

ROCK YOUR
SOCKS

FOR

mencap

Thank you for signing up to Rock Your Socks for Mencap this **World Down's Syndrome Day**.

Here at Mencap we want everyone with a learning disability to have the chance to lead a happy and healthy life. With your help we can continue to provide the essential support needed to achieve this.

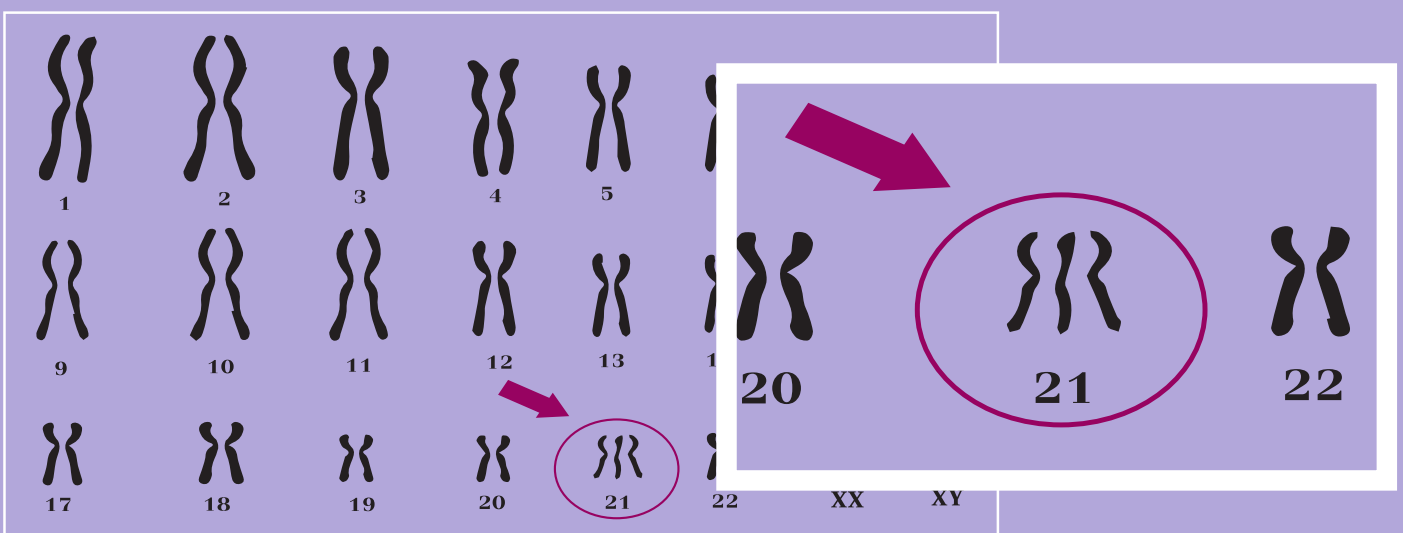
This pack is full of ideas, hints & tips to help you get started on your fundraising journey. Everything raised from your **Rock Your Socks** challenge will change the lives of families across the UK.



Why we Rock Our Socks for World Down's Syndrome Day:

These are chromosomes. The one circled is chromosome 21. Most people have two copies of chromosome 21, some are born with three copies as pictured here. This is Trisomy 21 also known as Down's syndrome.

These chromosomes look like little socks! This is where the idea of Rock Your Socks came from.





“Rock Your Socks doesn’t just happen once a year in our house. It’s something we do all year long now that we are part of the cool club - The Trisomy 21 Club!!” *Laura, Camille’s Mum*

Meet Matilda, Camille and Anna Rose three amazing friends from the Mencap Children’s Centre who will be rocking their socks for Mencap this World Down’s Syndrome Day. All three girls were born with Down’s Syndrome, all three have benefited from the amazing team at the Children’s Centre in Belfast and all three are funny, fabulous rockstars!

As Linzi, Matilda’s mum explains, the work of the centre is so important to children with a learning disability because, ***‘attending the wonderful Mencap Centre has given us the tools and we are forever grateful to this amazing charity. This support was not only educational, but also one to one physiotherapy, occupational therapy and speech and language’***

The centre is not only about early intervention but about helping children and parents find their community. As Anna Rose’s mum Laura explains ***‘from those early days of feeling fearful and alone, to where we are now 4 years later, [now we are] surrounded by an entire community I never knew existed.’***



Different ways to

ROCK YOUR SOCKS

FOR **mencap**

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. The fantastic lads at Inchmarlo Prep School raised a cracking £315 with their sensational socks.

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. The Aurora Foxes in Minehead did just that, completing a 21 mile staggered walk and raising £8500 in the process!

Party Rockers

Host a party, bake up a storm and don't forget to use our colouring resources to create some cracking decorations. Last year the superstars at Millennium Support and Featherstone Rovers Rugby club have come together and hosted a Born to party selling cakes, while rocking some very snazzy socks. This one was certainly worthy of the hall of fame.

Rock Your Way

From talent shows to quiz night, cake sales to jumble sales fundraise your way and no matter what we'll think you ROCK!



“The whole school really enjoyed getting involved and the event raised awareness of World Down Syndrome Day.” *Ms. Selby, Inchmarlo Prep School*

Planning your fundraising



Decide what to do

- Planning is key to get your event rocking so pick your idea, rope in some helpers and get going.
- **Fundraising Hint:** adding a tombola, raffle or name the sock puppet is a quick way to add extra £££ to any event!

Get fundraising

- Once you have decided what you're doing to Rock Your Socks it's time to start fundraising. Whether you are asking for sponsorship, or getting people to donate to take part, online fundraising pages are the quickest and easiest way to reach your fundraising target.
- **Fundraising Hint:** for an easy way to increase donations, ask your employer if they offer matched funding!

Spread the word

- Share with friends and family, get your work or school involved, put posters up or share on social media. The more people that know about what you're doing the more money you'll raise...
- Local newspapers are often looking for good news stories and may help publicise your event.

Say thank you

Everyone that supports your fundraising is helping us make the UK the best possible place for someone with a learning disability to live happy and healthy lives – don't forget to a great big thank you from us!

Need more support? Your friendly fundraising team is on hand to help with your amazing fundraiser, so please don't hesitate to get in touch: community.fundraising@mencap.org.uk



“Attending the wonderful Mencap Centre has given us the tools and we are forever grateful to this amazing charity.” *Linzi, Matilda's mum*



The difference you can make

£25

could help to signpost a parent or carer to the support available in their local area.

£50

could help us transform a garden space for people with a learning disability so they can enjoy time outside in a safe and comfortable place.

£250

could help us influence utility companies and banks so they provide vital information in a clear and simple way so people with a learning disability understand the impact the cost of living crisis will have on them.

£500

could help offer families an extra six Saturday clubs, opening up opportunities for learning and socialising on an ongoing basis and enabling us to reach children and families who are not accessing early intervention services at present.

£2,000

could help fund someone with a learning disability to receive access to an employment programme that teaches them the skills they need to be able to secure and keep a job.

“we will be forever grateful to belong to this wonderful Mencap Community who develop and assist individuals who have a learning disability from early intervention and beyond.” *Laura, Camille’s mum*



More ways to help

Help us change the world

Join our campaigns to help improve life for people with a learning disability – whether that's by fighting cuts to services or lobbying for vital new legislation. With superheroes like you on our side, we really can make a powerful difference.

mencap.org.uk/get-involved/campaigning

Clear out your cupboards

Next time you have a clear-out, take your unwanted clothes, books and other household items to your nearest Mencap shop – we'll sell them on to raise money for our life-changing projects.

We are currently growing our network of shops, but if there isn't one in your area yet you could consider selling through online sites like eBay and donating the profit.

mencap.org.uk/get-involved/mencap-shops

We run a free Learning Disability Helpline and we want as many people as possible to know about it – so they can get advice and information about learning disability and find the right support and services in their area.

Helpline:
UK and Northern Ireland
0808 808 1111

Helpline:
Wales
0808 8000 300

(Open 10am-3pm, Monday-Friday)

Volunteer with us

If you're passionate about supporting people with a learning disability, why not check out our volunteering opportunities? Whether you're helping someone to get out and about, assisting with our fundraising activities or working in a Mencap charity shop, you'll be gaining skills and experience, making friends and changing so many lives.

Contact: volunteering@mencap.org.uk

Thank you!



Registered with
**FUNDRAISING
REGULATOR**