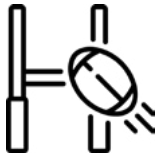
365 days of sport

DementiaUK
Helping families face dementia

Throughout the year, there are many sporting moments to mark – from rugby to golf, tennis to cycling. Here are some sports-themed fundraising ideas that you can do in your workplace to support families living with dementia – there's something for everyone!



Rugby



Six Nations sweepstake

- To mark the Six Nations, challenge colleagues to predict the champion, the bottom team and the top try scorer
- Charge a small fee to take part
- For an added donation, colleagues could predict the score of each match – the closest guess wins

Cricket



The Six Ball Challenge

- Challenge staff to face six balls and see how many runs they can score
- Colleagues donate to enter
- Raise additional funds by getting staff to donate to predict the top and bottom scorer, and how many runs they'll make
- Crown your cricket champion, with a prize for the highest scorer

Formula 1



Office Grand Prix

- During the week of the British Grand Prix, pit teams against each other to take on driving-themed mini-challenges
- These could include an obstacle course, the Constructors' Championship (build the fastest Lego car), a pit-stop challenge (testing reactions against the clock), and a 'Guess who's under the helmet?' quiz
- Each team pays a fee to enter, with the overall winner your World Champion

Wimbledon



Strawberries and cream watch party

- Host a summer fair with a Wimbledon watch party for colleagues and clients
- Sell tickets, strawberries and cream
- You could boost fundraising by running challenges such as fastest serve or longest rally, with a donation to enter

365 days of sport

Golf



The Office Masters

- Book a course and host a scramble tournament for colleagues and clients, with a fee to enter
- Assemble teams of four, tee off, select the best shot and play from there until the ball is holed
- You could put your own spin on the tournament – like our **36 Hole Challenge** (two rounds in one day), crazy golf or parents vs kids

Horse racing



A day at the races

- Choose an event and sell tickets for admission and a meal. You could invite clients and suppliers to join you
- Boost your fundraising with a raffle, a best-dressed competition and sweepstakes for each race
- You could also hold a Grand National sweepstake in your workplace, with a small fee to take part

Tour de France



Cycling challenge

- Celebrate the 2027 Tour de France starting in Edinburgh by encouraging colleagues to collectively cycle 2,220 miles during July – the distance of the event
- You could cycle on an exercise bike in the office or ask colleagues to ride out – solo or as a team
- Get family, friends, coworkers and clients to sponsor the cyclists, with a leaderboard to see who has cycled the furthest and received the most donations



We would love to help you explore any of these ideas, or any other ways you'd like to support Dementia UK. Contact our team at corporate.partnerships@dementiauk.org

Top tips for success

- ✔ Keep fundraising simple with entry fees, sponsorship or donations
- ✔ Offer prizes to encourage participation
- ✔ Promote activities internally with leaderboards and updates
- ✔ Share how funds raised will help families living with dementia: **click here** for some examples of the amazing things you make possible
- ✔ Make it fun and inclusive so everyone can get involved
- ✔ Every activity will help ensure no one faces dementia alone

Dementia UK

Helping families face dementia