

Get sponsored to grow a beard or moustache

Calling all men! Why not turn something ordinary and mundane into a powerful fundraising event? It doesn't require too much effort to sit back and let your facial hair grow, so why not raise vital funds for us by simply sitting back and letting it happen?

Commit to letting a beard or moustache grow for a length of time and encourage friends and family to sponsor you while you make it through those itchy days. It couldn't be easier!



Request a fundraising pack >

How to get started

Apart from sitting back and letting it grow, here are some handy hints to help you with your fundraising.

1. Create a [JustGiving](#) page. It's free, secure and easy to set up and can help you spread the word to all your friends and family.
2. Take lots of pictures and keep people updated.
3. If you already have a beard - then how about doing a [sponsored shave](#)?

[Order a fundraising pack](#) filled with lots of handy hints and tips to help you with your fundraising. If you would like any more information, then please call us on 0845 306 0898 or email community@alzheimers.org.uk.

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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