

Get Ready to Rock Your Socks



Down Syndrome Awareness Week
18 - 24 March

World Down Syndrome Day
21 March



PLUS lots of fun ideas for the year ahead

Join us for a countryside walk, golf, assault course challenge or the iconic RunReigate - details inside!



Down Syndrome Awareness Week

An important aspect of raising awareness is reminding ourselves and others to ask:

'What is needed to ensure individuals who have Down syndrome have access to the same opportunities as everyone else?'

Access to quality education and healthcare, the chance to work and earn money, to make decisions about their own lives and to have their voices heard - opportunities many of us are likely to take for granted at some point in our own lives.

It also amplifies the efforts made by individuals and groups within the Down syndrome community who work together tirelessly all year round to drive forward positive changes through improvements to inclusion and equality.

For family members or friends, it is a celebration of the joy a loved one with Down syndrome brings to our lives, in spite of the inequalities they face in so many aspects of their own.

These challenges are often the result of outdated and inaccurate stereotypes rooted in the past. Progress has been made, but many important changes are still needed. Asking individuals and their families to share their stories and responding to what they have to say is the most powerful way to understand what it means to have Down syndrome - that one extra copy of the 21st chromosome - today.

Down Syndrome Awareness Week is also the perfect time to remind ourselves that no two people are the same, regardless of the number of chromosomes they have. Every single one of us is wonderfully unique. We are all different to each other. We have our own strengths and weaknesses, likes and dislikes, hobbies, dreams and ambitions.

But there's one thing we should all have in common;

the opportunity to realise our full, individual potential - with access to the right level of support, where needed, to help us achieve it.

World Down Syndrome Day

celebrated globally on **March 21st**, allows us all to become one voice advocating for the rights and well-being of people with Down syndrome. This year's theme is **#EndTheStereotypes**



**Photo credit below*

Have fun celebrating Down Syndrome Awareness Week and supporting PSDS.

**Lara loved being involved in the Radical Beauty Project in collaboration with students from MACCC Central Saint Martins, creative director Daniel Vais, photographer Sammy Baxter and the whole creative team.*

Rock Your Socks

Wearing mismatched socks is the perfect way to show that no two people are the same. That it's ok to be different, because we all are! So rock your loudest, most colourful socks on World Down Syndrome Day or during Down Syndrome Awareness Week and let your feet do the talking as well as the walking!

Wear mismatched socks as part of a PSDS fundraiser or make a donation by scanning this code.



You can also use our Rock Your Socks JustGiving campaign page for donations, or set up your own page.

Schools, colleges, workplaces & clubs

You can all rock your socks for PSDS in support of **#WorldDownSyndromeDay** and **#DownSyndromeAwarenessWeek**. Share your funky footwear photos by tagging us on social media:



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Part of a sports team?

Form a Sock Squad! Ask your team to donate and wear mismatched socks to training or matches during **Down Syndrome Awareness Week**.



*Donate via our **JustGiving** page, or link your own to it.*



Or...



Organise a raffle or tombola



Sell lucky numbers and draw a winner



Run a quiz or bingo bonanza

Hold a coffee morning or cake sale



Double Up - ask your employer to match the funds you raise!

PSDS Marchathon

Walk, run, jog, cycle or swim...

Simply cover 26.2 miles any way and over as many days during March as you wish, individually or as part of a team. You choose where, when and how you complete your own Marchathon - why not get friends, family and colleagues involved too, the more marchers the merrier!



You can set up your own fundraising page or link to our JustGiving Marchathon campaign page by scanning the code.

More ideas overleaf...



I like doing the Marchathon. I walk with my mum and we chat about things like music, college, my boyfriend and going out with my friends. If we go for a walk at Denbies we stop at the cafe for a treat!

Thea

Your help really matters



***Albie's** diagnosis at birth was unexpected and we worked hard at getting through all of the fear attached to that. The first few months were tricky, that was until I was introduced to the most wonderful charity, PSDS. We started attending their pre-school support group called DIGBIES. It was beyond wonderful and we worked with incredible people who supported Albie with his development and us emotionally and practically. We have made lifelong friends and Albie got the very best start to school thanks to all the people at PSDS who continue to support us on his journey.*

Lisa

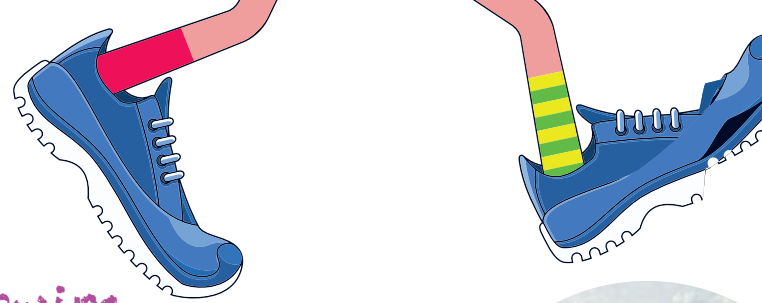
*In the early days after **Raquel's** birth we panicked as we couldn't find the right local support. Then we came across PSDS. They haven't been what we expected, but much much more! PSDS has provided us with hope, support, understanding and overall what Raquel needs and deserves. Raquel attends our local mainstream school and we couldn't be more proud of her. Likewise, we could not be more grateful to PSDS who has worked tirelessly to support so many families.*

Isabel



I love 5Club because I see my PSDS friends. We have good conversations about lots of things, like my style, music, TV and love. It has helped me at college because I know how to ask good questions and listen carefully to other people. I have a real laugh at 5Club - it is fun.

Sam



Changing lives and perceptions

We are PSDS, a charity helping children and young people who have Down syndrome reach their full, individual potential.

Run by families for families, we work hard to change lives through the services and support we provide. Our 'no label, no limits' approach helps change perceptions too by raising awareness about what a person with Down syndrome can achieve, given access to the same opportunities as everyone else.

We are fully self-funded with running costs of £140,000 a year, so every donation we receive makes a big difference. Want to help but not sure how? Email helen@psds.info for more information.

Here are a few events we'll be taking part in this year. Get in touch if you'd like to join Team PSDS and be part of the action!



Dorking Rotary Rotawalk - Sunday 28th April

A beautiful 4 mile stroll round Holmwood Common near Dorking, with cake stops and glorious views!

PSDS Golf Event - Friday 7th June

An afternoon of 9 holes on the beautiful course at Reigate Heath, followed by prizes, a BBQ and live music.



Summer Nuts Challenge - Saturday 7th September

An assault course featuring various obstacles and plenty of mud in the stunning Surrey countryside.

RunReigate - Sunday 22nd September

Choose from 5k, 10k or half marathon, plus there are kids races too at this iconic event.



Game Changing News!

This year promises to be our most exciting yet as we now have our very own base from which to operate! Bringing all our services together under one roof, with scope to expand and grow, will enable us to create a **Centre of Excellence** benefiting individuals with Down syndrome, their families and the professionals involved in their support, as well as our local community too.

To find out more or offer your help, email info@psds.info.



42a Prices Lane, Reigate - our new PSDS HQ!

The difference your support makes

Your donation will help children and young people with Down syndrome reach their full potential through...

- pre-school early development groups
- after-school activities including drama clubs
- a school support and training programme
- social communication groups for teens and young adults
- activities to build friendships, independence and key life skills
- new parent and baby coffee mornings
- family get togethers and social events

Our annual running costs are just under £140,000 and growing!

£25

will buy resources for our learning library

£50

will pay for four sessions of one-to-one teaching for one of our pre-schoolers

£100

will pay for one of our youth communication group sessions

£250

will provide a social activity for our teens and young adults

£500

will fund our school support service for one school for a year

£1,000

will cover occupational therapy across our pre-school groups for a week

£2,500

will pay for one of our annual whole family social events

£5,000

will run our after-school drama clubs for a year

£10,000

will cover one term of speech therapy across all our groups

Scan to donate

Or email info@psds.info to make a bank transfer



Follow for updates on our latest news and events.



www.psds.info

Thank you for helping PSDS and our wonderful young people