

EVENTS CALENDAR 2021



Get involved

Whether it's marathons or skydives, quizzes or bake-offs, there are loads of ways you can get involved to raise money and help children with learning disabilities and their families across Leeds.

Look inside or go to
www.leedsmencap.org.uk
to find out more!

imagine if...

...people thought differently about learning disability



JANUARY 2021- CHALLENGE YOURSELF

Start the New Year with a personal challenge like Dry January or Veganuary and get people to sponsor you, setting up your own JustGiving page.



FEBRUARY 2021- THE GREAT NIGHT IN

Get comfy during these winter nights and take part in The Great Night In with those you love! We'll send you your pack full of ideas to get you started.



17TH APRIL 2021- YORKSHIRE 3 PEAKS

Challenge yourself and your friends and family with a 24-hour walk in the heart of the Yorkshire Dales. Enjoy spectacular views as you climb to the top of Yorkshire's tallest peaks – Pen Y Ghent, Ingleborough and Wharfedale.



19TH JUNE 2021- SKYDIVE FOR LEEDS MENCAP

Take on a skydive and experience pure exhilaration as you freefall through the clouds from over 10,000 feet at up to 120 mph. No experience is required and if you raise the minimum sponsorship, you'll jump for free!



21ST JUNE 2021- LEARNING DISABILITY WEEK

Show your support for children with learning disabilities by raising money and spreading awareness during Learning Disability Week. Check out our 'Do your own thing' section and see if anything takes your fancy!



SUMMER SINGALONG IN LEARNING DISABILITY WEEK

Following the success of our Christmas Singalong, we are going to be doing a Summer Singalong during LDW in June with a new song to learn using Makaton signs. Make a donation or raise sponsorship to take part and share your video with us on social using hashtag #leedsmencapsingalong.



5TH SEPT 2021- LEEDS HALF & LEEDS 10K

Take part in Yorkshire's biggest half marathon. This much-loved run has a varied course and a fantastic atmosphere! It can be a great personal challenge or a brilliant team event. Sign up today and raise what you can for Leeds Mencap.



3RD OCTOBER 2021- VIRTUAL VIRGIN LONDON MARATHON

Take part in the iconic the Virtual Virgin Money London Marathon. We have been lucky enough to secure 3 charity places to this year's virtual London Marathon this October. Run for Leeds Mencap, joining 50,000 runners virtually from all over the world!



Call us on 0113 235 1331, go to www.leedsmencap.org.uk or email info@leedsmencap.org.uk for more information.

Join our social media family!



VIRTUAL OR AT HOME FUNDRAISING THROUGHOUT THE YEAR

Get together with family, friends or workmates and pick one of our ideas to support children with learning disabilities to get the best chances in life. Challenge yourself or just have some fun!

Get active



- Climb the steps of an iconic landmark using your staircase, such as the 1,665 steps of the Eiffel Tower!
- Run on a cross trainer, treadmill or outdoors.
- Set up your challenge on Just giving or link to your phone to track the challenge.

Get Social



- Hold a family zoom quiz, treasure hunt or dance competition.
- Have a movie night and donate the price of your cinema tickets and snacks.
- Get your mates together for a virtual book club.



Have fun with the kids



- Set the kids a challenge – laps in the garden, step challenges or jumps on the trampoline.
- Get creative in the kitchen – find friends or family for an online bake-off competition.

Team build with work mates



- Take on the task master challenge! Set a series of tasks and get sponsored or donate. Contact us for your taskmaster pack.
- Hold a plank or squat challenge with your colleagues- see who can do the most in a day or week.



Relax



- Get the girls together for a pamper night – face masks on and fizz out! Give a donation or hold a raffle.
- Have a Netflix party with friends, enjoying a movie with hotdogs and popcorn.
- Host a virtual wine tasting or cocktail making.
- Have a virtual karaoke singing or dance competition.



Contact us at info@leedsmencap.org.uk for all the tips, materials and support you need to have a great event!

Your funds will make a huge difference to children with learning disabilities.



£100 could provide sensory equipment for our specialist playroom for 0-3 year olds with learning disabilities.

£200 could pay for a session at our Siblings Group - such as a drumming workshop- where children aged 7-14 get time to themselves and a chance to build friendships with others who have a sibling with a learning disability.

£300 could support young people aged 18-25 with learning disabilities to meet friends and build life skills through activities like baking, photography or going for a meal.