

Your Address

Your Telephone Number

Your Email Address

Insert date

Dear *Insert name*

I am writing to you as a constituent, to ask for your help for *myself / my child* who is impacted by Paediatric Acute-onset Neuropsychiatric Syndrome (PANS). To ask for your support the Members Business Motion S6M-20447 'Awareness and Support for People Affected by PANS and PANDAS in Scotland', lodged by Fulton MacGregor MSP on Thursday 15th January 2026.

insert personal story

This motion

- Recognises the considerable impact that PANS and PANDAS can have on the children, young people and adults affected, and their families.
- Notes concerns around the limited awareness and understanding of the conditions across health education and social care in Scotland.
- Recognises the establishment of PANS+ Scotland, and their work in raising awareness.
- Notes calls for relevant public bodies to engage with PANS+ Scotland, and other stakeholders to improve awareness, understanding and support for those affected by PANS and PANDAS across Scotland.

I would be grateful if you would consider supporting this motion, as I believe it presents a timely opportunity to:

Increase awareness of PANS and PANDAS within the NHS in Scotland, removing the postcode lottery of knowledge, understanding and acceptance of the conditions, and allowing PANS or PANDAS to be considered as a possibility when a child, young person or adult has an unexplained onset of symptoms.

Pave the way for clinical guidelines, currently under development through the work of the PANS PANDAS Steering Group, which has representation from multiple Royal Colleges of Medicine. These are due to be published later this year.

(<https://theppsg.org.uk>)

Prevent parents and carers needing to give up their jobs to look after an ill child, and prevent families needing to spend tens of thousands of pounds seeking private treatment from specialists in England, and beyond, or feel abandoned because they can't afford it.

Ensure that affected children and young people are able to access their right to an education, through raising awareness of the conditions within schools, and schools are supported to understand the conditions, and how to support the child or young person.

Reduce the trauma that those affected, and their families go through, fighting for support across all public services, while also dealing with traumatic and erratic symptoms.

Ensure PANS+ Scotland's expertise is recognised and partnered with, so that children and families across Scotland can access consistent, high quality information, support and advocacy.

If you are willing to support this motion, I would welcome your assurance that you will sign it and, where possible, speak in favour during any debate or committee consideration.

Thank you for your time and for your consideration of this important issue. I look forward to hearing from you.

Kind regards

Insert your name