

Your fundraising can provide help and hope for people living with dementia.

There are a variety of different ways you can raise money this Forget me not Appeal. Here are some tried and tested fundraising ideas to get you started and inspire you! By fundraising, you will help people living with dementia access the support they need.

Wear it blue

Host a non-uniform or wear it blue day and dress to impress in your favourite blue items! You could even double your denim for dementia. Why not get really creative and take it one step further with blue wigs, blue hair dye or blue face paints! Ask people to donate £2 to take part and provide a prize for the most creative outfit.

Win a blue themed hamper or tombola

Gather your favourite brands and anything blue in exchange for donations and a raffle/tombola ticket for a chance to win.

Have a blue-themed bake sale or bake off

If you're a star baker, why not bake some tasty blue-coloured treats and ask for suggested donations. You could also have a blue-themed bake off! If baking isn't your hidden skill, you could always buy some blue-coloured treats – don't worry, we won't tell!

Hold a quiz or coffee morning

Get everyone together for a fun event to share in supporting your fundraising. You could run a quiz, charging for entry that goes to your Forget me not Appeal donations. Or, hold a coffee morning at a community group and ask for donations in return!

Set yourself a personal challenge

Go the extra mile and challenge yourself by taking on a challenge event, from skydives to marathons, we have it all! Visit our website for more information and to sign up:

alzheimers.org.uk/get-involved/events-and-fundraising/join-event

Good luck with your fundraising, have fun and thank you for coming together to support the Forget me not Appeal.

Your fantastic fundraising efforts are helping everyone living with dementia get the support they need.



Alzheimer's
Society



How your money is providing help and hope for people affected by dementia

From the moment someone starts worrying about their symptoms, Alzheimer's Society is there for them, offering help and hope. Your support means that people don't have to face this condition alone, and that together, we can build a better tomorrow for everyone affected by dementia.

£15

could provide a family affected by dementia one hour with a Community Dementia Adviser. Whether they're helping someone living with dementia, a carer, or an entire family, this face-to-face support is invaluable in ensuring everyone can feel supported.

£50 £100

could enable 43 issues of our Dementia Together magazine to be printed. No experience of dementia is the same, but hearing stories from different people empowers others to live well. Dementia Together shines a spotlight on the many and diverse aspects of dementia – helping people to feel less alone.

could enable 8 Companion Calls to be made. Loneliness can be a devastating part of someone's experience with dementia, but a friendly chat with a Companion Call volunteer can help keep the loneliness at bay.

Looking for information, support or advice about dementia?

Call us on 0300 222 1122 or visit
our website at [alzheimers.org.uk](https://www.alzheimers.org.uk)



Registered with
**FUNDRAISING
REGULATOR**

Alzheimer's Society is a registered charity in England and Wales (296645); the Isle of Man (1128) and operates in Northern Ireland