

# SHINE BRIGHT together

→ Chromosome Disorder Awareness Week 17-23 June Find out more at [www.rarechromo.org](http://www.rarechromo.org)

## GET INVOLVED 17<sup>th</sup>-23<sup>rd</sup> June 2018

DAY	THEME	HOW YOU CAN HELP
SUNDAY	<b>SELFIE SUNDAY</b>	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	<b>MOTIVATING MONDAY</b>	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	<b>TELLING TUESDAY</b>	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	<b>WARRIOR WEDNESDAY</b>	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	<b>THANKFUL THURSDAY</b>	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	<b>FUNDAY FRIDAY</b>	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.
SATURDAY	<b>SUPPORT SATURDAY</b>	Encourage people to donate to UniqUe and support the important work we do around the world.  Sign up and take part in the Summer Solstice Skydive which we have places for around the UK.