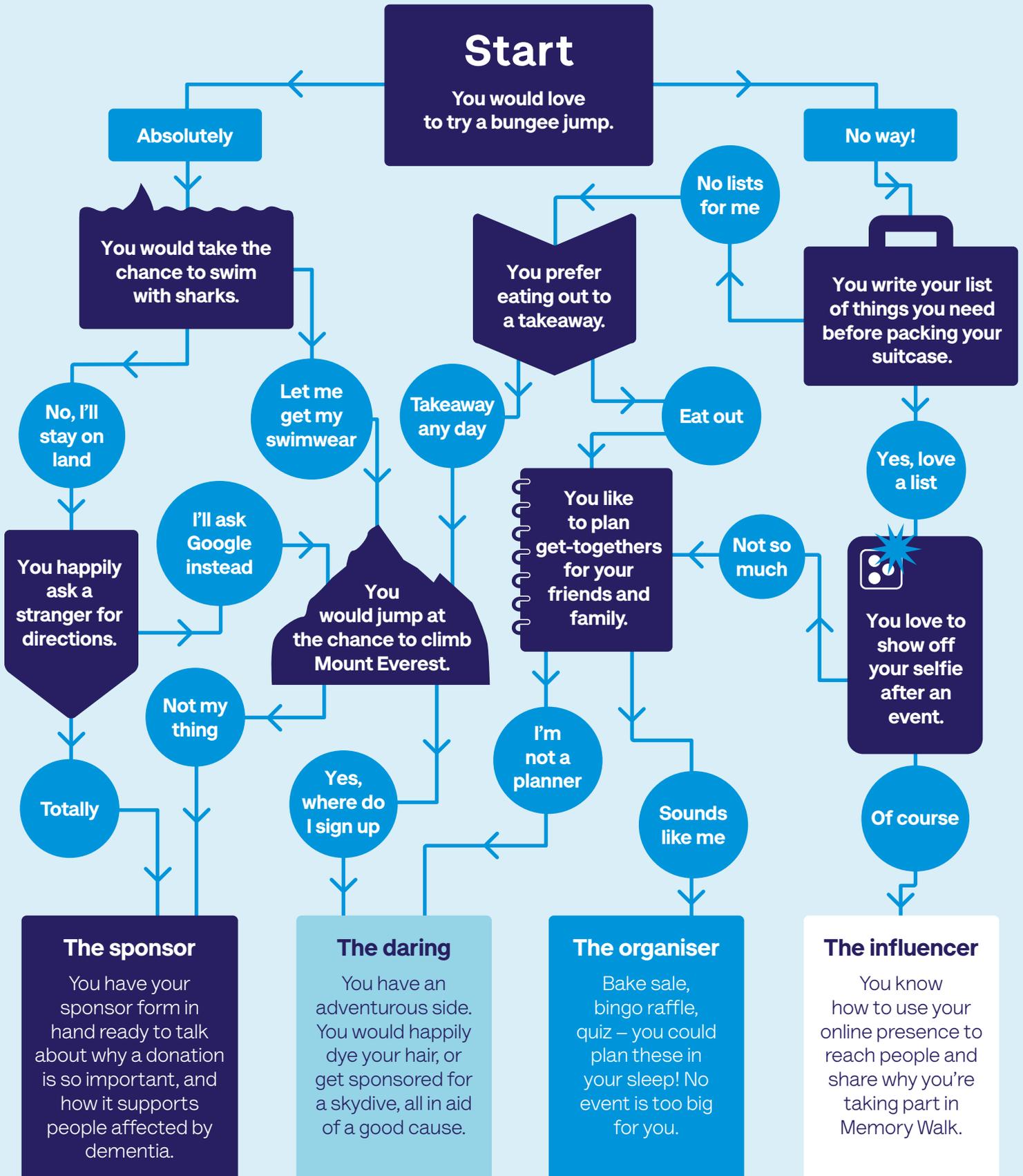


# What kind of fundraiser are you?

Take our quiz to find out which style of fundraising is best for you, and tips and tricks to get you started.



# Tips and tricks for your fundraising

## The sponsor

- Learn a new skill and ask for sponsorship to achieve a goal. Maybe try to hula hoop 100 times in a row!
- Auction off your skills to your family or household. How much will someone pay for you to bring them a cup of tea in bed every morning?
- Get sponsored to quit sugar, alcohol or social media for a month.
- Do tasks and chores for your friends and family. Could you walk a friend's dog for a week or month?



## The daring

- Jazz up your do and ask for donations to dye your hair blue!
- Take on a challenge and ask people to sponsor you to do 10,000 steps a day for a month.
- Add some fun to the working day and wear a costume to work. Has there ever been an office dinosaur? Get your whole team involved!
- Sell your unwanted, used or handmade items online, or at a car boot sale and donate the proceeds to your sponsor pot.



## The organiser

- Choose your event – are you a baker? Arrange a bake sale. Love a quiz? Host one! Enjoy board games? Have a games night.
- Choose when and where to host your fundraiser, and tell your friends and family all about it. You could create an event on social media to spread the word even further.
- Contact us at **MemoryWalk@alzheimers.org.uk** if you need some extra banners or collection boxes.
- Take pictures of your event to share your success on social media and use **#MemoryWalk** so we can see too.



## The influencer

- Set up an online fundraising page – we would recommend **JustGiving**, as it's super easy to use!
- Share why you are taking part in Memory Walk. Let people know the impact dementia has had on you and your loved ones.
- Sharing a snap of you in your Memory Walk t-shirt, or a photo of the person you are walking for, helps your sponsors connect with your story. Use **#MemoryWalk** so people can follow your journey.
- List all of the people you can share your fundraising page with, and get influencing!

