

HOW YOU CAN HELP RAISE AWARENESS AND FUNDS FOR PSPA

As a member of the PSPA volunteer community, we know you already do amazing things to help PSPA create a better future for everyone affected by PSP & CBD.

If you would like to expand your support to the charity, there are a number of ways you can get involved to help raise awareness of PSP & CBD or raise vital funds to support our services and investment into research.



TAKE ON A 30 FOR 30 CHALLENGE

PSPA turns 30 in 2024! To help mark this milestone year, we're asking our supporters to pledge their support to our 30 for 30 challenge!

To get behind this fun awareness and fundraising event, all you need to do is set yourself a 30 themed challenge. Don't worry, it doesn't need to be a physical challenge! You can help spread the word about PSP & CBD using your social media profiles, or by distributing leaflets locally too.

See a full list of ideas and more background about the 30 for 30 challenge, [here](#).

PLAN A SUMMER WALK FOR HOPE

Join the walking challenge this summer, by organising a local Walk of Hope. Help PSPA raise £30,000 with our Walk for Hope events, by organising a 5km walk at your favourite spot and inviting your friends and family too.

If 5km is too far, don't worry! Choose a distance of your choice. The aim is to get outside, walk, talk about PSP & CBD and raise funds for PSPA.

Sign up to take on the challenge, [here](#).



HOST A BAKE SALE OR BAKE-OFF COMPETITION

Get together as a group or with your family to hold a local bake sale or Bake-Off competition in your area. Not only will you get to sample lots of delicious cakes and treats, your event can help open up conversations about PSP & CBD whilst raising funds too.

Download our fundraising pack, [here](#).



CIRCULATE RED FLAG POSTERS TO YOUR AREA

Help more healthcare professionals spot the signs and symptoms of PSP & CBD by circulating our Red Flag posters locally.

The posters help flag up prominent symptoms GPs, nurses and opticians can look out for during appointments to aid early diagnosis.

Download your Red Flag posters, [here](#).



HOLD A PSPA AWARENESS STAND AT A COMMUNITY EVENT

If your local church or community are organising a fete or table top event, why not man a PSPA awareness stand?

We can provide you with all the resources you will need so you can talk to members of your community about PSP & CBD and how PSPA can help.

To order materials for your event, please email volunteering@pspassociation.org.uk



TAKE OVER YOUR LOCAL CHURCH OR COMMUNITY HALL

Utilise a local community space to do something fun for PSPA! You could organise a coffee morning, a bingo night or summer BBQ. All are fantastic ways to get people talking about PSP & CBD, spreading the word about the conditions and raising funds too.

Email fundraising@pspassociation.org.uk to discuss your event or download our Tea Party Pack, [here](#).

PLACE PSPA COLLECTION TINS IN YOUR AREA

Take charge of two or three PSPA collection tins in your area, to raise awareness of PSPA and collect funds too. Ask local shops, leisure centres and pubs if they have space to display a collection tin.

Email fundraising@pspassociation.org.uk to request a PSPA collection tin.

INVITE YOUR LOCAL MP TO ATTEND A SUPPORT GROUP MEETING

Help prioritise PSP & CBD care in your community by inviting your local MP or councillor to a Support Group meeting. This will provide an opportunity for them to learn more about PSP & CBD and the impact it has on peoples' day-to-day life.

Learn more about our annual awareness campaign and how your local councillor or MP can help, [here](#).

SELL PSPA CHRISTMAS CARDS

Each year we provide a range of beautiful cards to help people share festive wishes with their friends and family. Why not sell some PSPA cards at your Support Group and encourage your family to buy cards too? Each card signposts to the PSPA website, helping more people learn about what we do.

View the range on our website from May onwards.



SHARE PSPA SOCIAL MEDIA MESSAGES

Raising awareness is a top priority for PSPA. You can help us by sharing posts from our Facebook, Twitter and LinkedIn pages, to your own. This means more people will learn about PSP & CBD, how to spot the conditions, and how PSPA can help.

Find our social media pages here:

FACEBOOK @PSPAassociation

TWITTER @PSPAassociation

LINKEDIN @PSPA



NOMINATE PSPA FOR THE TESCO COMMUNITY FUND

The Tesco Community Fund can add charities to their in-store voting boxes for a short period of time. Not only does this raise awareness of PSPA in approximately three stores at a time, the charity that gains the most voting tokens can secure a donation from Tesco.

The simplest way for PSPA to be considered for the Community Fund is via a staff member. So, if you have a friend or family member who works for Tesco, why not ask them to nominate us?

Alternatively, you can put PSPA forward yourself using their application process. The Tesco Community Fund is managed at a local level, so focusing applications on activities and support we can offer in your area would be a great fit. Good examples could be activities for your PSPA Regional Support Group or supporting the PSPA Link Service locally.

View the application form at, [here](#).



ORGANISE A POWER OF THE BRAIN QUIZ NIGHT

Test the knowledge of your group members or family, by holding a PSPA Power of the Brain Quiz! We have a fun quiz pack we can share with you, detailing rounds of questions (and the answers, of course) as well as ideas for how and where to hold your quiz.

Email fundraising@pspassociation.org.uk for your Power of the Brain pack.