

Time for a Cuppa challenge

This year, we're encouraging colleagues to get involved in Time for a Cuppa in the way that works best for you!

If hosting a tea party isn't your thing, why not take on a challenge of your choice to raise vital funds for Dementia UK this May? All you need to do is pick your challenge, set up your fundraising page and ask for sponsorship from friends, family and colleagues!

You can take on any challenge you like, at any time during May that works for you. Below are a few ideas to spark some inspiration!

1 Swap out your cuppa
Swap your daily takeaway tea or coffee for a homemade one and donate what you'd have spent. Instead of fuelling yourself, fuel funding for a dementia specialist Admiral Nurse who supports families when they need it most.

2 Take on a sporty challenge
Challenge yourself to run, walk, swim or cycle every day of May or get involved in the [▶ 'Walk with an Admiral Nurse' challenge](#) in June.

3 Challenge 33
It costs £33 to fund an Admiral Nurse for an hour, so why not theme a challenge around 33? For example, you could do 33 push ups every day in May, or read 33 pages of a book a day. Ask your friends and family for sponsorship and see how many hours of Admiral Nurse support you can fund!

4 In it to win it
Sweepstake competitions are a simple, effective and fun way to raise money for Dementia UK. You can make use of the Time for a Cuppa 'Guess the weight of the cake' resource [▶ here](#). Before setting up your sweepstake, please check out [▶ this page](#) for more information on how to run a sweepstake legally.

5 Brew Master
For the month of May, become your team's Brew Master and volunteer to do your colleagues' tea and coffee runs for a donation.

6 Start a 'Put the kettle on' relay
Take five minutes to enjoy a cuppa break, make a donation and take a photo with your cuppa. Then get the relay going by sending it to three colleagues and nominating them to take the next brew break.

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Dementia UK is a registered charity in England and Wales (1039404) and Scotland (SC 047429).