

Subject: Charity Light Up Request

Dear **Insert name**

I am writing to ask if you could support children across Scotland affected by Paediatric Acute-onset Neuropsychiatric Syndrome, by lighting up **Landmark Name** in Green on Friday 9th October 2026, as part of the Global #LightUp4PANS campaign.

Paediatric Acute Onset Neuropsychiatric Syndrome (PANS) and its better-known sub-condition ***Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS)*** are believed to be the result of a misdirected immune response to a pathogenic trigger (for example chickenpox, tonsillitis, lyme or covid-19), leading to the abrupt onset of a range of challenging symptoms, including OCD, tics and restricted food intake, alongside cognitive, behavioural, and neurological symptoms.

PANS, and its better-known sub-condition, PANDAS, are believed to be the result of a misdirected immune response to a pathogenic trigger (for example chickenpox, tonsillitis, lyme or covid-19), leading to the abrupt onset of a range of challenging neuropsychiatric symptoms.

The conditions are not currently recognised by the NHS in Scotland, and as a result families face multiple challenges ranging from not being able to access medical care, not being believed, having safeguarding concerns raised against their family, severe symptoms leading to suicidal thoughts or self-injurious behaviour, being unable to eat and hospitalised, trauma, social isolation and being unable to attend school and not receiving any education.

Inert personal story if you wish

With clinical guidelines due to be published in October, your support will help to amplify awareness at a critical time for those affected by the conditions, and help families across Scotland feel seen, and heard.

Thank you for considering this request.

Yours Sincerely

Your Name

For more information, please visit <https://pansplus.scot>