



PWS AWARENESS DAY

Friday 15th May 2026

IN THE WORKPLACE

Here are some simple ideas to get involved with **PWS Awareness Day on 15th May** in your workplace- raise awareness, share information, wear orange, host an event, or support fundraising efforts to help make a meaningful difference for everyone with PWS.

Spread Awareness

Email banners on the bottom of emails linking to PWS Stronger Together website and social media

Display **PWS fact poster** on noticeboard/wall or have a **PWS Fact Board** and ask colleagues to pin PWS facts on to share with others



Go Orange

Invite everyone at work to **wear orange** on 15th May for a donation

Move it May

15 for 15 - Do 15 minutes of activity on the 15th May - Dance, jog, walk round the block, do an office conga

Steps sweepstake- Have a steps leaderboard throughout May. Ask for a small fee to enter. The one with most steps wins a prize

Exercise alarm - Set an alarm every hour to do 1 minutes exercise - jog on the spot, star jumps etc

Virtual team trek (coast to coast/Landsend to John O'Groats/ Mountain climb etc)

Ban the Lift in May (or just on 15th) and use the stairs.

Fun Fundraising

Have an **Orange fruit and juice bar** and charge for items

Run a **Workplace raffle** or a **'Name the Teddy** and charge for tickets

Set up a **Change jar** throughout May to collect employees' spare change.

For more information visit www.pwsstrongertogether.co.uk