



Huntington's Disease Youth Voice (HDYV)

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Hello!

Our Odds and Socks campaign is in aid of the Huntington's Disease Association which are the only charity in England and Wales supporting families affected by Huntington's disease. Huntington's is a rare disease that affects a person's mood, movement and mind. Each child conceived naturally has a 50% chance of inheriting the faulty gene that causes Huntington's and our campaign uses odd socks to show this inheritance pattern.

Huntington's disease affects everyone differently — for some, speech and movement are more severely impacted, whilst others experience more cognitive symptoms. Sometimes people with Huntington's disease can be mistaken for being drunk because of their movements and way they respond to people. This shows the lack of awareness of the disease. Children in families with Huntington's often become young carers to support their loved one. Caring can take a lot of time and it can be tricky to balance home and school life, whilst trying to have fun and a social life. There is currently no cure for the disease.

The purpose of the Odds and Socks campaign is to raise awareness of Huntington's disease and to provide factual information to educate people about the condition. The campaign also aims to raise money to support the vital services the Huntington's Disease Association provide to families. They provide support to anyone impacted by Huntington's no matter where they are on their journey. By donating £35, you could pay for a child to have a 1-hour youth worker session with a specialist youth worker.

We would love your school to be part of our campaign and host an Odds and Socks Day fundraiser on **Friday 27 February 2026**. Your students would wear socks that do not match and can be as crazy an odd socks combination as they can imagine! We will provide resources for a short educational lesson during form/tutor time including:

- Videos from our youth workers to explain what the condition is and educate young people in an age-appropriate way.
- Educational videos from some young people who are part of our youth voice group and impacted by the condition, explaining how the charity has helped them.
- A range of resources for classroom based activities, including a fun activity pack.
- Fundraising materials including banners, balloons, collection boxes, stickers and leaflets.

Taking part in Odds and Socks Day also links to learning in PSHE, Science and Citizenship — helping children understand kindness, difference and genetic conditions. It's a fun, meaningful way for pupils to put their learning into action and show how we can all make a positive difference together, while supporting families affected by Huntington's disease.

To take part in the fundraiser, we would like each child to come to school on Odds and Socks Day in their wildest, oddest socks and bring in £2 or donate online, which will go towards the campaign. Please join us in getting sponsored to wear your odd socks and help us spread the word about the odds of inheriting the disease.

#OddsAndSocksDay #WhatAreTheOdds

Thank you

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