



The purpose of INTERNATIONAL ANGELMAN DAY is to:

1. Raise awareness worldwide of the condition
2. Mobilise people to action and encourage fundraising for the individual organisation in their country
3. Promote research and educational resources in the organisation's own country
4. Remember those people with Angelman Syndrome who are no longer with us



IAD 2023

2013 - 2023

Celebrating 10 years of raising global awareness & support for Angelman syndrome!

IAD Ideas for Families and people with Angelman syndrome

Families impacted by Angelman syndrome can choose to participate in International Angelman Day (IAD) in several different ways. Here is a list of ideas for you. Please pick something that will be the least stressful for you to do, and also the most fun!!

A. FIRST CONTACT YOUR NATIONAL ANGELMAN ORGANISATION

All families should **first** contact your own country's AS organisation to find out if they have already planned a national IAD campaign!! If they have, PLEASE support this! (If you are involved in either establishing your national organisation, or actively supporting their regular activities and fundraisers, you may already be involved in the national campaign activities).

B. SUPPORT YOUR FAMILY MEMBER WITH AS

You could also choose to support your loved one who has Angelman syndrome, to celebrate this day in their own way. People with AS have an important role to help raise awareness, but they need the extra support in order to actively participate. (See bottom of page for ideas for people with AS to celebrate IAD 2023).

C. ORGANISE A LOCAL IAD EVENT IN YOUR COMMUNITY

1. Is there a well-known landmark in your town/city/state that you could apply to LIGHT UP IN BLUE for International Angelman Day? Many families around the world have done this successfully. More on our website: <https://www.angelmanday.info/lnadmarks-lit-blue>
2. Arrange for your workplace, local sports or community group, or your children's schools, to support IAD!!
You could:
 - ask everyone to wear BLUE for the day on 15th Feb!
 - do a presentation about AS during their tea/lunch break and share AS brochures/flyers
 - put out a donation box for fundraising for your national AS organisation

- ask everyone to share IAD posts from the IAD FB page
- use the hashtags:

#IADFEB15

#AngelmanDay2023

#AngelmanSyndrome

NB: And always include a link to the donation page of your national AS organisation.

3. Connect with other AS families in your region via FB groups, and arrange to celebrate a picnic together! It could be somewhere fun that involves water – a splash pool, indoor swimming centre, aquarium, or a water adventure park. Make sure there are enough adults present to help supervise the children.
4. Browse through the photos in our website galleries for more fun ideas on how you could support IAD.

www.angelmanday.info

*PLEASE note – You **must** adhere to the rules in your country, regarding any public fundraisers. Whenever you ask the general public for donations there are legal implications that require accurate monies-recordkeeping. Please let your national AS organisation know if you are collecting funds for them, so they can endorse any public statement you make (e.g., claiming where funds are going) and the use of their logo.*

IAD IDEAS FOR PERSONS WITH AS

We want to encourage people with AS to be visible in their community and get actively involved as we celebrate International Angelman Day around the world! – **and to confidently step out into the public arena, with the support of their families and friends.**

We challenge all families to think of ways their loved one with AS can participate, eg:

- in a public IAD event, in an active role, eg. as the Meet & Greet person
- actively hand out info about AS at your local supermarket foyer
- have a face-to-face meeting with their local Mayor / Member of Parliament
- visit a university to share AS information with the Medical School

The ideas are endless!! We look forward to seeing how you all choose to raise awareness for Angelman syndrome this year.

