Allow your fundraising to bloom with our floral-inspired activities. Immerse yourself in nature while helping Alzheimer’s Research UK fund vital world-class research to prevent, treat and cure dementia.

1. **Open garden event** - is your garden in full bloom? Or do you have a house with a colourful history? Why not open your doors and showcase your gardening skills? Or you could host a live event, where friends and colleagues make a small donation to join and pick your brains on your gardening knowledge.

2. **Floral workshops** - are you looking for relaxing ways to brighten up your working day? Why not arrange a floral-themed workshop for colleagues in exchange for a donation? From macramé to terrariums and flower arranging, there are so many great ideas to choose from!

3. **Floral photo competition** - encourage colleagues to take in their beautiful surroundings by holding a floral photo contest. Entrants pay a small fee to submit their best floral snaps and judges decide on their favourite picture. Offer a prize to the winner!

4. **Plant growing contest** - whether its sunflowers, chilli plants or tomatoes, pick your favourite plant and grow for good! Encourage friends, family and colleagues to sow seeds and see who can grow the most impressive greenery in a set timeframe. Entrants make a small donation to take part. The green-fingered winner takes home half the sweepstake donation and donates the other half to Alzheimer’s Research UK.

5. **Flower and vegetable sales** – if you enjoy growing plants and vegetables, why not sell what you grow and donate the proceeds to support dementia research?