Go orange to make breakthroughs possible

Dementia is caused by physical diseases, most commonly Alzheimer's. History has shown that diseases can be slowed. They can be stopped. With your support, research can do the same for dementia.

Brains with Alzheimer’s can weigh 140g less than a healthy brain - the weight of an orange.

Go orange to help find a cure for dementia. Wear orange, eat orange, or even be orange!

We are going orange on [insert date]

Suggested donation: [insert £1.40 or other amount]

Pay your money to [insert name]
Try these fun ideas and raise money to support Alzheimer’s Research UK

- Guess the number of orange sweets in the jar
- Bake 140 orange-infused cupcakes and sell them to raise funds
- Do 28 parkruns in a year – 140km – donate £1 per run
- Wear orange tights or socks to work and donate £1
- Make and sell orange marmalade for charity
- Get sponsored to wear orange pants outside your clothes for a day
- Try an orange (the fruit) juggling contest
- Hold an Oompa Loompa fancy dress competition
- Fake tan-a-athon anybody? Who can become the most orange?
- Try a 60 second orange (or chocolate orange) eating contest – pay to enter
- Try an orange juggling contest
- Charge colleagues for orange manicures
- Get sponsored to dye your hair orange
- Get sponsored to only eat orange food for a week
- Hold an orange fashion show
- Organise an orange-themed quiz and charge people to enter
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For more help with your orange fundraising, please call 0300 111 5555 or email fundraising@alzheimersresearchuk.org