How to brew up a storm at your Time for a Cuppa Together

Time for a Cuppa Together is not only about meeting up virtually with family, friends, neighbours or colleagues over a cuppa and a (mega)byte to eat. It’s about raising money for families affected by dementia.

We would like you to set a fundraising target of £35 to help fund a dementia specialist Admiral Nurse for an hour on our Helpline. For every £10,920 we raise, we could fund an Admiral Nurse on the Helpline seven days a week for an entire month.

Register by setting up a JustGiving page

Your guests can donate the cost of a cuppa quickly and easily via your JustGiving page. By doing this, all the money that you raise on your page will be linked to the Time for a Cuppa Together campaign page so you can see how your efforts are helping to achieve the Time for a Cuppa Together goal. Set up your JustGiving page here.

Choose your platform

We would love you to be online at 3pm on Saturday 9th May (but if this time doesn’t suit you, you can hold your event at any time or day you like) so you’ll need to decide how to do this! Choose which video calling platform you will be using and create an account, if you don’t have one already. We recommend using Facebook messenger for your video calls. If you don’t use Facebook, we recommend using Skype or Zoom. If you’re not sure of how to do this then take a look at this short guide on initiating a group video call on Facebook, this guide for calls via Skype or this guide for calls via Zoom.

Invite your guests

Get the word out! Invite your friends, family, neighbours or colleagues to your virtual tea party. Make sure to communicate the day, time, platform and share a link to your JustGiving page. Take this time to inform the group of your £35 fundraising target. To help you reach your target why not ask your guests to donate the cost of a cuppa they would’ve bought on their daily commute? Here is an invitation that you can share online.
Organise some fun activities!

To put the fun in fundraising, why not play some silly games? Take a look at our specially adapted bingo! Or if that isn’t your cup of tea, how about a scavenger hunt? Choose a category, such as objects beginning with ‘t’, the colour red or something spotty and give your guests two minutes to find as many objects that meet the criteria as possible in the set time. Whoever finds the most wins! Please do get in touch if you would like some inspiration for other activities for your event. You can reach us on 020 8036 5380 or drop us an email at timeforacuppa@dementiauk.org

Shout about it

You’re all set to go now. Why not share your JustGiving page with friends who were unable to attend, or simply share the link on your social media?

Let the par-tea begin!

Have some fun, enjoy spending time with your loved ones, play some silly games, drink copious amounts of tea and show off your pets! In doing so you will be helping Admiral Nurses on the Helpline deliver vital support to families facing dementia.

This is what one of our supporters said about holding their virtual event:

“We had a great time at our virtual Time for a Cuppa and it was so easy to set up! We used Facebook Messenger as we are already in a group on it. I just scheduled a time for the event and sent out a message five minutes before as a reminder.

It was a good laugh and it was lovely to see everyone’s smiling faces. We had a couple of virtual tours of people’s houses to see what DIY activity was underway and checked in with each other to see how we were all coping with the new way of life.

I asked everyone to consider donating what they would have normally spent on a coffee if we were out via my JustGiving page. Everyone was very generous and we raised £55! It was such a success and I’m planning to do it again.”

- Angela Brookes