

Support us on your birthday

Birthdays are a wonderful opportunity to show your support for Alzheimer's Society and join us in the fight against dementia.

If you are planning to gather your friends and family together, why not ask them to [give a donation to Alzheimer's Society](#) instead of buying you a present? Your generosity will help us support [people living with dementia](#) and those who care for them, and help fund vital research.



Order your materials >

Contact our Customer Care Team on **0845 306 0898** or celebrate@alzheimers.org.uk

How to get started

In three simple steps you can help to improve the lives of people affected by dementia and add some sparkle and a little bit of something different to your birthday celebrations.

1. [Order your celebration materials](#)
2. Tell your family and friends before and during the celebration you want to collect for Alzheimer's Society
3. You or your guests can send their donations to us directly using a freepost address, online or by phoning **0845 306 0898**

Your support means a great deal to us, thank you.

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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