Let’s get fundraising!

DEMENTIA CARERS COUNT



Dementia Carers Count is the working name for The Royal Surgical Aid Society.
Charity registered charity in England and Wales (216613) and Scotland (SCO51929).

Thank You for Choosing Dementia Carers Count

We're so grateful you've chosen to fundraise for Dementia Carers Count. Your support helps us provide vital services to those caring for someone with dementia. We're here to support you every step of the way.

Tips for Your Fundraising

1. Set a clear goal and share it with friends and family

2. Use social media to spread the word about your fundraiser

3. Keep your supporters updated on your progress

4. Remember to thank everyone who donates

5. Have fun with it! The more you enjoy it, the more others will too

6. Don't be afraid to ask local businesses for support or prizes

Get in Touch

Phone: 0203 5400 700

Email: fundraising@dementiacarers.org.uk

Create a Fundraising Page

Set up your JustGiving page to collect donations online and track your progress against your target:

https://www.justgiving.com/charity/dementiacarers



Turning love, loss and commitment into fundraising



Jack's Story

Jack's father, Paul, was diagnosed with a rare form of early-onset Alzheimer's disease and sadly died in 2023 at the age of 66, following years of profound change for the whole family.

Jack shared how Dementia Carers Count played a vital role in supporting his family during this time:

"Dementia Carers Count were pivotal in signposting my mum towards other sources of support and helping her to understand what was happening to Dad, rather than being overwhelmed and bewildered by it."

At the end of last year, Jack took on a major challenge: running 10km every day throughout December, raising funds for Dementia Carers Count in recognition of the support his family received.

Jack went on to fundraise for us, wanting to ensure other carers could access the same life-changing support he received. His sponsored walk raised over **£1,628!**

Your fundraising could help someone just like Jack and his family.

Fundraise today, help carers tomorrow

Why Your Support Matters

Lesley's Story



When Lesley's mum was diagnosed with dementia, life changed dramatically. Living in Scotland, Lesley became a full-time unpaid carer, supporting her 81-year-old mum to remain in the home she had loved for more than 50 years.

The early months of caring were incredibly challenging.

> "I was all but sinking and this felt like a lifeline"
> Lesley

Feeling overwhelmed and struggling to cope with the realities of dementia care, Lesley came across Dementia Carers Count and signed up for a series of online support sessions designed for people caring for a parent with dementia.

Through the sessions, Lesley found practical advice, understanding, and reassurance from others facing similar challenges. The support helped her feel less alone and better equipped to navigate the demands of caring.



Today, Lesley continues to care for her mum at home and is passionate about sharing her experiences to help others understand the realities of dementia care.

Whether you're taking on a challenge, hosting an event or raising awareness, start your fundraising journey with us today and help change lives. 💜

Help Us Support Dementia Carers

Every £30 could pay for a dementia carer to get tailored emotional and practical support from our team of specialists

Scan to donate or visit:
www.dementiacarers.org.uk/donate

DEMENTIA CARERS COUNT

A-Z of Fundraising Ideas

A
Afternoon Tea
Aerobics
Auction

B
BBQ
Bingo
Bake Sale

C
Cake Sale
Cycling
Car Wash

D
Disco
Darts Night
Dog Walk

E
Easter Egg Hunt
Escape Room

F
Fun Run
Fancy Dress
Football

G
Garden Party
Golf Day
Gig Night

H
Head Shave
Hike
Hot Dog Stand

I
Ice Bucket Challenge
Ironing Service

J
Jumble Sale
Jog-a-thon
Jenga Night

K
Karaoke Night
Knit-a-thon

L
Lemonade Stand
Lotto
Lucky Dip

M
Marathon
Movie Night
Mufti Day

N
Netball Tournament
Non-Uniform Day
Night Hike

O
Open Garden
Odd Jobs Day
Online Auction

P
Pub Quiz
Pancake Day
Painting Party

Q
Quiz Night
Quiet Day
(Sponsored Silence)

R
Raffle
Run
Ready Steady Cook

S
Sponsored Swim
Skydive
Sports Day

T
Trivial Pursuit Night
Treasure Hunt
Talent Show

U
Upcycling Sale
Ultimate Frisbee

V
Vintage Fair
Volleyball
Vegan Bake Off

W
Walk-a-thon
Wine Tasting
Wash Cars

X
X-Factor Night
Xmas Fair

Y
Yes Day
Yoga-thon
Yard Sale

Z
Zumba-thon
Zip Wire Challenge

Steps for Your Fundraising

1. Decide your fundraising activity and choose a date

Think about where it will take place and who will help with the planning and facilitation.

2. Set a target and decide how you will collect donations

Setting up a JustGiving page via our link will track donations against your target but you can also collect donations 'offline'. We have money collecting tins we can send you and can also provide a card reader for you to take 'on the day' donations by card/contactless.

3. Share your activity

Putting up posters, word of mouth and social media are all great ways to tell people about your fundraiser and Dementia Carers Count. Think about local businesses who might sponsor your activity.

4. Think about health and safety

Consider the health and safety of your plans. Contact us if you need more guidance on this.

5. Sending in your fundraising

If you have created a JustGiving page then the money automatically comes to us!

For money collected offline, we ask that you bank any cash donations and transfer them directly to us via BACS. For details of how to do this please contact Charlotte at fundraising@dementiacarers.org.uk

You can send cheques, made payable to 'Dementia Carers Count', via post to:

Dementia Carers Count
Canopi, Arc House
82 Tanner Street
London, SE1 3GN

Your Support in Action

This is what your support will help us achieve:

💜 £125

Could go towards two hours of invaluable counselling to support a dementia carer 🤝

📞 £300

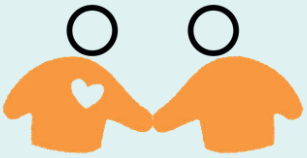
Could ensure that a dementia carer receives dedicated, expert support through our Carer Support Line helping them navigate complex systems, understand their rights, and access the financial support they're entitled to 💛

🧡 £1,190

Could help run 6 weeks of our group support sessions - a moment where carers finally feel seen, understood and no longer left to cope on their own 🌟

You're Amazing! 🌟

Thank you so much for choosing to fundraise for Dementia Carers Count. Your support means the world to us and to the carers we help every day. 💜



Your Fundraiser To-Do List ✅

- ☐ Choose your fundraising activity and pick a date
- ☐ Set up your JustGiving page
- ☐ Set a fundraising target
- ☐ Tell your friends, family and colleagues
- ☐ Put up posters and share on social media
- ☐ Check health and safety for your event
- ☐ Have fun and smash your target! 🎉

We're here to support you on your fundraising journey so don't hesitate to get in touch with Charlotte, our fundraising officer:

📞 0203 5400 700

✉️ fundraising@dementiacarers.org.uk

Thank You

Registered with FUNDRAISING REGULATOR