



PDA Day Pack

PDA Day takes place on **15th May** each year. It's a day to **raise awareness, increase acceptance and take action about the PDA profile.**

There are lots of ways to mark PDA Day on or around 15th May or **any time of year.** We've put together some **ideas** and **resources** for inspiration ...

Hosting a PDA Day event is a great way to raise awareness & connect with others whether face-to-face or online. Here are some ideas:

- coffee morning/afternoon tea
- family fun day
- quizzes/games/streams
- Q&A on zoom or social media
- PDA-related Twitter chat

Event **posters, flyers** and **invitations** are included in this pack which can be downloaded or printed out and personalised to let others know about your event.

This pack also includes some printable **PDA Day bunting** to decorate your event, if you wish, and a template to make your own **PDA Panda ears.**

Here are some ways to **take action:**

- share info & resources from our website and social media pages
- start a local or online support group
- encourage professionals to subscribe to our newsletter
- contact your local MP/CCG/Autism Lead or press

Please contact us if you'd like any help with this

Raising funds for the PDA Society will enable us to help more people and take more action for PDA. Whether you raise a little or a lot, **every penny helps.**

Here are some fundraising ideas:

- sponsored activity
- craft/bake sale or auction
- sweepstake/raffle/prize draw
- game/stream-a-thon
- donate a portion of eBay sales
- Facebook/Instagram fundraiser

Past fundraisers have run marathons, held a name the panda contest, shaved their head, and donated proceeds from events and sales.

This pack includes a template to print and **make your own fundraising money box**, info about **running a sweepstake** and a **sponsorship form.** Info about online fundraisers & donations is available on pdasociety.org.uk/donate

We'd love to send you a free t-shirt to wear as you fundraise for us...

Please email info@pdasociety.org.uk with details of your fundraiser, t-shirt size and address and we'll send you one.

Thank you!

We'd love to hear about **your PDA Day plans and activities** and **see your photos.** Please email comms@pdasociety.org.uk and/or use **#PDAday** on social media.



www.pdasociety.org.uk

www.pdasociety.org.uk/shop

Charity number: 1165038



#PDAday

We're hosting a PDA Day event

What?

When?

Where?

Contact ...





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#PDADay

**PDA Day event
You're invited!**

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PDA Day Bunting



How to make PDA Day Bunting:

1. Print this page
2. Cut out triangles (with tabs)
3. Fold tabs over string and fasten with tape
4. Repeat steps 1-3 until bunting is desired length

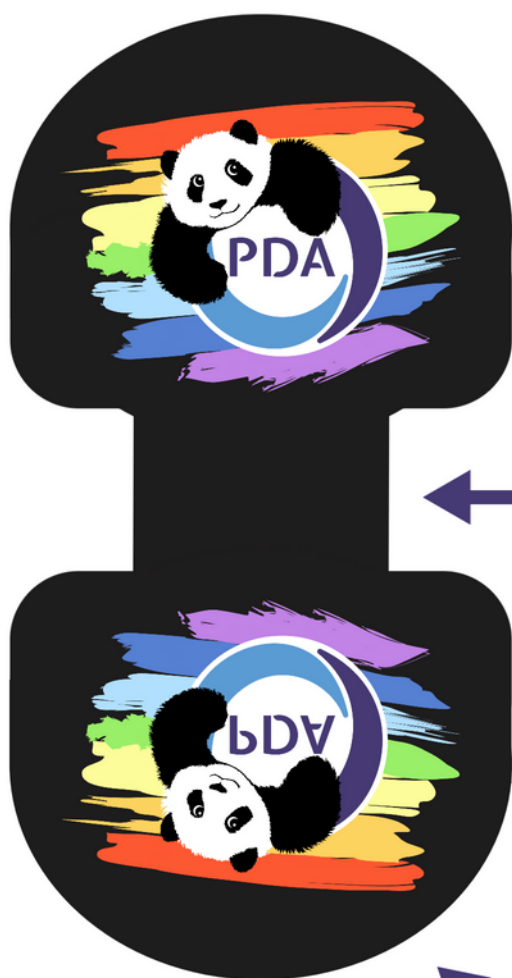
PDA Day PDA Panda Ears



How to create your PDA Panda ears:

1. Print this page on white paper*
2. Cut out both ear templates
3. Put glue on the back (white side) of each ear
4. Fold ears in half across the middle where shown
5. Place a headband inside the folded ears (one at a time)
6. Secure ears to headband by gluing the front and back of each ear together
7. Position ears and trim as needed

(*If you don't have a printer you could replace this template with black paper and copy the basic design)



Fold in half

Fold in half

Selfie side (for front-facing camera)

Sharing selfies ...
Feel free to snap a selfie or family photo wearing your PDA Panda ears and share it with us via email or on social media using #PDAday (one of the PDA Panda logos is reversed for front-facing cameras)

#PDAday

 thepdasociety  pda_society

 @PDASociety  pda-society

 comms2@pdasociety.org.uk

PDA Day Fundraising Money Box

How to create your fundraising box:

1. Print this page on thin card
2. Cut out template & money slot
3. Fold along the lines
4. Glue the tabs where indicated
5. Assemble



After you've finished collecting money ...

Please email finance@pdasociety.org.uk with your fundraising total, your name and details of how you raised the money.

Please send funds to the PDA Society in one of the following ways (quoting your full name and the word donation as your reference):

~ Bank Transfer: The PDA Society, HSBC Sort Code: 403314 Account: 01313649

~ Cheque: made payable to: The PDA Society and send to PO Box 6080, SHEFFIELD, S12 9EW

~ Make a one-off donation using the secure online form on our website

If you'd like to gift aid donations, please use the sponsorship form in this pack to collect names and addresses of donors and post this to us at PO Box 6080, SHEFFIELD, S12 9EW



Pathological Demand Avoidance
Part of the Autism Spectrum
Sponsorship form

PO Box 6080
 SHEFFIELD
 S12 9EW

Charity No 1165038

info@pdasociety.org.uk

Please sponsor me (name) _____

To (event) _____

If I have ticked the box headed 'Gift Aid? v', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given. Remember: You must provide your full name, home address, postcode & tick Gift Aid for the charity to claim tax back on your donation.

Sponsor's full name	Sponsor's Home Address (Please give full home address incl postcode otherwise we can't claim Gift Aid)	Postcode	Amount	Gift Aid	Date Paid
Total Donations Received					
Total Gift Aid Donations					
Date donations given to charity					

All donations will go to The PDA Society

Please make payment in one of the following ways:

Bank Transfer: The PDA Society, HSBC Sort Code: 403314 Account: 01313649

Please quote your name as reference

Cheque: made payable to: The PDA Society and send to PO Box 6080, SHEFFIELD, S12 9EW

Fundraising sweepstake instructions



Charity No 1165038

Running a sweepstake is a fun and easy way to fundraise for the PDA Society with friends, family or colleagues. The winner will also receive a prize (you can buy/donate this yourself or use a small portion of the entry fees to cover the cost of the prize).

Sweepstakes can be themed to anything with various possible results (e.g. the winner of an upcoming sporting event or TV competition, the name of a toy panda, how many sweets are in a jar) the list goes on ...

Once you've chosen a theme for your sweepstake:

- ~ set a price per entry
- ~ decide on a prize for the sweepstake winner
- ~ print the sweepstake poster in this pack and add all the relevant details

Depending on the theme:

- ~ list all the possible results on the poster **OR** leave this section blank for unique guesses
- ~ secretly record and store the winning result before anyone enters **OR** collect all entry fees and choices before the actual result is announced

Ask friends, family or colleagues to take part:

- ~ they can choose from the possible results available on the poster or write down their unique guess depending on your sweepstake theme
- ~ collect their entry fee and record their name next to their choice/guess on the poster
- ~ the person with the correct result/guess at the end of the sweepstake wins the prize advertised on the poster

The money raised from entry fees (less the cost of the prize (if applicable)) is your **fundraising total to donate to the PDA Society.**

Please email finance@pdasociety.org.uk with your fundraising total and send funds in one of the following ways (quoting your full name and the word donation as your reference):
Bank Transfer: The PDA Society, HSBC Sort Code: 403314 Account: 01313649
Cheque: made payable to: The PDA Society and send to PO Box 6080, SHEFFIELD, S12 9EW
Make a one-off donation using the secure online form on our website





#PDAday

Thank you! We raised ...



for the
PDA Society