

# Supporting Dementia UK in 2026

Your support will provide a lifeline to families facing dementia. Here is some inspiration to encourage your colleagues, customers and suppliers to get involved with your fundraising, which you can shout about on your internal communications and LinkedIn.



**DementiaUK**

Helping families face dementia

## Theme: Jan-Mar Something new for the new year

### January

S	M	T	W	T	F	S
				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	31

### February

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29						

### March

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15	16	17	18	19	20	21
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29	30	31				

## Theme: Apr-Jun Caring for yourself and others

### April

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26	27	28	29	30		

### May

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31						

### June

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## Theme: Jul-Sep Dementia awareness

### July

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### August

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23	24	25	26	27	28	29
30	31					

### September

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## Theme: Oct-Dec Time of giving

### October

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

### November

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### December

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20	21	22	23	24	25	26
27	28	29	30			

### January

#### New Year's Resolution challenge

To mark the start of a new year, why not try something new – like making time for yourself to listen to our [podcast](#)? Or give up a guilty pleasure for the month in exchange for donations to Dementia UK.

### February

#### Payroll Giving Month

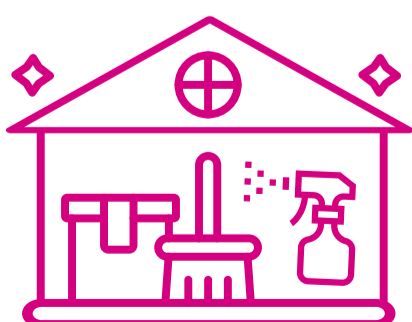
Encourage colleagues to take part in payroll giving – a tax-efficient way of supporting Dementia UK.



### March

#### Spring clean

Time to clear out the loft and collect the clutter! Hold an office book sale or jumble sale and exchange unwanted items for donations to Dementia UK.



### April

#### World Health Day

Tuesday 7<sup>th</sup> April 2026

Shine a light on mental wellbeing and dementia in the workplace this World Health Day. Why not organise a wellbeing walk with colleagues?



### May

#### Time for a Cuppa Week

Wednesday 1<sup>st</sup> to Wednesday 8<sup>th</sup> May 2026

Connect with colleagues and customers over a cuppa and cake and raise funds to support Dementia UK.



Visit [dementiauk.org/tfac](https://dementiauk.org/tfac) to sign up.

### June

#### Carers Week

Tuesday 9<sup>th</sup> to Monday 15<sup>th</sup> June 2026

Mark Carers Week by organising a webinar, masterclass or Lunch and Learn session with our [Dementia at Work Team](#) and find out more on how to support carers in the workplace.



### July

#### Golfers vs Dementia

Book your tee time and take part in our [36-hole Challenge](#). Invite colleagues, clients and suppliers to join you and play two rounds of golf in one day to raise funds for families facing dementia.



### August

#### Fantasy Football

The new Premier League season is fast approaching, and setting up a Fantasy Football League in your office couldn't be easier. This is a fantastic way to engage your team in some friendly competition whilst raising funds for families affected by dementia.



### September

#### World Alzheimer's Month – the '3 ways to make a difference' challenge

Raise awareness of dementia to mark World Alzheimer's Month. Get together, get active and get talking with your colleagues by taking part in the ['3 ways to make a difference' challenge](#).

### October

#### Halloween fundraiser

Use occasions like Halloween or Bonfire Night to host a party, get dressed up, share tasty food, and spend time together with colleagues for a great cause. Request donations to get on the guest list.



### November

#### World Kindness Day

Friday 13<sup>th</sup> November 2026

This World Kindness Day, give up some time to support others – volunteer to become a charity champion, or spread the word about Dementia UK and our services by distributing flyers or posters in your local community.



### December

#### Giving Tuesday

Tuesday 1<sup>st</sup> December 2026

December is a time of giving. This Giving Tuesday, come together with colleagues to support Dementia UK by holding a festive themed fundraiser. Host a Christmas jumper day or best-dressed desk competition.

For more information on any of these fundraising ideas or to discuss your own activities, please get in touch at [corporate.partnerships@dementiauk.org](mailto:corporate.partnerships@dementiauk.org)