

Welcome to Can You #Challenge50!

Why 50, and what are the challenges?

Down's syndrome is caused by the presence of an extra copy of chromosome 21. This is why we have our popular Challenge 21! However, 2020 is a special year for DSA as we are celebrating our 50th Anniversary so we have upgraded Challenge 21 to Challenge 50. Join in with our celebrations and support the charity.

The challenges are designed to be accessible to anyone, anywhere and most importantly – good fun! We're inviting individuals and communities to take on the tasks together and as groups.

Our website has a host of information, as well as resources and stories about people who have already taken part in some of the challenges already: <https://www.downs-syndrome.org.uk/support-us/events/celebrate-dsas-50th-birthday/challenge-50/>

Sponsorship or awareness!

The wonderful thing about #Challenge50 is that there are challenges that you can seek sponsorship for, ones to do personally for you, and ones you can do to raise awareness about Down's syndrome. Whatever you do, you can keep us up to date by using our social media handles:

Platform	Handle	Hashtag
Instagram	@downs_syndrome_association	#Challenge50
Twitter	@DSAFundraisers @DSAInfo	#Challenge50
Facebook	@DSAFundraisers @DownsSyndromeAssociation	#Challenge50

Raise £50 in 50 days

Whether you raise a £1 for every chore you do during the week, pop your coffee money in a jar for three weeks or just donate a pound of your own money a day, we'd like to ask everyone to try and raise £50 for the DSA in 50 days.

50,000 steps for Team 50

Why not challenge yourself to complete 50,000 steps on World Down's Syndrome Day? Ask 50 people to sponsor you/donate £5 or if they're feeling generous £50.

50,000 steps is roughly the equivalent of nearly 24 miles so if you can't squeeze that into a day, why not spread the steps out over the week?

Take on a 50 Hour Challenge

Be it holding a 50 hour sleepover or spending 50 hours on an exercise bike, the possibilities are endless! It's a challenge you can take on alone or in a team and relay the time; it's totally up to you.

50 in 50

This one is a big one but the challenge/fundraiser you choose can be as big or small as you like, all you have to do is plan them over 50 consecutive days!

Lots of Steps in Lots of Socks

Technically not fitting in with our '50' theme but why not challenge yourself to complete your various challenges in our fantastic Lots of Socks socks.

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Down's Syndrome Association
A Registered Charity No. 1061474

50 Days Sober

Most people go Sober for October or take part in Dry January, all we are asking is that you give up alcohol for 50 days and get sponsored to do so.

Give 3 Things Up for 50 Days

Similar to the above but maybe a little tougher. We are asking you to give up three of your favourite things for 50 DAYS!! This could be crisps, chocolate, fizzy drinks, your tablet or whatever else you feel would be hard to give up. You could ask for £1 a day for every day or why not £3 a day for each of the three things you're refraining from?!

50 Days of Kindness

This one is more about sharing your kindness with others and making those around you happy for 50 days. You could choose to make tea for your colleagues for 50 days, bake cakes, carry the shopping home, anything that makes those around you happy 😊

50 New Things

Learn new words, new recipes, find a new hobby. Whatever it is, find and learn 50 new things and donate £1 for each.

50 Hours Silence

Silence is golden; do your friends and family think it's golden enough to sponsor you for it?

Cook a Three Course Meal for 50 People

This is a huge challenge in itself but for those of you who love to cook, why not challenge yourself to cook a three course meal for 50 people? Invite your friends/family and colleagues and ask them to pay what they think the meal was worth!

DSActive – a demonstration video from our lovely DSActive team will be available soon

Our DSActive teams are challenging you to the above – can you complete a 50 shot rally or do 50 keepie uppies? The challenges are below!

Tennis

- 50 Shot Rally
- 50 Floor pass
- 50 Racquet bounce

Football

- 50 Keepie Uppies
- 50 Passes as a pair
- 50 shots/penalties

Athletics

- Run 50 metres
- Throw 50 metres
- 50 jumps in a row

Fitness

- 50 squats
- 50 crunches
- 50 star jumps
- 50 lunges

