



30 FOR 30 FUNDRAISING INSPIRATION...



A 30 themed event
 (such as walking 30 miles
 or cycling 30km)

**Participate
 in a 30-day
 challenge**



**Give up your
 favourite
 thing for
 30 days**



**Invite 30 friends and
 family to attend an event
 or take part in a challenge**
 (such as a Walk of Hope
 or baking competition)



**Host a 30-hour
 non-stop event**



**Visit 30
 places or
 destinations
 in 2024**

**Swim 30
 lengths every
 day for a
 month**



**Play golf
 at 30 different
 courses**



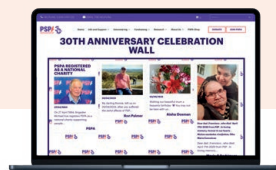
**Wear a PSPA
 t-shirt for 30
 days in a row**



**Read 30
 books in
 a year**



**Donate £30 to PSPA on
 our Celebration Wall**



Host a quiz with 30 friends



For more information on our 30 for 30 challenge visit
WWW.PSPASSOCIATION.ORG.UK/30-FOR-30

**OR SCAN THE
 QR CODE TO
 FIND OUT MORE**

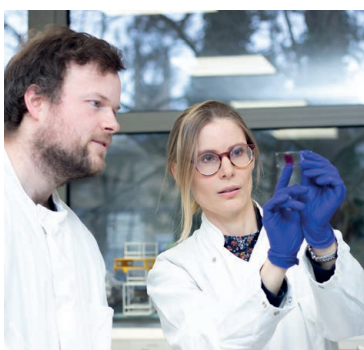


JOIN OUR COMMUNITY FIGHTING FOR CHANGE



TAKE ON A 30 FOR 30 CHALLENGE TO...

RESEARCH

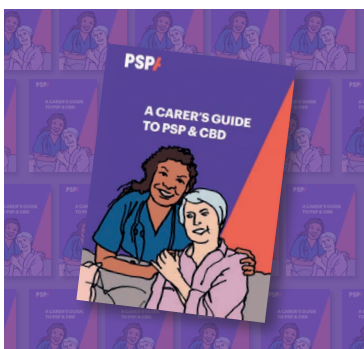


Our work is important because people living with PSP & CBD do not receive timely diagnoses or adequate support and care.

Approximately **60%** of people living with PSP or CBD initially receive a misdiagnosis.

Help fund a **£300,000 research project** across two or three years to get us closer to establishing key disease biomarkers, aiding earlier diagnosis of PSP & CBD.

INFORM



PSP & CBD are rare neuro-degenerative conditions which can cause problems with balance, speech, vision, cognition and mobility.

With a life expectancy of around seven years, symptoms can change and develop regularly, making caring for a loved-one challenging.

Help fund **£3,000 to provide 500 carers with a copy of our informative Carers Guide** to PSP & CBD, which is full of tips and personal experiences to guide them on their journey.

SUPPORT



As rare conditions, **90%** of people had never heard of PSP or CBD before their diagnosis.

A lack of awareness of the conditions can mean families coming to terms with a diagnosis experience feelings isolation, fear and being overwhelmed.

Help fund **£300 to facilitate monthly Regional Support Group meetings** for a six-month period to connect families living with PSP & CBD to share experience and build friendships.

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