Challenge 21
21 Days Sober

21 days without alcohol, a brave challenge you have taken on!

Tick the pint glass for each day you complete. Why not share your progress or perhaps your alternative non-alcoholic beverages on Instagram using the hashtag #Challenge21 @downs_syndrome_association
Some ideas for while you’re doing the challenge…

- Ask your friends to sponsor you for your challenge
- Designated driver? Ask for a donation!
- Lazy friends? Offer to go to the bar for them, for an extra donation of course!

Would you like a drink at a special occasion in the middle of the challenge?

Do you have a special occasion to go? Would you love to have an alcoholic drink while you’re there?

Well we can be lenient…for a price!

For a small fee of £10, you can purchase yourself a golden ticket which you can use at any point during the 21 day challenge.

However, it is only valid for 4 hours! Call the office on 0333 12 12 300 or email events@downs-syndrome.org.uk if you wish to know more!

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Some images from the event.