

# The HAPPY Programme



A Health Awareness Programme for Teens with Down Syndrome  
Devised by DISCO in collaboration with the Down Syndrome Centre

## Step 1

Deliver The HAPPY pilot programme to teens

## Step 2

Collect feedback from teens and parents

## Step 3

Improve the programme with this feedback

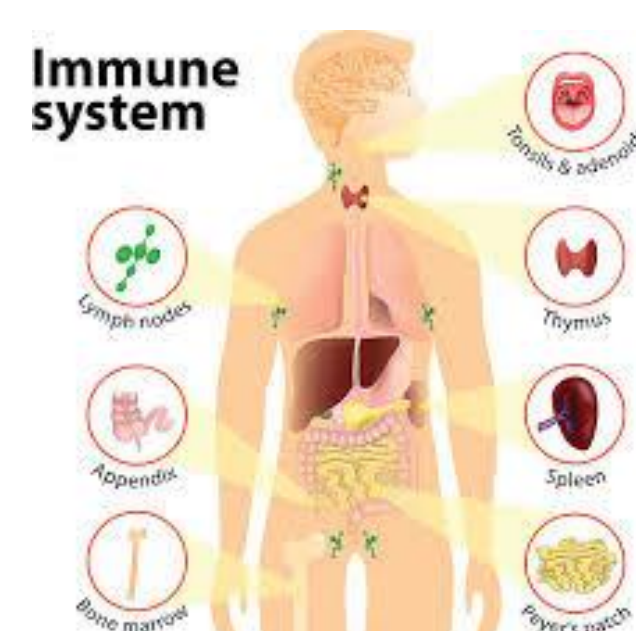
## Step 4

Deliver the programme to other centres and regions

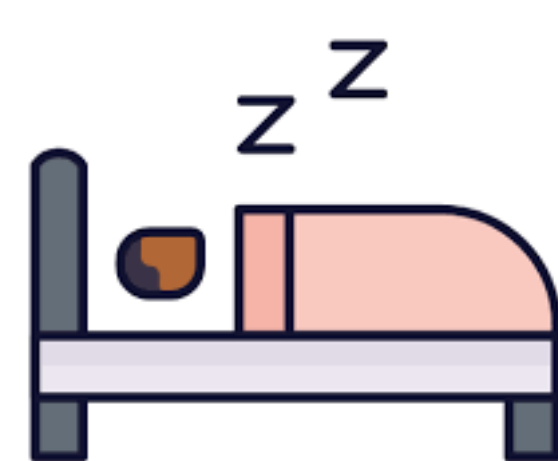
## The HAPPY Sessions



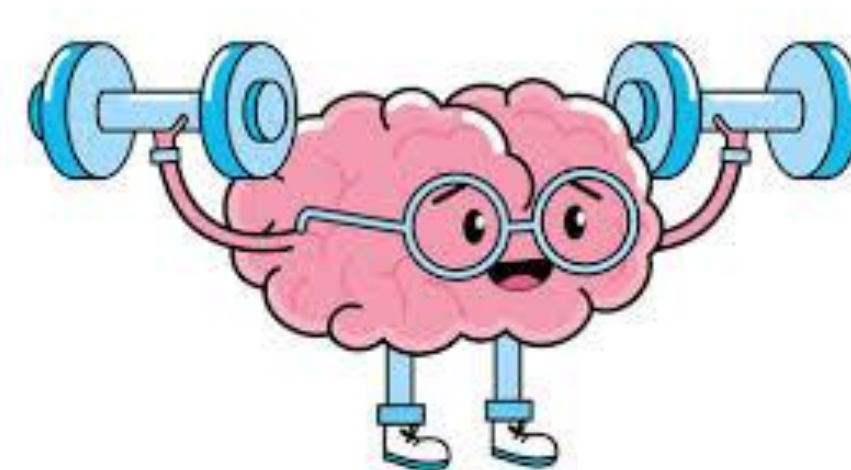
Anatomy Lesson



Immune System & Vaccinations



Sleep



Brain Health



Physical Health



Oral Health

## Meet the HAPPY Team



Eleanor Molloy



Beth Corcoran



Lauren Shaw (DSC)



Lynne Kelly



Daniel Johnson



John Gormley



Eimear McGlinchey



Anne O'Connell

A Trinity Civic Engagement Awardee 2025

More Info



Beth Corcoran  
corcorbe@tcd.ie