

Host a 'To-gather' event

Throughout March, we are appealing to you to host your own 'To-Gather' event to raise awareness for Together 21, our children and families. Our activity pack contains fun-filled ideas, activity sheets and more that you can do as part of your event.

By gathering 'to-gather' for Together 21, you'll support us to raise awareness and fundraise for us to deliver support to children and young people with Down syndrome and their families in the North East.

Why in March you ask? **Well it's the month of World Down Syndrome Day!** The date was chosen for being the 21 day of the 3 month and signifies the uniqueness of the triplication (trisomy) of the 21 chromosome the gene responsible for Down Syndrome, hence 21/03 every year.



Your 'to-gather' can be big or small. Be creative, hit that fitness goal, learn a new skill or master one - it's up to you!

Example activities to fundraise include...

- 21 question quiz competition.
- 21 hour silence (Makaton or signs only).
- 21 minute workout.
- 21 acts a kindness in March.
- 21 mile walk over March.
- 21 day photo challenge.

Maybe you could try and get 21 people to sponsor you £21 pounds. Even raising £21 would help us provide support for our families at a time when they need our support more than ever before.



Quiz



For your 'To-Gather' why not host a quiz and put your knowledge to the test on all things 21-themed.

What is 21 in Roman numerals?

Answer: XXI.

Is 21 a triangle number?

Answer: Yes – it is the sum of the first six whole numbers (1+2+3+4+5+6=21).

What is a shape with 21 sides called?

Answer: A icosikaihenagon.

21 is the atomic number of what chemical element?

Answer: Scandium. Scandium produces a light that is very similar to natural sunlight.

When does the summer and winter solstices take place?

Answer: Usually on June 21 and December 21 respectively.

Where is 21 the minimum voting age (one point for each answer).

Answer: Kuwait, Lebanon, Oman, Samoa, Singapore, the Solomon Islands, Tokelau (an independent territory of New Zealand) and Tonga.

There is a lake in the US state of Minnesota called what?

Answer: Twentyone Lake.

The 2008 heist movie 21 is inspired by what true story?

Answer: The MIT Blackjack Team, a group of US university students who used card-counting techniques to beat casinos at blackjack.

How many spots are there on a standard six-sided dice?

Answer: There are 21 spots.

What is the title of singer Adele's six-time Grammy-winning second album?

Answer: 21