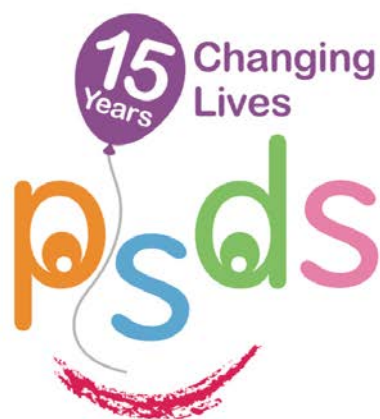


RoCk YoUr SoCkS!

for children
& young people
with Down
syndrome



in support of



Registered Charity Number
1123079

World Down
Syndrome Day
21st March 2022

Awareness Week
21st-27th
March 2022

Fundraising Pack

www.psds.info

The past two years have presented many challenges for us all and of course had a significant impact on fundraising and events. In spite of all the restrictions during Spring 2021 with many lockdown and social distancing elements still in place, we are so grateful to everyone who came up with Covid-compliant ideas to celebrate Down Syndrome Awareness Week 2021. Even though most events were held virtually or remotely, there was still a great sense of “togetherness” and celebrating together as a community.

Thanks to all your hard work, we raised an incredible £18,257 for PSDS during DS Week 2021 - an amount which surpassed our expectations. Thank you to everyone who played a part in achieving such a great total.

This year’s run up to DS Awareness Week feels a bit more like we are getting back to “normal” or at least a “new normal”. Hopefully there will be more opportunities to meet and celebrate together in person - although some people may still prefer to join in or organise events remotely. Whatever you are planning, please ensure that your activities comply with the latest Covid advice and Government guidance and can be adapted if needed.

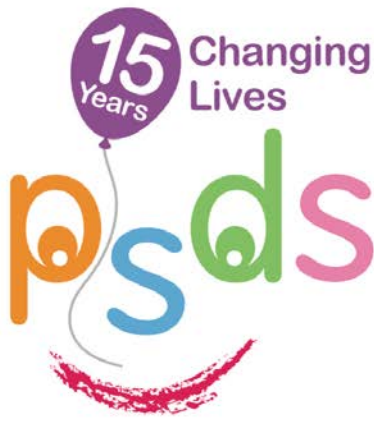
We are really looking forward to DS Awareness Week 2022. We’d love you to join us and help make this year a truly amazing one!



In This Pack:

- Who are PSDS?
- Ideas to help you plan your fundraising
- Design your own socks-template for a fun activity
- Window poster
- Contact information

**Will you join us &
Rock Your Socks?
Let's make Down Syndrome
Awareness Week 2022 EPIC!
Can you help us raise
£20,000?**



PSDS currently supports 114 families with membership numbers growing each year

"Down syndrome is just part of who our children are, not what they are"

Children and adults with Down syndrome can achieve a great deal and lead full rewarding lives, however some extra help will be needed along the way.

Down syndrome also known as Trisomy21 is where the presence of an extra 21st chromosome can make everyday activities that we sometimes take for granted a bit harder for a person with Down syndrome to achieve. It is important to remember that no two people with Down syndrome are the same. Each and every one of us is a unique individual with our own strengths and weaknesses, likes and dislikes, dreams and aspirations, hobbies and interests, and our own friendships and relationships. The same is true for a person who happens to have Down syndrome.



Sometimes health complications can make life a bit more challenging and key areas of learning and development may require additional input. But with high expectations, the right level of support and access to the same opportunities as their peers and siblings, children and adults with Down syndrome can achieve a great deal.

That's where charities like PSDS come in – bringing families together to share information, providing access to specialist services and support, and celebrating the achievements of all our wonderful children and young people.

"In the early days after Raquel's birth, we panicked as we couldn't find the right local support; that is until 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. Last September Raquel started in our local mainstream school and we couldn't be any prouder of her, likewise, we could not be more grateful to PSDS who has worked tirelessly, even during the most challenging times of Covid. We are forever grateful to PSDS!"



Isabel

PSDS is a charity dedicated to providing support for children and young people with Down syndrome and their families in the Surrey and West Sussex areas.

Services provided by PSDS include:

- Coffee and play mornings for parents, siblings and other family members to meet and support each other, whilst the children have fun with their friends.
- Pre-school early development programme called DIGBIES which provides specialist therapy sessions including speech and occupational therapy, early years teaching and sing & sign.
- After-school clubs including a very popular drama club.
- Social events for the whole family – including a summer bbq, farm visit and picnic, and a Christmas party. Fun fundraising events, such as Quiz Nights, are also organised by PSDS too.
- A school support service providing access to training and specialist advice for teachers, teaching assistants and SENCOs.
- Activities for teenagers including a youth club and youth communication groups to build friendships and develop independence and social skills

PSDS needs to raise over £100,000 a year to provide the current level of support offered to families.



Making Connections Count

Through all its services, PSDS brings families together to share their experiences and form long lasting friendships. This incredibly valuable aspect of PSDS simply cannot be underestimated. During the lockdowns and restrictions of the past two years, we worked very hard to adapt delivery of our services to ensure our children and young people were still connected with each other - even if it was via technology for a while! We moved some of our fundraising and socials online too with parties, bingo sessions and our kitchen disco all enjoyed on Zoom. However it was especially wonderful to be able to meet again in person for our Summer BBQ and Christmas Party - two highlights of our social calendar! Whatever the future holds we know how important it is to keep our families connected - your support will help us do that.

The current age range for PSDS members is from pre-schoolers to college students and all ages in between.

What's happening throughout March....

Mar-ch-athon

Walk, run, jog or stroll 26.2 miles, or 2.6 miles for young supporters all wearing mismatched socks! What better way to get fit while raising money for PSDS!

Whether you choose to take the challenge on in one day, over Down syndrome week, or throughout the month of March it's totally up to you.

Not only is this a great challenge to take on as an individual and as a family, why not get your work colleagues involved. Your employer may be able to matchfund, doubling what you raise!

Our Mar-ch-athon challenge is good for your physical fitness and also for your mental health.

To sign up please contact helen@psds.info

Please exercise safely and within current Government guidelines.



Mar-ch-athon

Down Syndrome Awareness Week
21 - 27 March 2022



DS Week Quiz

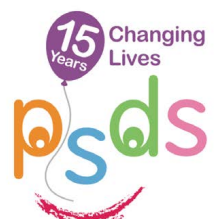
Woo Hoo - our fun and friendly Quiz Night is BACK!! Friday 25th March, 7.30 for 8pm at the Reigate Manor Hotel. Join us for delicious food, great company and fantastic prizes - scan the QR code to buy tickets for your team of 6.



"I am so grateful we have access to DIGBLES through PSDS, what Róisín learns there is invaluable to her development. Being able to spend time playing with her friends is great for her social skills too, she loves doing sing and sign and having a dance. It's also an opportunity for me to have a cup of tea and a chat with friends about all things Down syndrome and life in general! We love DIGBLES so much, it is amazing."



Samantha



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registered charity number 1123079

FUN & FRIENDLY

fundraising Ideas!

There are lots of ways to support PSDS during Down Syndrome Awareness Week.

At school or college, at home, working virtually or in the office, or just when you are out and about, please rock your mismatched socks and donate £1.

Donate What You Save

If you are working from home during DS Week, why not donate the money you save on takeaway coffees or lunch, or the cost of travelling to work.

While you shop!

You can support PSDS by shopping with Easy Fundraising or Amazon Smile. Choose PSDS as your chosen charity to benefit from your online purchases at no extra cost to yourself! It only takes a minute to register and the pennies and pounds really add up

Spring Clean

Clear out your cupboards and sell unwanted items on ebay, facebook market place or other selling platforms and donate your proceeds to PSDS!

Bake Off Bonanza

Host your very own Bake Off! Choose your categories and get friends and family to make a donation to enter. You can enjoy your delicious creations after!

Working Wonders

If you are organising a fundraiser with colleagues - in your workplace or remotely - remember to ask your employer if they will match fund the amount you raise. A great way to double your total!

Time for Tea (or coffee!)

Host a tea party or coffee morning for friends, family or work colleagues - either in person or online - either way, make sure to wear your mismatched socks!

Hair Goes

Get friends and family to make a donation for you to shave your hair off or dye your hair like a rainbow.

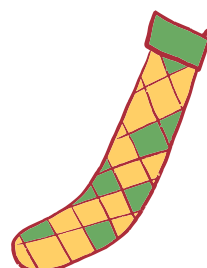
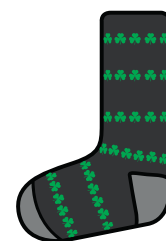
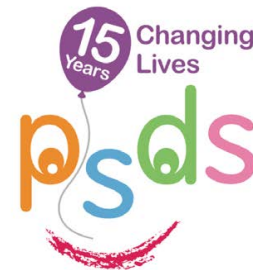
Challenge Yourself

Learn a new skill, get fit, or give something up and ask for donations to help motivate you to complete your challenge!



21 Socks!

Invite friends and family to make a donation to own one of the below socks and help support PSDS. Once all the socks are claimed donate what you raise via BACS or the QR code below.



www.psd.info

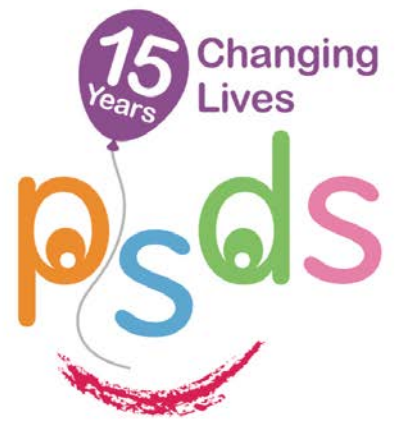
registered charity number 1123079

Why not work as a team and raise even more! Give a copy of the 21 socks to friends and family so they can raise funds with their contacts.

Design Your Own Funky Footwear!

Use the template to design your own socks as bold, colourful, and totally mismatched as you want.

Design lots of socks, cut them out and show off your designs by pegging them on to a pretend washing line in the window for your neighbours to see!



providing support
for children with
down syndrome
and their families

www.psds.info

registered charity number 1123079

Colour in and place in your window!

world
down
syndrome
day

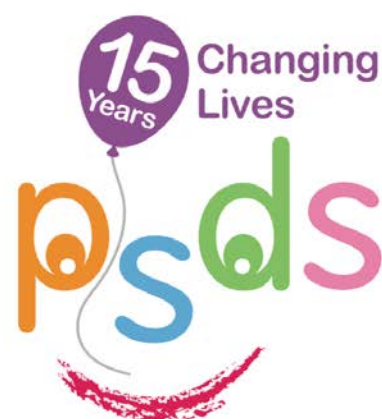
21st March 2022

To make a donation
scan the Q code



www.psds.info

registered charity number 1123079



THANK YOU

For Your Support!

If you would like to contact us for any help planning your fundraiser, to volunteer, donate a prize, or just to tell us about your fabulous ideas please get in touch, we would love to hear from you!

email us : info@psds.info

website: www.psds.info

After You Rock Your Socks

You can make a donation to PSDS in the following ways:

JustGiving

a really easy way to fundraise for your challenge or Rock your Socks day, set up your page via www.justgiving.com/psds. Tick the Gift Aid box if you are a UK taxpayer to boost your donation!

Cheque

payable to 'PSDS', please send to PSDS Treasurer, The Vikings, Farley Common, Westerham, Kent, TN16 1UB

BACS

for PSDS bank details please contact us via email- info@psds.info

Here are some other ways you can help PSDS all year round!

- Raffle prizes for our events

we will happily take any spare bottles or unwanted gifts off your hands!

- Auction prizes

If you have something special or unique you can donate we would be thrilled.

- Your time

Why not volunteer to help at one of our activities or events, or join one of our sub-committees?

- Spread the word

Please let friends, family and work colleagues know about the work we do and how support is always appreciated.

- Charity of the year

Can you put in a good word for PSDS at work or any organisations you are part of, we make an excellent and very proactive charity partner!

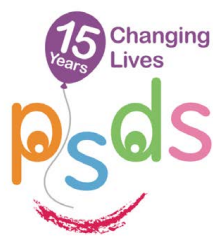
To make a donation
scan the Q code



"The PSDS drama club is the highlight of Annie's week. She loves the regular contact with her friends and has made real progress

with her social skills. The club gives Annie the opportunity to learn new skills, gain confidence and express herself. I find the weekly contact with the other parents a great support too."

Katherine



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How Your Fundraising Helps PSDS

£20

will pay for a 1-1 speech therapy session at our pre-school group

£50

will cover 2 hours of our pre-school teaching specialist

£100

will run a networks training session for primary schools

£180

will provide a Youth Club session for teenagers

£350

will cover the design and print of our information leaflets

£500

will fund our School Support service for one school for an academic year

£1,000

will provide a term of our after-school Drama clubs

£2,500

will cover the cost of our Summer BBQ and our Christmas Party

£4,500

will provide a whole year of our Youth Communication Group

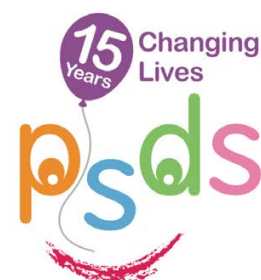
£10,000

will fund our Monday pre-school group for an academic year

"Matthew has found an amazing group of peers thanks to his bi-weekly SClub sessions. He always looks forward to them and I think feels a sense of independence; he attends without one-to-one support, probably for the first time in his life. He has maintained these relationships outside of the Club which was particularly important when all other activities were temporarily suspended during lockdown. I can't thank PSDS enough, it has made all the difference"



Amanda



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