We’re asking you to swap your favourite takeaway cuppa for one made in your kitchen at home or work, and donate the money saved to Alzheimer’s Research UK.

You could get colleagues involved too and start a ‘virtual coffee jar’ donation pot.

Donate the savings for one day, a week, a month, or longer – the choice is yours!

Donate the cost of a cuppa to Alzheimer’s Research UK

Could you cut out the coffee-shop cappuccinos or hold off on the takeaway hot chocolates?

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