January Jumpstart

Kick-start the year with some of these fundraising ideas

1. Make a new year resolution and pledge how you’re going to support Alzheimer’s Research UK over the next 12 months. Display the pledges where everybody can see them to make sure you stick to them.

2. Have you started a new year diet? Stay motivated by asking friends to sponsor you £1 for every pound you lose.

3. Want to get fit for the new year? Contact us to enter a challenge event - it could be running, swimming, cycling or even an assault course!

4. Join in the January blues by having a wear blue to work day. Charge people £2 to take part.

5. If you overdid it at Christmas, then why not get sponsored to have a tee-total January?

Thanks to your help we can make breakthroughs possible

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