



Summer's here: Make it count.

Fancy combining fresh air with fundraising? Summer is the perfect excuse to get outside, get sponsored, and get people talking about psoriasis and psoriatic arthritis while you're at it.

Take inspiration from recent PAPAA supporters. Some have gone big, like a demanding cycling challenge or a testing boxing event, pushing themselves for a cause close to their hearts. Others have kept things simple and sociable, with a garden barbecue or a relaxed summer coffee morning among friends.

However you choose to do it, a small event is a lovely way to enjoy the outdoors, bring people together, and help PAPAA carry on our work at the same time.

Every event, big or small, makes a real difference. Visit our [website for more ideas on fundraising](#) and getting involved, or get in touch — we're always happy to help you plan.

If you want to just relax, but still support us why not become a [Friend of PAPAA](#) and help us with a [donation](#).