































# 30 Day Crafting Challenge

Shade in a circle for every day you craft



DementiaUK

1 	2 	3 	4 	5 	6 	7 	8 
9 	10 	11 	12 	13 	14 	15 	16 
17 	18 	19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 		

# Welcome to #TeamDementiaUK!



Thank you so much for taking on the **30 Day Crafting Challenge** for families facing dementia.

We hope you are ready to get creative!

Every penny you raise will help to ensure that more families affected by dementia can receive the life-changing support of our specialist dementia nurses.

We can't wait to hear how you are getting on – don't forget to update us on your progress by posting in the **Facebook Group**.

Whether you are painting, drawing, sewing, knitting or taking on any other craft, we hope you enjoy it, knowing you're doing something special for families living with dementia.

Good luck, we know you can do it!

**The Dementia UK Virtual Events Team**

P.S. Take a selfie holding your postcard and tag **@DementiaUK** on social media to show you are on **#TeamDementiaUK** - let's **#DoItForDementiaNurses**