



PWS AWARENESS DAY

Friday 15th May 2026

RESIDENTIAL & SUPPORTED LIVING

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

Share some Facts

Display posters designed by residents and/or their families around the property.

Create a **PWS fact board** - Ask staff and residents to add PWS facts and create an awareness wall or social media

Go Orange

Ask everyone to **wear orange** on 15th May and share photos on social media

Move it May

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

Steps challenge - who can do the most steps throughout May?

Exercise alarm - On 15th May have an alarm every hour to do 1 minutes exercise - jog on the spot, star jumps etc - staff and residents all take part

Daily dance party- choose a song a day or follow an exercise video all together

Get Creative

Decorate a window orange- be as creative as they can and decorate a window to raise awareness of PWS- paints, crafts, posters whatever they feel inspired to do and share

Paint stones Orange with PWS fact or awareness day date and then go for a walk to park/outdoor space and leave stones for others to see.



For more information visit www.pwsstrongertogether.co.uk