

# Lots of Socks

## What is Lots of Socks?

Lots of Socks is a fun initiative in the lead up to Down Syndrome Awareness Day on 21<sup>st</sup> March every year.

## Why socks?

Well, because chromosomes look like socks and people with Down syndrome have an extra chromosome! “Lots of Socks” is acknowledged around the world as being associated with Down syndrome.

## What can you do to be part of the fun?

Chose a day in March (close to the 21<sup>st</sup> if you can). Email your whole office asking your work mates and colleagues to wear brightly coloured socks on the day and bring in a gold coin donation for Down Syndrome NSW.

On the day, wear your socks, take lots of pictures and share with us and the world by using the hashtag #lotsofsocks. We will provide you with an information kit with ideas and information on Down syndrome that you can share with your colleagues.

You can also come up with other ideas to make it fun for your team. You might like to have a make a sock puppet contest, or a colouring in contest ..... be as creative as you like!

After the event, deposit the money to Down Syndrome NSW and enjoy the knowledge that you have made a difference to people with Down syndrome and their families!

## How do I sign up?

Just email our Community Events Officer [Kathryn.hammond@dsansw.org.au](mailto:Kathryn.hammond@dsansw.org.au) with your organisation name and contact details, and we will send you your kit and add you to our database.

If you have any questions about Lots of Socks or would like any help planning your event please get in touch by phoning Down Syndrome NSW on 9841 4444

