



# Challenge Dementia Quiz

Your fundraising guide



# Get started!

Use the top tips below to make your quiz a success.

## Find a venue

Pubs will often give out an area free of charge if you can guarantee to fill it. Alternatively why not use a local hall or a meeting room at work. For a smaller group, you could even host the quiz at home.

## Pick a date

Venues will be more likely to offer a space earlier in the week when they're less busy, however it is good to think about when most of your contacts will be free to attend.

## Get the word out

Let family, friends and workmates know about your event as far in advance as possible and make sure it's in their diaries. Use the poster in this pack to spread the word and send invitations out on social media.

## Source a prize

All good quiz nights need prizes. Why not ask local businesses if they will donate items for the winning team?

## Pick your rounds

Our quiz guide contains a number of rounds to choose from - general knowledge to music, picture to sports. We recommend picking around 6 to 8 rounds for your event.

## Get everything ready to go

Use the checklist on page four to help you remember everything you need for the event. Visit [alzheimers.org.uk/challengedementia](http://alzheimers.org.uk/challengedementia) to print off extra answer sheets, picture rounds and a certificate for the winning team.



## How your fundraising helps

**Every pound you raise through Challenge Dementia will help us support those who need it most, to campaign for the rights of people with dementia and to fund research which will unlock the answers to a cure.**

**£50**

could help us investigate how one type of dementia develops by paying to grow one day's worth of nerve cells in a lab.

**£232**

could allow eight people affected by dementia to share practical tips and advice at a peer support session.

**Everything you do will help us drive towards our vision, a world without dementia.**

**We can't do this without you!**

**£525**

could improve the wellbeing and confidence of 25 people with dementia by paying for them each to spend an hour with an experienced Dementia Support Worker.





## Don't forget anything!

Make sure you have everything you need for your event using the checklist below:

- Quiz round booklet
- Answer sheets
- Picture round sheets
- Pens
- Score sheet
- Prizes
- A collection tin or box to store the money
- Raffle tickets

## On the big day

Follow these tips to help you run your quiz like a pro.

### Get set up

Arrive at your venue with plenty of time so you can organise your event space. Arrange tables and chairs, give out answer sheets, pens and put any prizes on show

### Test the tech

If you're using a microphone or sound system, make sure you test them before your guests arrive

### Organise the teams

We recommend teams of 4-6 people

### Collect an entry donation

We suggest £5 per person

### Get support

Ask a friend or family member to support you at the event. They can help read out the rounds and score. We've included a scoring sheet in the pack to help you keep track

# Easy ways to boost your fundraising total

Here are some of our favourites:

## Raffle

Ask local businesses to donate prizes and sell raffle tickets when people arrive and in the breaks. Draw the raffle while you are totting up the final scores and then reveal the quiz winners as a grand finale! Don't forget to bring along a book of raffle tickets.

## Heads or tails

A simple and fun game to boost the money you can raise. Ask everyone taking part to stand up and donate £1. Each player then chooses either heads (by putting their hands on their head) or tails (by putting their hands on their behind). Toss a coin. Those that get it wrong sit down; those that get it right remain standing. Repeat until there is only one person standing and give them a special prize.

## Phone fine

No one likes a cheat! Enforce a £1 fine for anyone seen on their phone while the quiz is being played.

## Joker board

Display a pack of cards upside down on a board (including the joker). For a £1 donation, players can pick a card. If they pick the joker, they win 50% of the money collected. If they pick any other card, it's placed back on the board and the next player takes their turn.

## Cheat donation

Allow teams one chance to cheat and ask for an answer... but make sure they make a donation first.

# Extra support

Got questions? Need some advice?

Email [challengedementia@alzheimers.org.uk](mailto:challengedementia@alzheimers.org.uk) and we will be happy to help.

We have a range of extra materials on our webpage to support you. Head to [alzheimers.org.uk/challengedementia](https://alzheimers.org.uk/challengedementia) to download posters, certificates, invitations and more.

## Paying in your money:

Once you've done all the hard work, paying in your fundraising is easy.

## Pay in online:

Pay in your donations online at <https://secure.alzheimers.org.uk/challengedementia>

## Pay in by phone:

Call 0330 333 0804 to pay in your donations using a credit or debit card

## Post us your donations:

Use the donation form and freepost envelope in this pack to pay in by cheque







# Thank you

Email  
[challengedementia@alzheimers.org.uk](mailto:challengedementia@alzheimers.org.uk)

Visit  
[alzheimers.org.uk/challengedementia](http://alzheimers.org.uk/challengedementia)

Call  
**0330 333 0804**

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and Northern Ireland. Registered charity no. 296645