March fundraising ideas

March is packed full of days of awareness and appreciation. Allow these days to inspire your fundraising for dementia research this month!

**International Women’s Day**
Honour the astonishing achievements of women past and present. Encourage female CEOs, heads of departments, managers, and other inspiring women from where you work, to speak about their experiences and invite people to listen in exchange for a small donation.

**Mother’s Day pampering**
Hold a pampering evening with friends and family. Throw on the dressing gowns, get the face masks on and kick back and relax. Suggest a small donation for joining.

**World Sleep Day**
Recognise the importance of healthy sleep. Hold an online raffle for staff to win a lie in. Ask colleagues to make a donation to enter!

**Spring equinox**
Mark the beginning of the new season with an office spring clean! Why not sell and donate the proceeds of old or unwanted office chairs or furniture to Alzheimer's Research UK?

**World Theatre Day**
Celebrate the amazing significance of theatre arts. Host a theatre production: you could watch an audience favourite, or even write and perform your own play!

Registered charity numbers: 1077089 & SCO42474