

Summer 2020 Fundraiser – Dementia UK

Each Summer (between July & August) the Tring Parish Team choose a charity to focus our fundraising efforts towards, last year we had huge amounts of success with Toilet Twinning! This year, we are delighted to be partnering with Dementia UK this year to help raise money for the Admiral Nurse scheme.

What do Dementia UK Admiral Nurses do?:

‘Dementia UK provides specialist dementia support for families through our Admiral Nurse service.

When things get challenging or difficult, our nurses work alongside people with dementia and their families: giving them the one-to-one support, expert guidance and practical solutions they need, and that can be hard to find elsewhere

Admiral Nurses are continually trained, developed and supported by Dementia UK. Families that have their support have someone truly expert and caring by their side – helping them to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear.’

How can our donations make a difference?:

- £10** - could cover call costs for four people phoning the Admiral Nurse Dementia Helpline - so that calls are always free
- £25** - could cover the telephone costs of 10 families calling our free Helpline, whenever they need support
- £40** - could mean an Admiral Nurse can send life-changing advice on how to communicate with someone with dementia to 32 families
- £50** - could mean an Admiral Nurse can send life-changing advice on how to communicate with someone with dementia to 40 families
- £70** - could help fund a Helpline Admiral Nurse for two hours in the evening, helping carers in crisis, when other sources of support have closed for the night
- £110** - could pay for a brand new nurse for four hours, offering life-changing support to families facing dementia
- £200** - could pay for a brand new nurse for a whole day, offering life-changing support to families facing dementia

How can I get involved?

There are a huge number of ways we can all make a difference and raise money for this great cause during lockdown.

Here some brilliant ideas, however if you'd like to join up with others, please do contact us at admin@tringteamparish.org.uk

Quiz Whiz

Host an online quiz for your friends and family. Challenge them with general knowledge or focus it around your area of expertise!

Share your special skills

Everyone has a special skill so why not share yours by hosting a class online. This could be you baking your favourite recipe, demonstrating your artistic or crafting talents or sharing your morning exercise routine. Then invite people to join in and donate via our link.

Get together while apart

You can still be together with family friends while apart by arranging an afternoon tea or evening drinks using platforms like Zoom, Google Hangouts and WhatsApp. Invite all your family and friends to virtually join you and make a donation to Dementia UK via our donation link.

Entertain others

Are you a singer, dancer or can play a musical instrument? Then entertain others with a livestream gig in your bedroom, or pre-record different songs each day and ask people to donate via our link if they enjoy watching them.

Get competitive

Everyone loves a bit of friendly competition. Create your own competition for you and your loved ones to take part in. It could be a one-off, like who can draw the best rainbow for the #rainbowtrail with their eyes closed or take your time with who can grow the tallest sunflower.

Craft-a-long

Arrange an online crafting session with friends and family where you all work on your own craft activities or everyone tries the same new craft. Then showcase your creations on your social media. Ask those taking part to make donations to your online fundraising page, and you could even sell the items afterwards to raise extra money.

Sponsor your steps

Still want to reach your daily 10,000 steps target? Challenge yourself to get your steps in without leaving your house and ask friends and family to sponsor your efforts.

Puzzle off

Set a puzzle challenge, like how many puzzles can you complete in a set time period, challenge others to try and beat you and ask for sponsorship to take part.

Get your game on

Are you part of an established gaming group and finding you have more time to play together? Consider live streaming your game through a platform like Twitch and asking people to sponsor you. You could even tie the donations to your game e.g. for every £10 gift, a player of your choice can re-roll a bad dice roll.

Shave it off!

With the hairdresser's closed, now might be the time for a totally new look! Ask your friends and family to sponsor your head shave to raise funds for dementia specialist nurses.

Celebrate your special occasion

If you have a birthday or other anniversary coming up that you won't be able to celebrate in person, consider setting up a Facebook Fundraising page and asking for donations to our Dementia UK fundraiser instead.

To donate please click on the link below

www.tringteamparish.org.uk/giving reference Dementia UK