This year is the sixth Chromosome Disorder Awareness Week. A week where we ask everyone affected by chromosome and gene disorders to help people understand and ask questions. It's a week of togetherness, a week of shining bright together and reaching out to those who might not have heard of us and need support.

It's a week of celebrating all the unique children and adults and their amazing achievements.

We can only do the work we do as a charity supporting families and providing them and health professionals with information, with the help of our fundraisers. This week is a great opportunity for people to fundraise and encourage people to donate. Please see below for ideas on how you can help and if you have any questions, please email caroline@rarechromo.org

GET INVOLVED 16th-21st June 2019

DAY	THEME	HOW YOU CAN HELP
SUNDAY	SELFIE SUNDAY	Snap a photo of your child (or yourself if you are an adult who is affected) & share on all your social media accounts using #shinebrighttogether & #rarechromo & #selfiesunday
MONDAY	MOTIVATING MONDAY	Shout about all the achievements your child (or you if you are an adult who is affected) has made when often they/you have been told they/you will never achieve them.
TUESDAY	TELLING TUESDAY	Unless you know someone affected by a RCD many people don't understand about chromosome disorders. Take this opportunity to tell up to 10 people, either in person or via social media.
WEDNESDAY	WARRIOR WEDNESDAY	Give thanks to someone who has supported your family, someone who makes a difference to your life. A health professional, carer, family member (including siblings) or friend.
THURSDAY	THANKFUL THURSDAY	Focus on the positives and let people know what you are thankful for. Whether it's the way your child has taught you to view the world differently or a new friend you have made by having shared experiences.
FRIDAY	FUNDAY FRIDAY	Have fun fundraising at work, school, nursery or in your local community. Hold a cake sale, quiz night, dress down day or any other unique idea you might have. The key is to have FUN.