



RIDING FOR

UPS 'N' DOWNS

SUNDAY 14 JULY 2024

EARLS BARTON CRICKET CLUB, NN6 0HF

Join us for our 10th annual charity fundraiser for Ups 'n' Downs, on Sunday 14th July. Every pound raised will make a huge difference to children and adults with Down syndrome.

RIDE OR WALK

RIDE: 100, 60 OR 25 MILES
(IN-PERSON OR VIRTUAL OPTIONS)

WALK: 4.5 MILES

**SCAN CODE
TO REGISTER
YOUR PLACE**



ups n downs

Celebrating, Educating and Supporting

www.upsndowns.co.uk

Registered Charity No. 1123563

CELEBRATING

10
YEARS

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RIDING
FOR UPSDOWNS



Supporting individuals with Down syndrome to reach their full potential in life.



WE PROVIDE:

- A wide range of services and activities such as communications therapy, sing and sign, and swimming lessons.
- Training for teachers and support staff in Northamptonshire to ensure schools are fully inclusive.

WE ARE FAR MORE THAN A GROUP JUST FOR OUR CHILDREN; IT IS A NETWORK WHICH PROVIDES SUPPORT AND FRIENDSHIP FOR MUMS, DADS, SIBLINGS AND EXTENDED FAMILIES!

For more information about our services please visit:

www.upsndowns.co.uk