

Wear Green for Glitch on PANS PANDAS Awareness Day Friday 9th October, 2026



School friendly awareness and fundraising campaign

Wear something green on PANS PANDAS Awareness Day to raise awareness and show understanding

PANS and PANDAS are medical conditions that can affect children and young people. Although not widely recognised they can be life changing, disrupting daily activities such as attending school and participating in school life.

Awareness of these conditions varies across schools, Where a child or young person has PANS or PANDAS, understanding and meeting their needs can be challenging, particularly as symptoms are not always consistent or predictable

[Register your school here](#)

What is Wear Green for Glitch?

Wear Green for Glitch is a simple, school-friendly awareness and fundraising activity organised by PANS PANDAS UK, the only UK wide charity supporting families with these conditions.

Who is Glitch? Glitch is a panda who lives with PANS. His name and character was chosen by the PANS PANDAS UK Youth Advisory Board, as it represents how having PANS or PANDAS can feel. You can read his bio on the next page.



How can you get involved?

Taking part is simple:

- Encourage pupils and staff to wear something green on Friday 9 October, 2026.
- Share information about PANS and PANDAS to raise awareness
- Use the Glitch comic and campaign resources to help understanding
- Ask pupils and families to make a small donation to PANS PANDAS UK
- Celebrate your school's participation and help spread awareness of PANS and PANDAS

Meet Glitch...

At first, Glitch was a confident, sociable kind of guy. His friends all thought he was really strong and brave and would dare to do anything. He was super sporty and really good at football.

In year six, Glitch got ill. When his sore throat had gone, Glitch went back to school but, over the next few weeks, he started to feel not like his usual self. He was anxious and worried. School suddenly became a really difficult place to be. His handwriting became messy and sounds seemed really loud. Even his clothes felt wrong on his skin.

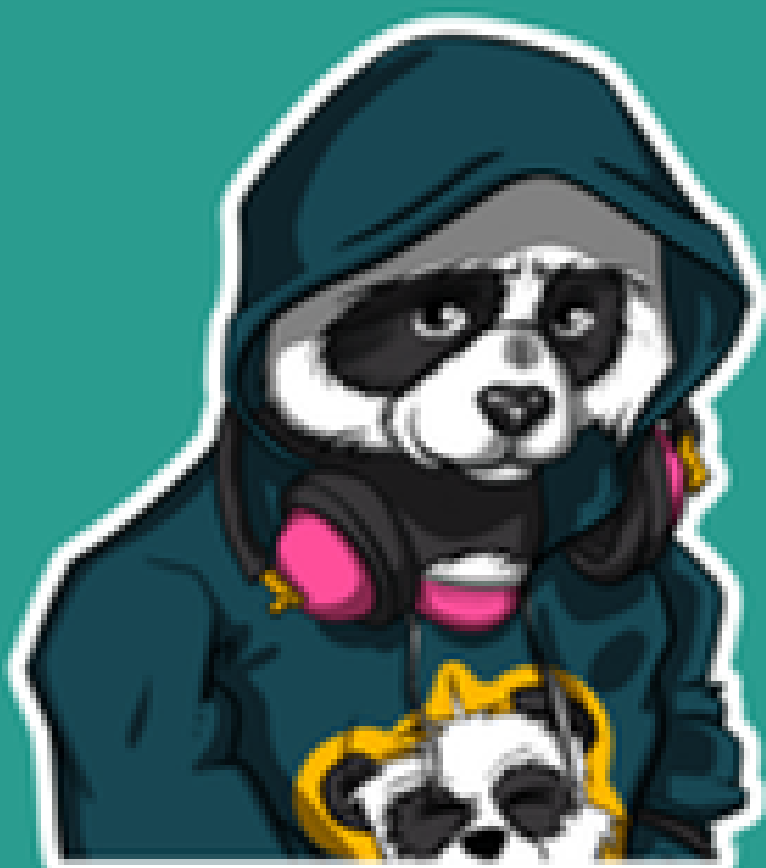
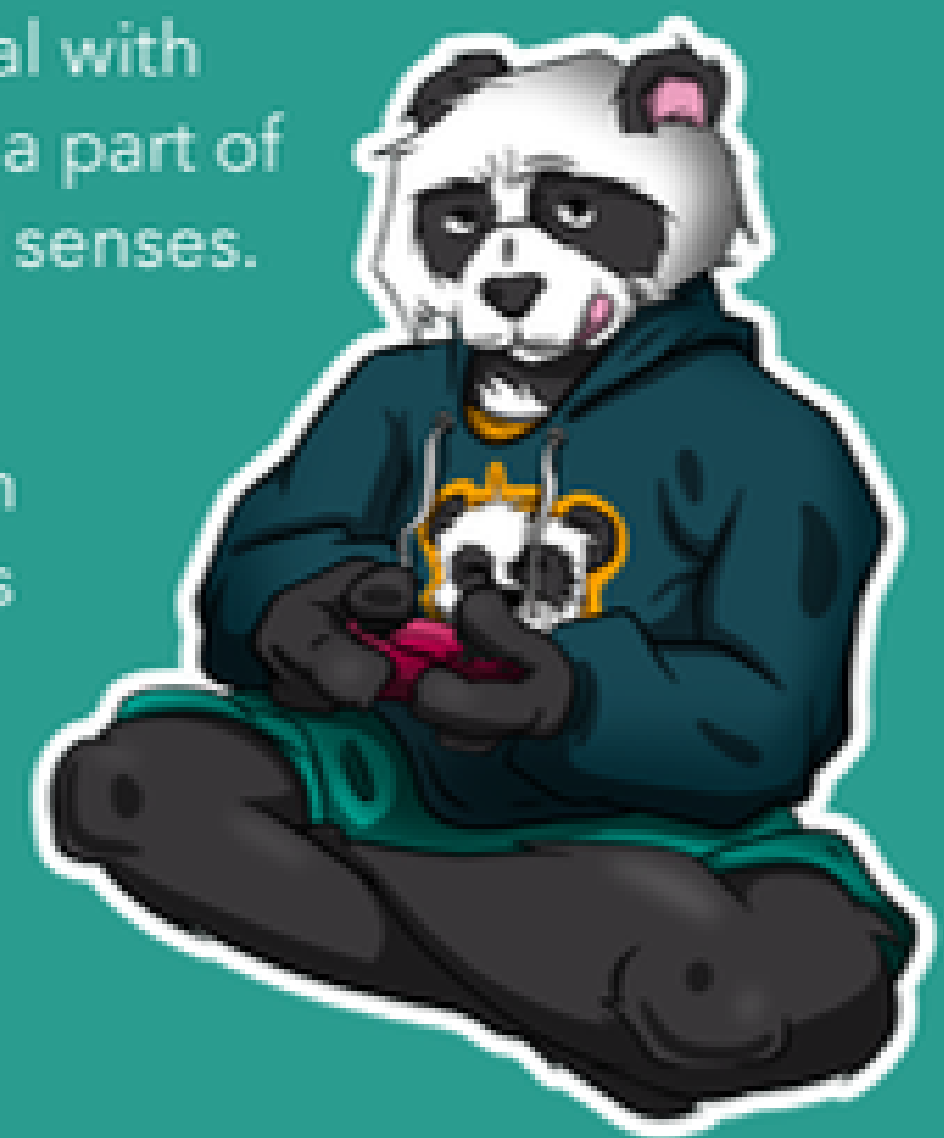


Very quickly, Glitch found he didn't feel safe anywhere but at home with his Mum. **He developed tics which made him look like he was glitching and OCD that was so bad he got stuck for hours every day.** For Glitch though, the worst thing was that he was no longer able to play football with his mates. His legs didn't want to do what he told them anymore.



Glitch's parents took him to see the doctor because they were so worried. Luckily, their doctor remembered that Glitch had been ill just before all these changes and realised he had a condition called PANS. She explained that some people's immune systems don't deal with infection as well as others and this can cause tiny changes in a part of the brain which controls things like feelings, movements and senses.

With the doctor's help, Glitch got some medication to help with his PANS. He still gets symptoms from time to time when he gets ill but he asks for help and keeps going. When things are tough and he can't play football, he plays sports on his games console instead. This helps to distract him from intrusive thoughts. It also helps because he can always start again if he doesn't get it 'right'.



Glitch wears comfy clothes and soft, practical shoes because comfort supports his sensory needs. His hood can be pulled up when the world feels too loud or overwhelming – a small way to create a sense of safety. His headphones help to muffle sound when everything feels a bit too much.

Written by the PANS PANDAS UK Youth Board

Discover Glitch's comic and stickers

Who are PANS PANDAS UK?

PANS PANDAS UK is a beacon of hope amidst the challenges faced by children, young people and families grappling with the devastating conditions, PANS and PANDAS.

We are proud to be the only UK wide charity dedicated to supporting this vulnerable and marginalised community, advocating for those suffering from these little known and debilitating neuropsychiatric conditions. We understand the unique struggles faced by our beneficiaries, and with your support, we can continue our essential work.

Resources for your school



If your school participates in "Wear Green for Glitch" on Friday 9th October, 2026, PANS PANDAS UK will thank you with a campaign resource pack which includes the following:

- At least one copy of the Glitch Comic
- One copy of the brand new publication "The Flare"
- Glitch stickers for pupils
- A personalised digital certificate of participation to print and display
- A desktop cardboard cut-out of Glitch.

Donations

The money raised will support PANS PANDAS UK to continue raising awareness of these conditions among education and health professionals, while supporting families affected by PANS or PANDAS.

If your school participates PANS PANDAS UK will explain how to collect and transfer the money raised. The process is simple and easy to manage.



Information

PANS PANDAS UK has an extensive range of resources designed to support education professionals, and also offers training opportunities to help you understand more about PANS and PANDAS.

Here are just a few of the links to the information which is available on our website.

- [Training](#)
- [Education FAQs](#)
- [Primary School Resources](#)
- [A Summary for Teachers](#)
- [Education Publications](#)
- [Education Podcasts](#)

For further information email: schools@panspandasuk.org

Have you noticed a child with multiple unexplained changes in the classroom?

Cognition and Learning

- Maths difficulties
- Brain fog
- Challenges in organisation and following instructions
- Memory changes
- Concentration and focus difficulties
- Decline in progress and attainment

Social, Emotional and Mental Health

- Generalised and separation anxiety
- OCD
- Difficulties regulating emotions
- Self-harm
- Suicidal thoughts
- Hallucination, paranoia or similar experiences
- Regression

Communication and Interaction

- Friendship or relationship issues
- Masking
- Speech and language difficulties (receptive or expressive skills)
- Communication issues
- Difficulties in following verbal instructions

Sensory and Physical Needs

- Tics
- Changes in fine or gross motor skills
- Sensory sensitivities
- Disordered eating
- Toileting issues
- Sleep difficulties
- Handwriting deterioration



Consider PANS or PANDAS

PANS (Paediatric Acute-onset Neuropsychiatric Syndrome)

PANDAS (Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections)

PANS and PANDAS are post infectious autoimmune and neuroinflammatory medical conditions that affect both physical and mental health.

They are often recognised by the sudden appearance of several unexplained changes

Every child is different and some children may also have other conditions and/or be neurodivergent. If you notice lots of changes occurring in a child following an infection, then consider PANS or PANDAS. While recognition and early diagnosis is key, these conditions can only be diagnosed by a medical professional. For more information, visit our website.

✉ info@panspandasuk.org 🌐 www.panspandasuk.org
Charity Number: England - 1178484 | Scotland - SC053206



Thank you for your support

“Raising awareness and understanding is so important to PANS PANDAS UK, we really appreciate your support and hopefully your participation in the **Wear Green for Glitch** campaign”

Vicky Burford
Chief Executive Officer
PANS PANDAS UK

Finally...

...and most importantly, participation in “Wear Green for Glitch” will not require any child or family to identify themselves as having PANS or PANDAS.

The campaign aims to promote awareness, understanding and inclusion across the whole school community. It does not rely on identifying individual children and young people and is suitable for any school, regardless of whether pupils are currently affected by PANS or PANDAS.

PANS PANDAS awareness day

Extra resources

A resource pack to
**celebrate the power of
reading with Glitch**

**Glitch! A panda's PANS
journey;** a comic about
PANS and PANDAS

My brother and me
a short story by Albie, 9

Rosie's story, a young
adult interviewed by
PANS PANDAS UK

**PANS and PANDAS:
from teen to teen**

**Support resources
for young people**

Ask the experts:
a webinar featuring
health professionals

Ask the experts: Live!
featuring young people
and professionals

PANS PANDAS UK
resources for educators

Contact us



The resources can support schools wishing to explore PANS and PANDAS in more detail. Some resources contain medical- or health-related information. Teachers should review materials before use and determine their suitability, age-appropriateness and relevance for their pupils, curriculum and educational setting.

**PANS
PANDAS**^{UK}