

Build an orange tower

How long will yours stand tall?

Plank challenge

Put your core strength to the test.

Talent competition

Unleash your hidden gift for singing.

£20 challenge

Power your own hour of research.

Battle of the bakes

Raise the dough with your culinary skills.



Pounds for pounds

Reach your target weight and power research.

Go extreme

Trek, skydive or ascend. Everyone's got a mountain to climb.

Fruit Fridays

Start the weekend guilt free.

Office Olympics

Fun sports for all!

Run or Cycle Down Dementia

Take on a virtual challenge.



Inspire me!

Some fabulous fundraising ideas to get you started

Challenge yourself

Come up with an innovative fundraising idea of your own.

Get glittered

Make your brows and beards sparkle.

Buzzword ban

Pay for every use of jargon.

Sweepstake

Grand National or Eurovision, there's something for everyone.

Donate one hour of pay

It'll make a big difference.

The Mighty Quiz

Go head to head to defeat dementia.

I'm a Director, Get me out of here!

Take on a bushtucker trial for a donation.

Throwback Thursday

Revive your favourite era.

Go orange

Make a bold statement.

#GameforGood

Play Sea Hero Quest and contribute to vital research. Donate when you play.



➤ Download fundraising tools at alzheimersresearchuk.org/corporate-resources

Registered charity numbers 1077089 & SC042474


**Alzheimer's
Research
UK**

Make
breakthroughs
possible