Start planning some summer fundraising and help Alzheimer’s Research UK to fund vital world-class research into dementia.

Here’s some ideas to get you started:

1. Get hot under the collar and hold a chilli eating contest.
2. Organise a rounders tournament and charge each team to enter.
3. Host a strawberries and cream tea party.
4. Give a guided nature walk around your local area.
5. Hold a charity BBQ.
6. Offer your car washing or gardening services for a fee.
7. Hold an open garden day.

Thanks to your help we can make breakthroughs possible.