

Progressive  
Supranuclear Palsy

**PSP**

# for **PSP!**

1. Cause
2. Treatment
3. Cure



We need your **support** to fund **vital research**

## Thank you for your support of the PSP Association.

Our vision for the future is a world free of Progressive Supranuclear Palsy (PSP) and Cortico Basal Degeneration (CBD).

This year the spotlight is on research, and we are asking everyone to take part in '3 for PSP' - to raise funds and awareness for our 3 research aims:

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2. Treatment
3. Cure

We want to improve the quality of life of people with PSP and CBD through research, and **we need you to help us!**



## Do 3 things in '3 for PSP' this year, how about...

**Run, cycle or swim 3 miles - or 33 miles or 30 metres**  
whatever is a challenge for you

**Bake 3 cakes (or more)**  
and sell them for £3 each

**Hold a '3 Teas for PSP' party**  
offer 3 types of tea, charge everyone £3 entry fee

**Give up 3 things for 3 weeks**  
biscuits, wine, sweets - and collect sponsorship for your efforts

**Wash 3 cars for PSP**  
charge £3 each!

**Celebrating the big 3-Oh?**  
30<sup>th</sup> birthday, 30<sup>th</sup> Anniversary,  
3<sup>rd</sup> Anniversary - you can ask for donations to PSP in lieu of presents at any celebration

**Persuade 3 people to join us as members**  
membership strengthens our voice, helping us to campaign more effectively for the rights of people living with PSP

**Donate £3, £30 or £300**  
contributing to our research into cause, treatment and cure

### To see how others are doing '3 for PSP'

- Join the PSP group on Facebook
- Follow PSPA on twitter: @PSPASSOCIATION
- Watch and share Nigel Dempster's 'Life with PSP' on YouTube

**We'd also be grateful if you could take 3 minutes to consider us in your Will.**

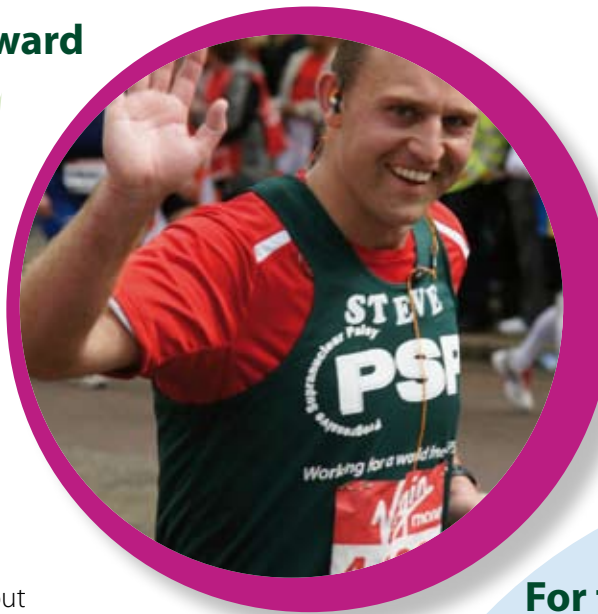
A legacy makes a real and lasting difference to PSP research - a gift in your Will is a gift to future generations



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## Why not put your best foot forward and stride out for PSP!

- Strut **3** miles for sponsorship
- Waddle to work for **3** weeks
- Walk someone else's dog **3** times
- Amble around your local reservoir or Country Park - turn your sponsored walk into a nature ramble!
- Stagger between **3** pubs, take a collecting bucket and ask for donations along the way!
- Organise a walk with your local gym - how about suggesting a sponsored **30** mile 'treadmill' walk?
- If walking is now a challenge for you, why not test yourself by doing **3** laps of your garden? A huge achievement for some, and one which should rightly be celebrated!



## For those who like a more challenging walk, here are 3 more ideas...

### 3 Peaks Challenge

Climb the UK's **3** highest mountains; Ben Nevis, Scafell Pike and Snowdon; all in 24 hours! We have several places available on this weekend challenge, and you can choose from dates running from May to September.

### Walk for Scotland

Recruit **3** friends to take in Edinburgh's sights this June, on a 6 or 12 mile walk around the beautiful capital city.

### Women's 5K (3 mile) Challenge

Walk or run the **3** miles around London's Hyde Park in September, with thousands of other women of all ages and abilities!

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To take part, contact the Fundraising Team on **01327 356131** or email [events@pspeur.org](mailto:events@pspeur.org)  
For more details on our events visit [www.pspeur.org](http://www.pspeur.org)

## Support for your fundraising

If you are planning to fundraise for PSP and CBD, then please let us know. We can help and support your event and also provide promotional items. These include:

- Distinctive PSP **t-shirts** or **running vests**
- Jam-packed **Fundraising Packs** filled with lots of useful materials plus hints and tips on how to make the most of your event
- Complete **Tea Party Packs** with invitations and posters
- Informative PSP **Fact Cards** to help raise awareness

## Getting the message across

- **Publicise** your fundraising efforts in as many ways as you can, and you will be raising awareness for PSP
- **Tweet** about it
- Mention it on **Facebook**
- Post videos of your event on **YouTube**
- Let us know about your event and we will contact your local media – you might make it into the paper!

**Help us raise the public profile of PSP and CBD**, please tell family, friends, colleagues and neighbours and pass this booklet on - spread the word to those in your local area.



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If you would like to take part in '3 for PSP' please contact us on **01327 356131** or email [events@pspeur.org](mailto:events@pspeur.org)

More details of the events we organise can be found at [www.pspeur.org/get\\_involved/](http://www.pspeur.org/get_involved/)

## And one more thing...

### Could you ask 3 people to become a member?

The PSP Association receives no Government funding and is wholly dependent on voluntary donations. By asking 3 people to become a member you are supporting the quest for a 'World free of PSP and CBD', and by strengthening our voice you will help us champion better care and support for patients and carers and fund more research into the causes, effective treatments, and ultimately cure of PSP and CBD.

Give us the names of 3 people who you think might like to become a member of The PSP Association, and we will send details.

Friend Number 1:   
Address:   
  
 Postcode:

Friend Number 2:   
Address:   
  
 Postcode:

Friend Number 3:   
Address:   
  
 Postcode:

#### Membership Includes:

- A welcome pack.
- Three editions a year of PSP Matters containing updates on care, and the latest research, as well as practical advice on living with PSP and CBD.
- Invitations to patients and carers events, information on fundraising events and initiatives - locally and nationally.

#### Membership fees

- No fee for people living with PSP and CBD
- No fee for carers, spouses and partners of people with PSP and CBD
- Individual annual membership is £10.00
- Life membership is £250.00

# Donations to our Research Fund are also gratefully accepted.

You can donate by cheque, credit or debit card.

I would like to make a donation of:

£3     £30     £300     £ Other

**I wish to pay by cheque:** (made payable to The PSP Association)

**Credit/Debit card:**    Mastercard     Visa     Maestro/Switch

Card Number

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Maestro/Switch Issue No     Valid from  /     Expires  /

For security reasons please write the last 3 unique numbers printed on the reverse of your card.

Cardholder's name:

Cardholder's billing address:

   Postcode:

Signature:     Date

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I would like the PSP Association to reclaim the tax on this subscription and any donation I have made in the four years prior to this year and any donations I may make in the future from the date of this declaration until I notify you otherwise. I am a UK taxpayer. I am paying at least as much in income and/or capital gains tax each year as The PSP Association reclaims on my donations

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

I am already signed up to Gift Aid with The PSP Association

I am not a UK taxpayer

Please return your completed form to:

The PSP Association, 167 Watling Street West, Towcester, Northants NN12 6BX

**Working for a world free of PSP & CBD**

Registered Charity Numbers: England and Wales 1037087 / Scotland SC041199

