

Instagram Guide

Foyle
Down
Syndrome *me*
Trust

Account Details

Description:

Description: Foyle Down Syndrome Trust (FDST) is a unique user-led organisation that has created a community that supports and empowers those with Down Syndrome from birth to adulthood, this will enable them to lead full, meaningful and productive lives.

Links:

Website: <https://foyledownsyndrometrust.org/>

Facebook: <https://www.facebook.com/foyledownsyndrometrust/>

Down Syndrome Awareness Week Guide

1. Upload Animation on Topic
2. Upload Main Post, each folder has all the photos that need uploaded together
3. Upload Educational Topic Post
4. Each Content for each day are separated by folder named for that day's theme
5. Each post are numbered to upload in order
6. Each animation must include in the description (*<https://www.bensound.com>*)

Day 1: The History of FDST

Description:

- Animation: Description MUST include link to bensound (<https://www.bensound.com>)
- Animation and Topic post:
#DownSyndromeAwarenessWeek #Day1 History of our organisation, #FDST
- Educational post: #DownSyndromeAwarenessWeek #Day1 #Education #History #DrSueBuckley #OneToOneEducation #Abll-r

Day 2: The FDST Families Theme

Description:

- **Animation: Description MUST include link to bensound (<https://www.bensound.com>)**
- **Animation and Topic post: #DownSyndromeAwarenessWeek, #Day2, Who are our members, What they do, #QuotesFromsParents, #FunTogether, #FDST**
- **Educational post: #DownSyndromeAwarenessWeek #Day2 #Education #EducationPacks #1-1Education #1-1 #Unique**

Day 3: The FDST Activities Theme

Description:

- **Animation: Description MUST include link to bensound (<https://www.bensound.com>)**
- **Animation and Topic post: #DownSyndromeAwarenessWeek, #Day3, What we do, #KeepTheFun, #LoveActivities, #FDST**
- **Educational post: #DownSyndromeAwarenessWeek #Day3 #Education #NewsSkills #AdultEducation #SocialSkills #Independence #Skills #Activities**

Day 4: The FDST Impact of Services

Description:

- **Animation: Description MUST include link to bensound (<https://www.bensound.com>)**
- **Animation and Topic post:**

#DownSyndromeAwarenessWeek #Day4 The impact we have #IndependentMe, #FDST

- **Educational post: #DownSyndromeAwarenessWeek #Day4 #Education #MainStreamEducation #Milestones #Goals #Learning #Makaton #Communication #Development**

Day 5: The Future of FDST

Description:

- **Animation: Description MUST include link to bensound (<https://www.bensound.com>)**
- **Animation and Topic post: #DownSyndromeAwarenessWeek #Day5 Plans For Our Future #FDSTFuture, #FDST**
- **Educational post: #DownSyndromeAwarenessWeek #Day5 #Education #Future #Expand #LocalCommunity #Community**

Accounts To Follow

@globaldownsyndrome

@grahamwarke (Lord mayor of Derry City and Strabane)

@down.syndrome.awareness

@downs_syndrome_association

@ndssorg

@downsyndromeaction