



Unlocking **Potential**
Regd Charity 1146127

Help unlock the potential
of people with Down's
syndrome and

get up
fordown's

Completing 213km by
running / walking / cycling or
swimming for World Down
Syndrome Day on 21st March



Sign up to the get up for downs challenge costs £5 per person
Go to www.getupfordowns.co.uk for more information and to sign up