



DOWN SYNDROME
CHESHIRE

Welcome to the World Down Syndrome 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



I've walked for 21 days to raise money for DSC



I've ran 5k to raise money for DSC

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.

Choose Your Challenge

Option 1: 213 Circle Challenge

The simple, powerful fundraising challenge

Your task: Ask 21 people in your circle to donate £3 each.

Goal: 21 people × £3 = £63 raised

Why it matters: £63 helps fund multiple activities at the Hub, including art, cooking, and life-skills sessions.

When you complete it:

Write 213 on a piece of paper

Circle the numbers

Take a photo or video

Post it online

Nominate 3 more people to take part

Perfect for:

First-time fundraisers

Busy people

Anyone wanting a quick, simple impact

Option 2: 21.3 Creative Challenge

Make it your own challenge using the numbers 2-1-3

Be creative and choose something meaningful to you.

Example ideas:

21 star jumps for 3 days

Walk or run 2.13 miles a day

Bake 21 cakes for 3 people

Complete 21 acts of kindness

Set your own fundraising goal:

£50, £100, £213 or more.

Perfect for:

Creative thinkers

Fitness enthusiasts

People who want a personal challenge

Why Not Do Both?

You can complete the 213 Circle Challenge for quick fundraising, and then take on a 21.3 Creative Challenge for a personal goal.

How to Get Started

Visit the challenge fundraising page

Click Start Fundraising

Create your personal page

Share your story

Start asking for support

Simple Ask Message

213 Circle Challenge:

I'm doing the 213 Circle Challenge for World Down Syndrome Day.

I'm looking for 21 people to donate £3 each to support Down Syndrome Cheshire.

Will you be one of my 21?

(Insert link)

21.3 Creative Challenge:

I'm taking on a 21.3 Creative Challenge for Down Syndrome Cheshire.

My challenge: (describe it)

Please sponsor me if you can!

(Insert link)

Top Fundraising Tips

Do:

Start with family and close friends

Share updates regularly

Thank every donor

Tell your personal "why"

Don't:

Apologise for asking

Give up too early

Overcomplicate your message

You've Got This!

By taking part, you are:

Raising vital funds

Raising awareness

Supporting real opportunities

Helping people with Down syndrome choose their own path

Thank you for being part of World Down Syndrome Day.



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DSC WSD Fundraising Toolkit 2026

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