

#eat20

Raising money in aid of Dementia Support



Your Guide to Hosting your Fundraising event

Meet and Eat is a fundraising event that you can run in aid of Dementia Support. The idea is simple - you and some friends or work colleagues get together and hold a **'Meet and Eat'** event for Dementia Support and make a donation whilst doing so.

September is World Alzheimer's month and World Alzheimer's Day is on 21st September, and May is Dementia Action Week. To help us raise awareness of dementia and much needed funds to ensure these services continue, we are asking you to meet and eat to raise funds in aid of Dementia Support and services at Sage House. It can be as formal or informal as you like, you get to choose how you want your meet and eat event to be.

Stay COVID-19 Safe At the moment things are a little different, so if you do meet then please make sure that you comply with Government Guidelines with regards to social distancing. As guidance is constantly changing please keep up-to-date, and nearer to your event please check [Government guidance on social distancing](#) to ensure you and your guests stay safe.

People are able to meet outdoors (check government guidance on group numbers), whilst observing social distancing guidelines.

Help control the virus and protect yourself and others by wearing a face covering especially in enclosed spaces and where social distancing is more difficult. Regularly wash your hands for 20 seconds or use a hand sanitiser where soap and water is not available. This is particularly important when sharing or exchanging items, such as serving utensils or money. It is preferable to go cashless and create a TotalGiving page for your fundraiser to avoid handling money and have your guests donate securely online: www.totalgiving.co.uk/charity/dementia-support or via text.

For more guidance and support, please visit the UK Government's coronavirus website: <https://www.gov.uk/coronavirus>



Whether you choose to meet socially distanced or virtually here are some **top tips** to help you **'Meet and Eat'** in style!

1. Pick a day, time and place – you choose!

As it's World Alzheimer's month in September and World Alzheimer's Day on 21st September – you can choose when to hold your fundraiser and have it on any day throughout the months of September or October.



Alternatively hold your event in May for Dementia Action Week – or at any other time of the year. It all helps raise awareness of dementia!



Pick a day and time to suit you and your guests!

2. Choose your gathering

A Socially Distanced Meet Up...

Decide what kind of event you want to host. From dinner parties to picnics, cocktails to coffee – choose your socially distanced offering and invite your guests.



If you're hosting a socially distanced event, ensure you follow up-to-date [Government guidance on social distancing](#) for the safety of you and your guests.

Go elaborate - host a fancy dinner party or prosecco & cocktails



Make the most of an Indian summer and grill in the garden

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Hold an 'over the fence' lunch or coffee with your neighbours



Picnic in the park with your church or sports club

Or take it Virtual...!

Why not go virtual? If you choose to take your meet and eat online all you need is an internet connection and you can join from anywhere to use Zoom, Houseparty, WhatsApp, Teams etc.



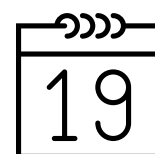
Hold a virtual coffee morning, afternoon tea, Sunday lunch, dinner party, or cheese and wine evening with friends, family, colleagues or with a group you're a member of.

Then set up your fundraising page at www.totalgiving.co.uk/charity/dementia-support and send the link out with your invitations!

Make it fun and add a Quiz or a game of Bingo; choose your virtual background; Dress up for Dementia and take photos along the way!

3. Get the date in the diary and invite your guests

Try and give people as much notice as possible of the date and time. It also means you have time to plan properly. You could send out a formal invitation or ping round a quick email – whatever works for you. The most important thing is to tell people!

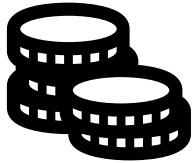


4. Decide what you want to make and ask for help

Now you know when and what **you're going to do** – you can plan what to make, bake or fake. Show off your chef skills or share the work with friends, family or colleagues. Most importantly – have fun and enjoy it!



5. Collect in the cash



Be clear that you are hosting a fundraiser in aid of Dementia Support and our unique dementia support hub Sage House. You can ask people to donate on the day or you can set up a virtual collection box through an online fundraising page at TotalGiving.com.

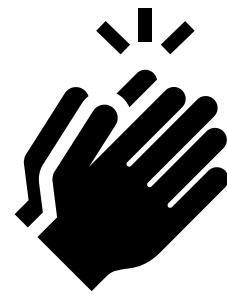
Create your own www.totalgiving.co.uk/charity/dementia-support fundraising page and send out the link with your invitations. Or display our Dementia Support collection box in a prominent place and ask people to make a gift on arrival or before they leave. If you prefer you can make a sign with a suggested donation that you can display next to the box, on a table or by the food.



Don't be shy to ask – people understand why they are there and expect to make a contribution.

6. Celebrate your success

After your event remember to thank everyone for coming and let them know how much they've helped to raise. A quick email works really well and if you've set up an online fundraising page you can link to it and add some photos too.



Share your photos – we'd love to see how you got on!

Remember to tell us what you've done and share your photos and the amount raised. We'd love to be able to share your success and thank you too!

Thank you so much for your support.