



Welcome to the Down Syndrome Awareness Month Challenges!

CHOOSE YOUR CHALLENGE. CHANGE LIVES.



3 copies of Chromosome 21 shouldn't limit someone with Down Syndrome to choose the life they want to live.

At Down Syndrome Cheshire, we believe every person with Down syndrome deserves the freedom to choose their own path, pursue their dreams, and live life on their terms.

About Down Syndrome Cheshire

Our Hub in Cheshire is more than just a building - it's a community where people with Down syndrome and their families find:

Weekly workshops in art, music, cooking, and life skills

Social connections with others who understand their journey

Support services for families navigating education, health, and independence

Employment pathways helping people with Down syndrome find meaningful work

Advocacy ensuring voices are heard and choices are respected



Why Your Fundraising Matters

It costs a lot of money to keep the Hub running on a yearly basis. Every pound you raise helps:

Fund workshop materials and activities

Pay for specialist support workers

Keep the Hub accessible and welcoming

Provide resources for families

Empower people with Down syndrome to live the life THEY choose

Your Challenge, Your Impact

Whether you raise £21.30 or £213, you're making a difference. Whatever you raise will go a long way for Down Syndrome Cheshire, and this October, every bit of support helps us mark Down Syndrome Awareness Month in the biggest way yet.

This October, we're celebrating **Down Syndrome Awareness Month** with TWO challenges built around the numbers 2-1-3 (*representing the 3 copies of Chromosome 21)

Are you up for a challenge? Why not take on both challenges and help Down Syndrome Cheshire

Tip: Get your page ready and fully embrace the whole month. The challenge completes on Oct. 31st at 23:59, so every bit of help will go a very long way.

213 Circle Challenge

The Challenge: Reach out to your inner circle (friends, family, colleagues, social networks, sports clubs, etc.) and ask 21 people to donate £3 each.

Your Goal: 21 people × £3 = £63

Why £63 Matters: This amount allows multiple activities to continue at the Hub - funding pottery materials, cooking sessions, art supplies, and more.

The 213 Circle Challenge is ideal for: First-time fundraisers, busy people, anyone who wants a straightforward way to make an impact. Use the power of social media and find your nearest and dearest, you will be amazed on how many people will support you!

213 Creative Challenge

The Challenge: Take on ANY challenge you want using the numbers 2-1-3. Be as creative as you like and MAKE IT YOUR OWN!

Example Challenges:

- Do 21 star jumps over 3 days
- Walk or run 2.13 miles a day for 3 weeks
- Bake 21 cakes and gift them to 3 people (ask for donations!)
- Learn 21 new words in 3 languages
- Complete 21 acts of kindness over 3 weeks



Why 213 Creative Challenge: Be creative! Make it meaningful to YOU. Use your challenge to raise awareness of Down syndrome AND raise funds to empower people with Down syndrome to choose the life they want to live.

Set Your Own Fundraising Goal: Any amount you raise will go a very long way for Down Syndrome Cheshire - £50, £100, £213, or more!

The 213 Creative Challenge is ideal for people who like to think outside the box, fitness enthusiasts, those who want a personal challenge, anyone wanting to raise awareness while fundraising

Why Not Both Challenges?

You can absolutely do the 213 Circle Challenge (quick fundraising) AND the 213 Creative Challenge (personal challenge + fundraising)! You have the ability to choose and your inner circle will help you.

Spreading the Word & FAQs

Personal Email Template

Subject: Supporting Down Syndrome Awareness Month this October!

Hi (Name),

This October is Down Syndrome Awareness Month, and I'm raising funds for Down Syndrome Cheshire!

I believe 3 copies of chromosome 21 shouldn't limit anyone from choosing the life they want to live. Down Syndrome Cheshire empowers local people through weekly workshops, life-skills training, and independence pathways at their Hub.

I'm taking on the 213 Challenge:

My Goal: (I am finding 21 people to donate £3 each to reach £63 / I am doing (Insert 213 Creative Challenge) to raise £XX).

Would you be willing to support me with a small donation? Every £3 makes a genuine difference.

You can donate directly to my page here: (Insert Your GiveStar Link)

Thank you so much for your support!

Best,

(Your Name)



Social Media Posts

Post 1: Challenge Launch

I'm taking on the 213 Challenge for Down Syndrome Awareness Month this October!

My mission: (Find 21 people in my circle to donate £3 each = £63 / Complete my 213 Creative Challenge: (Insert brief description) to support Down Syndrome Cheshire.

Will you help me reach my goal? Donate £3 here: (Insert Your GiveStar Link)

#213Challenge #DSAwarenessMonth #DownSyndromeCheshire

Post 2: Completion

I completed my 213 Challenge for Down Syndrome Cheshire!

Thank you to everyone who supported me and helped raise funds for the DSC Hub! Let's empower people with Down Syndrome to live the life they choose.

Please donate here: (Insert Your GiveStar Link)

#213Challenge #DSAwarenessMonth #DownSyndromeCheshire



Quick FAQs

Q: What if someone wants to donate more than £3?

A: Amazing! GiveStar accepts donations of any size. Every extra pound helps support local families.

Q: Can I do both challenges?

A: Absolutely! You can complete the 213 Circle Challenge quickly and take on a 213 Creative Challenge throughout the month.

Q: Where does the money go?

A: Every pound raised goes directly to Down Syndrome Cheshire to fund community support, workshops, and activities at the Hub.

Let's empower people with Down Syndrome to live the life they choose

