Friendship is in the air

WHEN

WHERE

Alzheimer’s Research UK is a registered charity, numbers 1077089 and SC042474
Instead of trying to find love on Valentine’s Day, why not use the date to get to know your colleagues and raise money for dementia research at the same time?

Host a fun speed-dating event as the perfect icebreaker for you and your colleagues.

All you need to do is:

**STEP 1** Find a room or space to host the speed-dating event in.

**STEP 2** Tell all your colleagues when and where the event is.

**STEP 3** Bring some Valentine’s-themed snacks along, such as heart-shaped chocolates and strawberries.

**STEP 4** Charge for entry. We suggest between £2-£5.

**STEP 5** Set everyone up in pairs.

**STEP 6** Set a timer for three minutes per “date”.

**STEP 7** When the three minutes is up, people move on to their next one-on-one conversation.

**STEP 8** Let the sparks fly!

Who knows, you may set up a new friendship, all in the name of dementia research.
Here are some questions to help get the conversation flowing:

- What would be the title of your biography?
- Are you a night owl or an early bird?
- If you have friends coming for dinner, what would you cook?
- Are you reading any books right now?
- What three things would you take with you to a desert island?
- If you could live anywhere in the world, where would it be?
- If you won the lottery, how would you spend it?
- Do you believe in ghosts?
- What is your favourite film?
- Who is your favourite actor/actress?
- What is your favourite TV programme?
- What’s the last concert you went to see?