



**Alzheimer
Scotland**
Action on Dementia

Tea &

Blether

Now you're talking



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Scotland
Action on Dementia

**DEMENTIA
AWARENESS
WEEK** 27 May
- 2 June



**Fundraising
Tips**

Tea & Blether

Whats it all about?

Tea & Blether is simple. Host your own coffee morning, afternoon tea, cake sale or bake off and raise vital funds for dementia.

WHY IS TEA & BLETHER IMPORTANT FOR DEMENTIA?

Over 90,000 people live with dementia in Scotland. When you raise funds for us, we can support them and their families to get vital care, information and help. The money you raise also funds critical dementia research and supports campaigns for the rights of people with dementia and their carers.

Talking about dementia is important - it helps make sure nobody faces dementia alone and raises awareness in our communities. Getting together for a cuppa and a blether also helps your brain health and wellbeing. Another great reason to host your own Tea & Blether!

Your fundraising will ensure our Freephone Dementia Helpline runs 24 hours a day, every day of the year. It will also support our community-based centres and teams across Scotland, from Stranraer to Shetland.

Wherever you host and whatever your reason, we promise that every cuppa poured and conversation shared will support people living with dementia.

HOW TO GET INVOLVED

SIGN UP AND SET A DATE



Register for free at blether.alzscot.org to receive your fundraising pack. We'll also create a fundraising page for you to help share your plans and make collecting donations easy.

Pick a date between 29 May and 4 June (Dementia Awareness Week) for your Tea & Blether.

Busy that week? No stress! We'd still love you to register and take part on a date of your choice in June. Let us know your Tea & Blether date so we can keep in touch.

CHOOSE A LOCATION



At home, in the office, in your local community or somewhere else - host your Tea & Blether wherever works for you.

CHOOSE TO HOST



Tea & Blether with friends and family or organise one at work with your colleagues to do something together for a great cause.

Are you part of a community group? Why not organise a Tea & Blether there!

Have fun decorating with our T&B bunting, sweepstake, recipes and grab a Tea & Blether mug from our [shop](#) before they sell out!

STAY SAFE:

If you plan to bake and prepare your own food make sure to adhere to health & safety guidelines and ensure food is adequately labelled to display allergen information.



GET THE WORD OUT

Here's how to spread the word about your Tea & Blether to increase those RSVPs

- Use your Tea & Blether poster to share the news and get the date in everyone's diaries.
- Use social media: Facebook, Instagram, Twitter, LinkedIn and WhatsApp to promote across your different contacts and online groups. Or pick up the phone, have a blether with your loved ones and invite them along.
- Get involved in our campaign 'Share your #MugShot' on social media to let people know you're taking part in Tea & Blether.

It's fun and easy to join in, just upload a photo of you with your favourite cup or mug using the hashtag #MugShot and tag us @alzscot.

- Contact your local newspaper - they're always keen to hear about great stories in the community, especially when it's for an amazing cause. Be sure to let them know why you're supporting us.



MAXIMISE YOUR FUNDRAISING

Here's some tips to raise some amazing funds



- Share your fundraising page before the big day so people can show their support in the lead up to your coffee morning.
- To make donating easy at your Tea & Blether, print out your unique QR code - people can scan and be sent straight to your donation page, clever! You can find your QR code in your fundraising dashboard.
- Make sure to print off our gift aid sponsor form to increase every donation by **25%** *giftaid it*
- Finished your Tea & Blether? Did you know **20%** of donations tend to come after your fundraising is over! Share photos from the day to anyone who couldn't join so they can hear all about it and donate to show their support.
- If you are employed it's worth asking if your employer offers match funding. Lots of companies do and sometimes you can double or even triple your donations. If they don't offer this, maybe they can support you in another way so be brave and ask the question.

Do you want to share your story further? We'd love to hear from you and see how we might be able to help spread awareness and spotlight you as a Tea & Blether star. Get in touch: blether@alzscot.org

WHEN THE FUN IS OVER, WHAT NEXT?



Once the cups are empty and the cakes are just crumbs, it's time to see how much you've raised!

Pay in your donations directly to your fundraising page so everyone can see your achievements. If you'd prefer to pay in your donations another way, get in touch with our team blether@alzscot.org

NEED TO GET IN TOUCH?

Email us: blether@alzscot.org | Call us: 0131 243 1453 | blether.alzscot.org

Tea & Blether
Now you're talking



The difference you will make



“ I look forward to coming to the group every week. We’re all in the same boat and nobody judges you. We learn from each other and we’re all at different stages of that journey.

The group understands what it’s like caring for my husband, they understand better than my own family sometimes. This centre is a great boost, I don’t know what I’d do without it. ”

Thanks to you taking part in Tea & Blether, we can continue to offer activities like our drop in Cafes for people living with dementia and their loved ones.

