



January 2021

WORLD DOWN SYNDROME DAY 21 MARCH

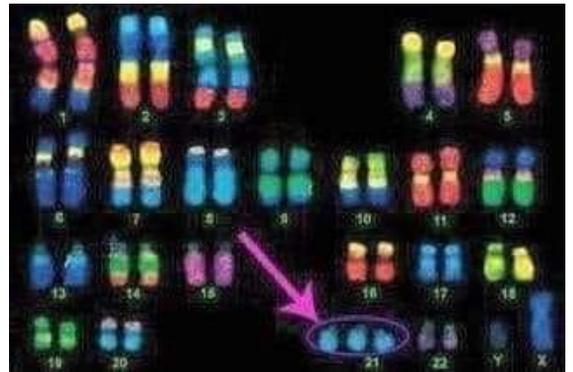
WHAT IS DOWN SYNDROME?

Down syndrome is a genetic disorder that is characterised by typical features. It is caused by an abnormality in the genetic material and affects all races and all economic groups equally. It is the most common chromosomal disorder occurring in approximately 1 in every 1000 live births.

WHY ROCK YOUR SOCKS?

These are chromosomes. The one circled is **chromosome 21** - **note the three copies of the chromosome**. This is **Trisomy 21** also known as **Down Syndrome**. You and I have just two copies of Chromosome 21. Persons with Down syndrome have **3 copies**. They look like socks, right?

Chromosomes



This is where the idea of Rock your Socks for World Down Syndrome Day was born. On March 21st, World Down Syndrome Day, we celebrate and raise awareness about the potential and ability persons with Down syndrome have, by wearing our brightest, loudest, funkiest socks.

And why is WSD held on March 21st? **21:3** Chromosome 21, 3 copies = 21st day of 3rd month of the year.

This day is to help raise awareness about the potential and abilities of persons with Down syndrome.

CONNECT WITH ME

This year the theme is '**CONNECT**' In 2020 around the world, we all had to adapt the ways we connect with each other. It was a big challenge and many people have been left behind. But it was an opportunity to find new ways to connect. This can be a positive outcome from the COVID-19 pandemic. .

HOW CAN INDIVIDUALS AND BUSINESSES GET INVOLVED?

Each year we challenge individuals, schools and businesses to get involved by 'Rocking Your Socks' in the week leading up to 21 March (21 March is a holiday). Last year we had 5 businesses joining our challenge, this year we are hoping to have at least 20 businesses join the challenge.



TO GET INVOLVED CONTACT:



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