



MON 18 - SUN 24  
SEPT 2023



*Whatever you do,  
do it in denim!*

JEANSFORGENES.ORG



**Jeans for Genes is all about raising awareness of the daily challenges faced by those living with genetic conditions and raising money to fund projects that make a tangible difference to the lives of those affected.**

It's about you showing support and fun'd raising to help 1 in 10 families across the UK. It's a chance to spread kindness, understanding and compassion and joyfully make a difference together. Join other Jeans for Genes legends in these nationwide, denim drenched ideas!



*Ready to dance in denim?*

*It couldn't be easier to take part – just follow these easy steps!*

- **Choose a date** - during Jeans for Genes Week (Mon 18 – Sun 24 Sept 2023).
- **Choose a venue** - this could be your school, playground, office or at home. Just make sure there's space to handle ALL of your space throwing!
- **Invite your friends, classmates** - the bigger the group, the bigger the groove!
- **Find your dance style** - whether it's disco, hand jive, conga or freestyle.
- **Find your tune** - we're thinking upbeat, we're thinking fun, we're thinking energy. Get sponsored and donate to change lives. Use one of our sponsor forms or better still, use your JustGiving link and collect online INCLUDING Gift Aid.
- **Video your dance skills** and upload the video to [hello@jeansforgenes.org](mailto:hello@jeansforgenes.org) with your name/name of your group, number of dancers taking part and your contact details.

Our independent denim clad judges will be choosing the winning videos from the following categories:

- The highest number of people in one group dancing in their denim.
- The most expressive and enthusiastic example of dynamic denim dancing.

Winners will be announced via our website and on our social w/c 23 Oct 2023.

#### The small print

Videos submitted will be shared online and through our social media channels, so please make sure that everyone is aware and happy to be included – including ensuring children have parent/guardian permission. If you have ANY questions, please contact us at [hello@jeansforgenes.org](mailto:hello@jeansforgenes.org).



Whip up a batch of tasty treats (or pass off shop bought - we won't tell if you don't) and sell them to family, friends or colleagues.

Denim coloured doughnuts, jeans gingerbread people or blue monster cupcakes anyone?



If you'd like to make this extra special, why not organise a sponsored event?

Whether its a sponsored dance, draw, swim, walk, spelling, silence, knit, drum roll - it's a great way to get people involved with fund and awareness raising.



While everyone is dressed in their jeans - why not make a whole day of it?

Hold a fete, a concert or a denim catwalk fashion show with a little donation to attend.

Go for it!



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T: 0800 980 4800  
E: [hello@jeansforgenes.org](mailto:hello@jeansforgenes.org)

Jeans for Genes Campaign (charity number 1194407) is a national charity that aims to raise awareness and funds to support genetic condition organisations in the UK. CGD Society (charity number 1143049) is the parent company of Jeans for Genes and registered owner of the Jeans for Genes brand.





# How your support changes lives

With the help of brilliant people like you, we're able to reach groups and charities far and wide across the UK, all helping families with genetic conditions get the support and services they need.

With your support, helplines are answered, counselling services are offered and information is on-hand. People share stories and journeys and - sometimes for the very first time - breathe a sigh of relief, knowing support is on-hand and they are seen, heard and understood.

Because of you, we're able to support some pretty exceptional projects, providing vital assistance. Groups like...



FOP Friends is the only UK charity to provide support for those living with Fibrodysplasia ossificans progressiva (FOP), an ultra-rare genetic condition affecting around one in a million people worldwide.

The condition results in muscles, ligaments, and soft tissue turning into hard bone. As the new bone grows in ribbons across the body, it causes severe and debilitating mobility issues. By the time the patient is thirty, they can expect to have lost most of their mobility and be wholly dependent on carers.

Currently, there is no treatment or cure.

## With your help

We are funding the pilot of a bespoke mental healthcare service for families with FOP.

Our funding means the world to these families - offering specialist support, help with coping tools and the knowledge that they are not alone on their journey.



MACS (Microphthalmia, Anophthalmia and Coloboma Support) is a national charity supporting individuals born with one of, or sometimes a combination of, three rare eye conditions. MACS conditions are rare and incurable and account for 25% of all childhood blindness. 80-90 children are born with a MACS condition in the UK every year.

The charity provides much-needed practical and emotional support to affected families across the UK at every stage of their journey - from diagnosis to school years and beyond.

## With your support

We're helping fund MACS annual confidence building sailing trip, for young members into adulthood. This August, twelve aged 16-25 year olds embark upon a seven-day sailing adventure in Devon, working together as a team to sail the boat and overcome real and simulated experiences.

By the end of this voyage, sailors will benefit in many ways, including reduced anxiety, greater confidence and self-esteem, new life-skills and increased vitality - all thanks to you.



Tuberous Sclerosis Complex (TSC) is a genetic condition that can lead to growths in various organs of the body, but those most commonly affected are the brain, eyes, heart, kidney, skin and lungs.

The Big Day is the charity's biggest event which brings together people affected by TSC from all over UK, attended by over 200 members of TSC community, their families and children. Because of its rarity, few people understand it, so an event centred around information, support with daily challenges and research is hugely valuable.

## Together

We are helping fund a specialist creche facility at the event for children with TSC, many of whom require round the clock care due to the severity of their physical or learning difficulties. This will enable their parents to make full use of event activities and information sessions, enjoy respite on the day and make connections with other parents in the process.

Thank you for giving these families the chance to do exactly just that.

*We can't do it without and we can't thank you enough; your support. Your donations really do change lives. On behalf of all those supported groups and families, massive thanks - you're incredible #TeamDenim.*



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