

ROCK YOUR SOCKS

FOR **mencap**



This March take part in Mencap's Rock Your Socks! Wear socks that stand out, start a conversation and raise vital funds to support people with a learning disability across the UK.



Chris and his adult son Morgan have used Mencap for many years.

'The research and the articles are really helpful. It's difficult for anybody starting out, travelling in hope. Hoping things won't be as bad as you are told they will be. The Mencap articles help with inspirational stories of people on the same journey, as well as the support they give through their services and helpline. It's a long, hard and continuous road; with Mencap there is always someone to turn to.' *Chris*



Help us provide vital support to more families:

£21

could help to provide support for someone calling us for information and advice.

£210

could help provide access to sport and recreational activities so people with a learning disability can socialise.

£2,100

could help fund someone with a learning disability to receive access to an employment programme that teaches them vital skills for work.



To make a donation scan the QR code and follow the on screen instructions.



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