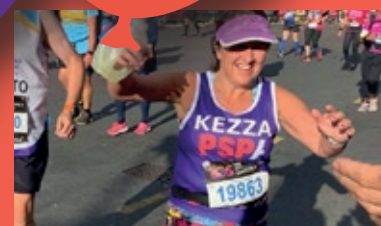


# JOIN IN OUR 30TH ANNIVERSARY ACTIVITIES

**PSPA 30 YEARS**  
CREATING A BETTER FUTURE FOR PEOPLE LIVING WITH PSP & CBD

Help mark PSPA's 30th Anniversary in 2024 and raise funds to help improve diagnosis and access to appropriate care. Join us and get involved in one of more of our anniversary activities.



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|------------------------------|---|
| <b>2 January</b>             | Listen to our 30th Anniversary podcast                              |
| <b>8 January</b>             | Write out your wishes using the PSPA free Will scheme               |
| <b>15 January</b>            | Visit our interactive timeline to learn about PSPA's history        |
| <b>22 January</b>            | Pledge to take on a 30 for 30 challenge                             |
| <b>27 &amp; 28 January</b>   | Take a Winter Walk in London for PSPA                               |
| <b>5 February</b>            | Nominate a loved one for a 30th Anniversary Award                   |
| <b>12 February</b>           | Enter of 30th Anniversary Cake Competition                          |
| <b>29 February</b>           | Get involved in Rare Disease Day                                    |
| <b>4 March</b>               | Share a special date on our Celebration Wall                        |
| <b>11 to 17 March</b>        | Post PSP & CBD facts on social media this Brain Awareness Week      |
| <b>18 March</b>              | Host a 30th Anniversary tea party with your friends                 |
| <b>27 March</b>              | PSPA hosts a 30th Anniversary Party                                 |
| <b>7 April</b>               | Join our cheer squad at the London Landmarks Half Marathon          |
| <b>20 April</b>              | Meet families at our Awareness Event in Scotland                    |
| <b>21 April</b>              | Help cheer our team of nearly 100 runners at the London Marathon    |
| <b>May</b>                   | Connect with others at our Family and Friends Day North             |
| <b>26 May</b>                | Pedal 100 miles for PSPA at RideLondon                              |
| <b>June</b>                  | Spread awareness by hosting a Walk of Hope                          |
| <b>15 June</b>               | Meet families at our Awareness Event in Wales                       |
| <b>17 June</b>               | Get involved this PSP & CBD Awareness Week                          |
| <b>7 July</b>                | Take part in Parallel London for PSPA                               |
| <b>27 August</b>             | Tee off at the annual PSPA Golf Day                                 |
| <b>September</b>             | Connect with others at our Family and Friends Day South             |
| <b>8 September</b>           | Run or cheer our team at the Great North Run                        |
| <b>14 &amp; 15 September</b> | Hike the Thames Path Ultra Challenge with PSPA CEO Rebecca Packwood |
| <b>October</b>               | Get PSPA updates at our Volunteer Development Day                   |
| <b>October</b>               | Get the family together for a Power of the Brain Quiz               |
| <b>October</b>               | Expand your knowledge at our Study Day for Healthcare Professionals |
| <b>29 November</b>           | Remember a loved one with the PSPA Bauble Appeal                    |
| <b>2 December</b>            | Learn something new with our interactive advent calendar            |

For more information on our 30 for 30 challenge just visit [www.pspassociation.org.uk/30-for-30](http://www.pspassociation.org.uk/30-for-30)