pakistan Beverage Limited
- Ahmed Ismail - Ismail Industries Limited
- Humza Tabani
- Riyaz Chinoy
- Century Insurance Company Limited
- Pakistan Mortgage Refinance Company
- Meezan Bank
- Cowasjee Foundation
- Engro Foundation
- Danish Aman
- Faisal Baghpati
- Feroze1888 Mills Limited
- Asif Gigi
- Farhat Rasheed
- Umair Yousuf
- Tecno Pack Industries Pvt. Ltd.
- Mohammed Afzal
- Recycle for Charity
- Sohail Rajput
- Tuaha Ahmad Faruqui
- Haider Zamin
- Redbull
- Martin Dow



Donor Visits

KDSP values the opportunity to host donor visits, allowing us to personally express our gratitude and showcase the impact of their generous contributions. The following donor visits were conducted :

- Salaam Takaful
- K - Electric
- Pakistan Mortgage Refinance Company
- J. Junaid Jamshed Pvt Ltd
- VIS Credit rating
- Habitt
- Salman Parvez



KDSP Conference 2024

We are deeply grateful to our esteemed sponsors, whose significant contributions have made the KDSP conference possible. Habitt was our Venue Partner, Pie in the Sky and Tapal was our Tea Partner, and Chop Chop Wok was our Food Partner. Their support has been invaluable in ensuring the success of this event and hosting the first KDSP conference.

English Biscuit Manufacturers (EBM) sponsors

Skills Development Wing:

KDSP is deeply grateful to EBM for their generous support of the Skills Development Wing, enabling us to offer vocational training, hobby-building programs, and life skills that promote independence. EBM's commitment fosters inclusivity and empowers individuals with Down syndrome to lead more fulfilling lives.

Faysal Bank Limited's Support for KDSP's Lehr Shop:

KDSP is grateful for Faysal Bank Limited's invaluable support, which strengthens the Lehr Shop and promotes financial independence for individuals with Down syndrome. Their commitment to social responsibility and inclusion helps create brighter futures for families registered with KDSP.

Hilton Pharma's Support towards KDSP Learning Center

KDSP is deeply grateful for Hilton Pharma's unwavering support, which ensures the sustainability of the KDSP Learning Center and brighter futures for individuals with Down syndrome. Their commitment to social responsibility and inclusion helps provide essential services, creating opportunities for individuals with Down syndrome to thrive.



Islamabad Chapter

Impact Stats

Family Support

1. 72 new families added to FN
2. 226 Families engaged in FN

Healthcare

1. 62 HC referrals sent

Awareness Stats

1. 18 sessions conducted
- Attendants: 646

Early Childhood Intervention

1. 91 children enrolled and commenced therapies
2. 1615 sessions scheduled



HEALTHCARE PARTNERS

- Shifa Foundation Community Health Centre
- SHIFA INTERNATIONAL HOSPITAL
- Munaaf Dental Practice
- Shifa College of Dentistry

KDSP proudly collaborated with esteemed healthcare partners to expand our reach and impact. The signing of MOUs formalized these partnerships, aimed at creating an affordable, supportive healthcare ecosystem for children with Down syndrome.

Mobility Partner

Careem became the official mobility partner of KDSP-Islamabad. This collaboration aims to enhance transportation access for families and individuals supported by KDSP, ensuring greater convenience and mobility for those in need.

Summer Camp at KDSP Islamabad Chapter

KDSP Islamabad's first summer camp offered engaging activities like arts, yoga, and music, providing an inclusive space for children to explore their talents.

Food Partner: Cheezious- We extend our heartfelt gratitude to Cheezious, our food partner, for adding a delightful touch to the camp experience.



Family Informational Support Groups

KDSP hosted a family support session on managing challenging behaviors and the role of consistency and routine. The session provided parents with practical strategies for addressing common behavioral challenges.

KDSP hosted a family support session on toilet training for children with Down syndrome. The session offered parents practical strategies on recognizing readiness, establishing routines, and supporting their children's progress.

KDSP hosted an informational family support group session titled "Managing Oral Hygiene and Dental Concerns for Children with Down Syndrome." The session focused on the importance of dental care, regular check-ups, and addressing specific oral health issues for children with Down syndrome.



Dental Screening Camp and Informational Support Group on "Managing Oral Hygiene and Dental concerns for Children with Down Syndrome"

The Dental Screening Camp was conducted by our Dental partner, Shifa College of Dentistry. This initiative aimed to address the unique dental health needs of these children and provide essential dental care and education to their families



Awareness Sessions

A series of awareness sessions on Down syndrome were recently conducted at various healthcare and educational institutions, including TeleTaleem, CMH Hospital, CDA Hospital, Benazir Bhutto Hospital, Fauji Foundation Hospital, Shifa Community Foundation Centre, Shifa College of Dentistry, Silver Oaks Inclusive School, Learning Sprouts School, ASAS Inclusive School, Beaconhouse School, Friends School, NUST University, SZABIST University, National Institute of Special Education and Zong. These sessions aimed to enhance general awareness, educate the public, and provide valuable information to families, caregivers, and healthcare professionals about Down syndrome.



Skills Lab Sessions

Short In November, KDSP Islamabad launched Skills Lab Sessions, starting with an art course and Yoga classes. These programs offer children a creative, fun, and supportive environment to enhance their artistic skills, physical well-being, and focus.

Children's Day at KDSP Islamabad

On November 20th, 2024, KDSP-Islamabad celebrated Children's Day with a gesture of appreciation, offering candies to the children. It was a joyful occasion, bringing smiles and acknowledging their unique qualities.

Family Enrichment Activity

KDSP-Islamabad celebrated Down Syndrome Awareness Month with a family enrichment event at Fun City, Centaurus Islamabad. The day featured exciting rides and activities, with FunCity as our entertainment partner and Howdy providing delightful dining experience.



Families Check-in with the CEO, Tabish

KDSP-Islamabad hosted a check-in session with CEO Tabish, where families shared feedback and discussed concerns over tea. Parents expressed gratitude for KDSP's support fostering open communication and strengthening the bond between families and the leadership team.

