# Odds AND Socks DAY

## 27 FEB 2025

## Fundraising Pack

Huntington's
Disease
Association

# Get your socks on!

Celebrate Odds And Socks Day to raise awareness of Huntington's disease and much-needed funds for our work.

Huntington's disease affects the whole person – mentally and physically. It is genetic which means if one of your parents carries the gene, you have 50:50 odds of inheriting it. That's a one in two chance.

**Help us spread the word and wear your odd socks with pride!**

## HOW TO GET INVOLVED:

1. **Register via hda.org.uk** – the first 150 people to sign up will receive a special pair of Huntington's Disease Association-branded odd socks.
2. **Download the fundraising materials**
3. **Set up your JustGiving page at www.justgiving.com/campaign/oddsandsocksday2025** and commit to raising a minimum of £50. For alternative ways to donate please contact the fundraising team.
4. **Encourage family, friends and colleagues to take part or donate** and put up our downloadable posters around your school, college, university or workplace.
5. **Let people know you are getting involved on social media** using the downloadable social graphics and hashtags **#OddsAndSocksDay #WhatAreTheOdds** – you can even post some teaser pics of which socks you might wear on the big day.
6. **Wear your silliest odd socks with pride on 27 February 2025** and join the nation in flooding social media with photos and videos of your fabulous feet!

Whether you plan to get involved at work, at school or at home with family and friends, we're here to support you every step of the way.

# Wear and share

There will be some big names getting involved with Odds And Socks Day – make sure you follow us on social media for some exciting announcements.

**Help us create a buzz (and funds!)** in the run up to the big day using our downloadable social media graphics, sharing our content or posting teaser pics of the socks you might select. However, make sure you wait until 27 February before posting pictures of your fabulous feet wearing the silliest socks.

## HUNTINGTON'S DISEASE – WHAT ARE THE ODDS?

- Huntington's disease is caused by a faulty gene in your DNA. It affects your nervous system which co-ordinates your body's activities and also your cognition – which can cause memory lapses, depression and mood swings.
- Around **8,000 people in the UK** are currently living with the disease with another **32,000 at risk of developing it.**
- Every child conceived naturally to a parent who has the faulty gene has **50:50 odds of inheriting it** and the disease.
- People can find out if they carry the faulty gene by taking a blood test, but they need to be 18 years old to take the test – not everyone chooses to get tested.

## DID YOU KNOW?

Symptoms develop between 30 and 50 years old.

Symptoms gradually deteriorate over 20 years.

It is a terminal disease. There is no cure.

## SHOW OFF YOUR SOCKS

Every person who wears and shares their odd socks on social media helps us to raise awareness of Huntington's and the devastating impact it has on families.

**#OddsAndSocksDay**

**#WhatAreTheOdds**

## MEGAN'S STORY

Megan became a carer for her dad at a young age. The diagnosis came as a shock as they weren't aware of anyone in their family having Huntington's previously. Over 12 years his condition has gradually worsened:

*"I wouldn't want to put anyone through what I've experienced – it's just horrible. My dad has declined over the last 12 years, he now can't walk, his speech is very limited, he's not really aware of what's going on around him and he can get distressed – it's really upsetting."*

**READ MEGAN'S STORY**

**Take part in Odds And Socks Day and help to raise funds to support more people like Megan and her family affected by this life-limiting disease.**

# How we help

The Huntington's Disease Association is the only organisation in England and Wales offering support to people affected by the condition.

**We offer practical advice and support including training for health and social care professionals.**

## £10.00

Could help pay towards answering more calls from people affected by Huntington's disease on our Helpline, providing advice and emotional support in times of crisis.

## £12.50

Could help pay towards our Specialist Advisers attending peer support groups for people affected by Huntington's.

## £15.00

Could help pay towards a Specialist Adviser attending a specialist Huntington's disease clinic, to provide support to the families and professionals involved.

## £350.00

Will help provide a welfare grant to improve people's lives by making adjustments to their homes, buying equipment or replacing appliances.

If you need support or have any questions about Odds And Socks Day, please contact the fundraising team:

**Fundraising@hda.org.uk**

**0151 331 5445**

## OUR VISION

Together we will build a better life for anyone affected by Huntington's disease.

## OUR MISSION

To enable everyone affected by Huntington's disease to live life to their full potential by:

- improving care and support
- educating families and the professionals who work with them
- championing the needs of the Huntington's community by working together
- influencing decision makers to tackle discrimination and secure equity of access to services

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**Huntington's Disease Association**

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