



Get Changed

Host your own event

Step by step guide



Your guide to hosting a Get Changed party

You've signed up and you're ready to make a change. Now time to start planning. Follow our step by step guide to get the most out of your Get Changed party.



Pick a date and time

Think about when most people will be free and make sure you leave enough time to plan.



Invite your pals

Use [our electronic invites](#), create an event on Facebook or start a Whatsapp group.



Ask for a donation

We recommend £5-£10. The easiest way is to set up a Justgiving page, but you can also collect donations at your event.



Make sure your guests bring along pre-loved items

As the saying goes, 'one man's trash is another man's treasure'. Think jewellery, clothes, bags, shoes. We suggest 3-5 items per guest.



Get in the refreshments

Some nibbles and drinks will go down well, or ask your guests to bring along a contribution.



Set up your party space

Make sure there's enough room to display items and also somewhere for people to try on clothes. You might want to put out a clothes rack (why not ask your local clothes shop if you can borrow one) and also make sure a mirror is available.



Get Changed

Switch clothes, play games, eat, drink and enjoy.



Share your photos

Take a snap of your favourite new(ish) item and share on social media using **#GetChanged**. Don't forget to let people know you were fundraising for **@alzheimerssoc**



Pay in your donations

Pay in online secure.alzheimers.org.uk/getchanged or call us on **0300 330 5452**. Or make an online donation via your **JustGiving** page.



Top fundraising tips

Every penny you raise at your Get Changed party will help us continue our crucial work to end dementia. As well as asking each guest to donate to attend, here are our top ideas to maximise your fundraising on the day.

Donation for items

If you want to continue to up the £'s, consider asking for some spare change from your guests for each item they take home with them. We suggest asking for £3-£5 per item to keep it simple.

Play some games

A great way to add to the fun, and also increase your fundraising, is to play some games on the night. These are some of our favourite ideas:

1. Roll the coin: Ask a local business to donate a bottle, gift voucher or box of chocolates and place it in the centre of an empty floor. Whoever rolls their £2 coin closest to the item wins it, and you keep the coins!

2. Online auction: Got a special item? You could do an online sale using eBay or another online sales website and donate what it makes to Alzheimer's Society.

3. Match funding: Why not double your donations by asking your work to match fund? Get in touch with us at getchanged@alzheimers.org.uk if you need anything from us for your employer.

Alzheimer's Society Get Changed tips

So you've picked your date and planned your event. Here are some more top tips to ensure your Get Changed party goes off without a hitch:

- Think about how many people you can fit in your space, you want to create a party atmosphere without it feeling too crowded.
- Want to do something a bit different, why not pick a theme for your party like 'wedding clothes' or baby items?
- Consider the environment. We want Get Changed to be as sustainable as possible, so we haven't created anything for you to print. If you do need anything in particular for your event, just get in touch via getchanged@alzheimers.org.uk and we will be happy to help.
- Set a maximum amount of items friends can bring (we suggest 3-5). This will avoid you being left with too many items at the end of the night.
- If you do have left over items, here are some suggestions of what to do with them:
 - Sell them on eBay – you can select a percentage of the cost to be donated to Alzheimer's Society
 - Send them to **Thrift+**. Visit thrift.plus to find out more. They will sell your clothes for you and donate any funds to Alzheimer's Society.
 - Donate them to your local clothing bank, recycling centre or charity shop.
 - Where possible, please avoid sending any leftover items directly to landfill.



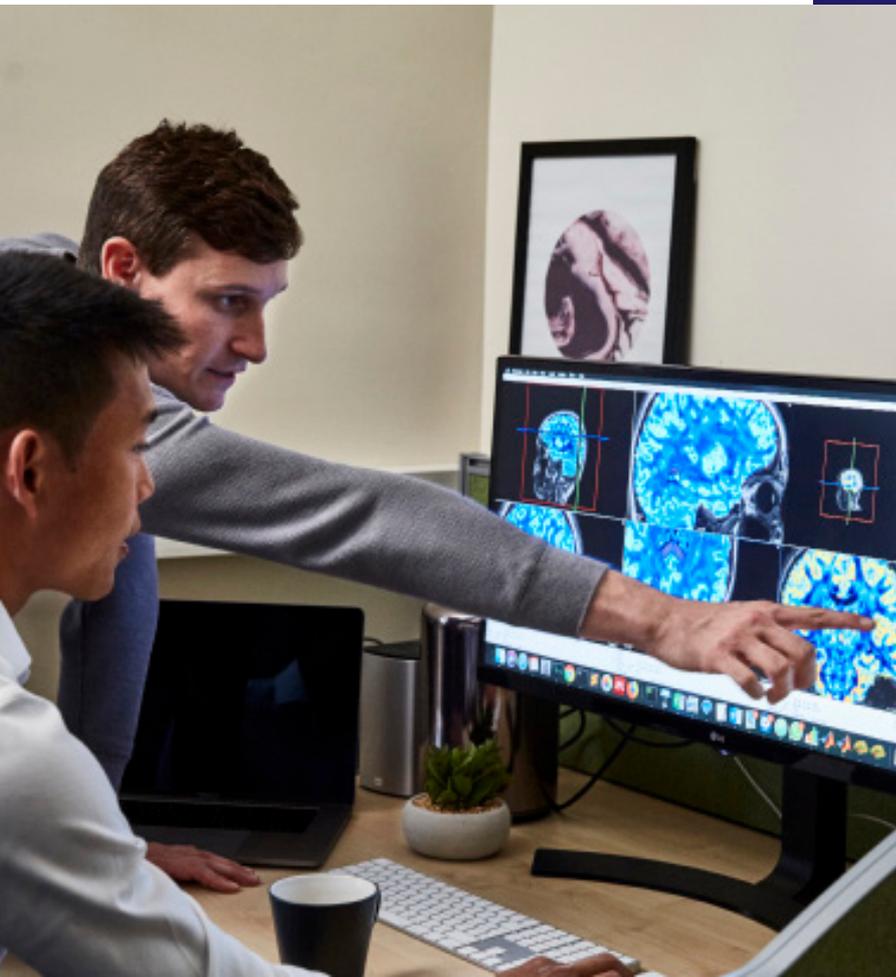
Why Get Changed?

Alzheimer's Society's Get Changed is a sustainable and affordable way to switch clothes with friends while raising money to end dementia. By being an Alzheimer's Society Get Changed host, you will not only be changing your wardrobe, but you will also be making a real change to the lives of people affected by dementia and making a change for the planet by reducing clothes waste. On top of all that, a party with your friends is far more fun than attending a boot sale or jumble sale!

Alzheimer's Society is here for everyone affected by dementia, until the day we find a cure. £150 raised from a Get Changed party could pay for a Dementia Support Worker for a day, so they can offer people with dementia coping strategies and support. Not only that, but each year, more than 300,000 tonnes of unwanted clothing end up in landfill. Your Alzheimer's Society Get Changed party will help give items that were destined for landfill a second chance.

If every Alzheimer's Society Get Changed party host paid in their donations, we could fund five talented PhD students to complete three years of research into the cause, care, cure and prevention of dementia. Your incredible fundraising really will make a difference to families affected by dementia.

Thank you.



Pay in your donations:

Online

[secure.alzheimers.org.uk/
getchanged](https://secure.alzheimers.org.uk/getchanged)

By phone **0300 330 5452**

Or make an online donation
via your **JustGiving** page



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Alzheimer's Society operates in
England, Wales and Northern Ireland.
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