

# Want to fundraise for PSPA?

Progressive Spinal  
Muscular Palsy

# PSPA

Do you like travelling?

Y

N

Would you like to travel to Asia?



Do you like trekking?

Sign up to trek the Great Wall of China

Would you like to cycle to Paris?

Sign up for the London to Paris Cycle

Do you like sport?

Y

N

Which sport do you like?



Adrenaline

A Skydive?

Running

Would you like to run for team PSPA?

North or South UK?

North

South

Sign up for Great North Run

Sign up for British 10K London

Cycling

Could you cycle 100 miles?



Sign up for Ride London to Surrey 100

Are you creative?

Y

N

Are you a star baker?



Hold a bake sale or bake off

Are you crafty?

Create and sell homemade crafts

Do you like to organise social events?

Organise a coffee morning, quiz night or charity ball



Visit our website or contact our team for more fundraising ideas for 2016!

[www.pspassociation.org.uk/fundraise](http://www.pspassociation.org.uk/fundraise)

01327 322419

[events@pspassociation.org.uk](mailto:events@pspassociation.org.uk)