







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.

Different ways to rock your socks

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.
-  **Party Rockers** - Host a party, bake up a storm and don't forget to use our colouring resources to create some cracking decorations.
-  **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!

Sign Up Now

Just go to mencap.enthuse.com/cf/rock-your-socks-2024 or scan the QR code to get things rocking and rolling and don't worry if you need any support our friendly team are on hand. Just email community.fundraising@mencap.org.uk

