

Organise your own Memory Walk

'My mum had Alzheimer's so I know how devastating its impact can be - not only on the person who has been diagnosed but also on their family and friends.

Alzheimer's Society helps families and friends enjoy their time together so that they can share their happy memories for as long as possible. That's why I am encouraging you to take part in Memory Walk.'

Lynda Bellingham
Alzheimer's Society Ambassador

By deciding to organise a [Memory Walk](#) with your friends, family and colleagues, you can help fight dementia every step of the way.

It is so easy to organise a [Memory Walk](#) - simply decide on a date and route, promote it to all your friends, family and colleagues and encourage everyone to raise as much sponsorship as they can.

To receive your Memory Walk toolkit, please contact the Memory Walk team using the contact details below.

We will send you a step-by-step guide to help you put on a great event and everything you need to hold your Memory Walk including posters, balloons, sponsorship forms and certificates.

Contact the Memory Walk team for your Memory Walk toolkit:

Telephone: 0207 423 3646



Email memorywalk@alzheimers.org.uk

- [Visit the Memory Walk website to search for your local Memory Walk and sign up online](#)

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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