



Rock your Socks for Mencap this March to raise awareness and vital funds to support people with a learning disability across the UK.

Down's syndrome is just one of many different types of learning disability. Most people have two copies of chromosome 21, while those with three copies of chromosome 21 have Down's syndrome. This is why we celebrate World Down's Syndrome Day on 21 March each year and encourage people to Rock Your Socks in March. World Down's Syndrome Day is an inclusive day for everyone and is a chance for us all to celebrate and support people with Down's syndrome and people with other learning disabilities.

Why Socks?

Human cells have 46 chromosomes. We inherit 23 chromosomes from our mums, and 23 from our dads. People with Down's syndrome have a unique extra copy of chromosome 21. When you look very closely chromosomes are shaped like little socks. This is why we raise awareness of Down's syndrome in March by wearing funky socks. By wearing socks that stand out, you can start a conversation and raise vital funds for Mencap to continue providing essential support for people with a learning disability.

How do I take part?

Joining in the fun is easy! Wear your funkiest socks and make a donation to Mencap or pick one of our fundraising ideas to rock those socks at. Here are some ideas to get you started:

- Rock Your Socks Day – Organise for everyone at your school, your work or your club to wear their funkiest socks for a suggested donation on World Down's Syndrome Day.
- Rock Your Socks challenge – Plan a route to tackle solo or as a group and get sponsored for your efforts. Theme it around the number 21, run 21 miles, do 21 laps of the garden or workout for 21 minutes.
- Rock Your Socks competition – Use our sock colouring resource to host a colouring competition, with a small suggested donation to enter.

Team support

The friendly Mencap Team are on hand to help. They can't wait to hear from you and can offer support with every aspect of your fundraising. Simply get in touch via **community.fundraising@mencap.org.uk**.

Go to www.justgiving.com/campaign/rysformencap or simply **scan the QR code** to set up your own Just Giving page. It's an easy way to share what you do and boost the total you raise.

