BE THE CHANGE
BE THE HOPE
BE THE ONE
TO BANISH
ALZHEIMER’S.

BEATING ALZHEIMER’S
WILL TAKE ALL OF AUSTRALIA
Five years ago, my dad was diagnosed with younger onset dementia.

Belinda

Dad can no longer speak, but he has always had a big love for music and dance and even now it makes him smile so I decided to organise a Zumbathon to honour him.

It was a huge success with 30 people turning up to shake it for Dad and others living with dementia. We raised $1786.50 and had incredible feedback from everyone, I couldn’t be happier with the result!

JACQUI RAISED AN AMAZING $5,000

staging a Still Alice movie night in honour of her Dad Nigel.

“We had wanted to raise money for some time as it was a long and intense journey, and one that my Mum and I would not have navigated if not for the support and guidance from organisations like Alzheimer’s Australia.” – JACQUI

An estimated 291,163 Australians are caring for someone with dementia.

JUST RAISING $50

a person with younger onset dementia will be supported to attend the local gym.

IF YOU RAISE $100

a family will receive an in-home consultation with a dementia specialist

YOU CAN HELP TO IMPROVE THE SERVICES AVAILABLE FOR THOSE LIVING WITH DEMENTIA.

FROM ALL OF US AT ALZHEIMER’S AUSTRALIA VIC, THANK YOU SO VERY MUCH FOR YOUR SUPPORT.

Remember every $ raised, you’re helping support people living with dementia and their families. There are an estimated 413,106 Australians living with dementia, with this number set to rise to more than 1.1 million by 2056. That’s why our work – and your support – is so important. Good luck with your fundraising! We think you’re amazing!
Imagine a future without dementia... you can help us to get there following these simple steps:

1. **Pick your Fundraiser**
   Fundraising should be fun, so pick an activity you enjoy doing and choose something that is achievable! Have a brainstorm, search the internet or see our A-Z for more ideas.

2. **Set the Date**
   Give yourself enough time to organise the fundraising activity, and give plenty of warning to others. Think about the day... weekends may generally be the best but weekdays might give access to cheaper venues, and of course, Fridays are good for workplace fundraising.

3. **Look at the Finances**
   Set a target and tell everyone! People will be inspired by you hitting your goal and will want to help you get there! Budget in your expenses, try to cut costs by begging and borrowing where possible, for example ask for prize donations.

4. **Find a Venue**
   Think about the type of venue you need, if any, in regards to size, facilities, and location. Do you need to hire somewhere or will you need to ask for permission? Remember to always ask for a discount!

5. **Tell the World**
   Promote your fundraiser and spread the word. Facebook is an ideal tool as you can invite all of your friends and they can share it with the world. Keep everyone updated on your progress, it will keep them involved and may help you raise more money! Don’t be shy about sending your story to the local press, they love inspirational stories and you will be one of them.

6. **Stay in Touch**
   We are here to support you, so don’t forget it! From ‘authority to fundraise’ letters, to t-shirts and collection pots, to discussing fundraising ideas or concerns, we are here to help.

7. **Enjoy the Event**
   Watch your plans come to life! Find helpers for the day to take on tasks so you are not over loaded.

8. **When it’s all Over**
   Take a deep breath and be proud of what you have achieved! Thank everyone who supported you, from anyone who donated gifts; to sponsors and attendees. Let us know how much you raised, we will be eager to know!

**CALL US:** 03 9815 7800

**WRITE TO US**
Alzheimer’s Australia Vic
Locked Bag 3001
Hawthorn Victoria 3122

**EMAIL THE TEAM:**
vic.Fundraising@alzheimers.org.au
Organising your very own fundraiser doesn’t need to be a stressful task. We asked some of our most successful community fundraisers for their favourite fundraising ideas. Here’s what they came up with:

B IS FOR BARN DANCES, BABY SITTING, BAKE-OFF’S BBQ’S, BOOK SALES & BINGO!

• FASHION PARADE • FANCY DRESS PARTY • FACE PAINTING • FUN RUN • FETES & FAIRS • CASUAL DAY • CRAFTING • COOK-OFF • CLOTHES SWAP • CARD NIGHT • COCKTAIL PARTY • CAR BOOT SALE • CAKE SALE • CAR WASH

Donate a day’s wage? Dinner party? Dog washing or walking? Dart comp?

H IS FOR HEAD SHAVE!

GIFT WRAP STALL. GOLF TOURNAMENT. GIVE UP A HABIT. GUESSING GAME. GAMES NIGHT. GARAGE SALE. GIRL’S NIGHT.

TURN YOUR HOBBY INTO A FUNDRAISER

INSTAGRAM PHOTO EXHIBITION?

JAM MAKING

JUICE STAND

JAZZ NIGHT

JOB SWAP

JEWELLERY MAKING

K IS FOR KNITTING & KARAOKE NIGHTS!

L IS FOR LACING UP AT A MEMORY WALK

EXPRESS YOURSELF WITH FANCY DRESS!
M is for Marathons, Mountain Climbing, Melbourne Cup Days, Masked Balls.

Belinda’s Zumbathon raised $1,168.50

P is for Pie Eating Competitions! Pool, Pamper & Pyjama Parties, Plant Sales, Paintballing, & Pet Parades.

Q is for Quiz Nights All Over Vic!


R is for Race: Sam ran in City 2 Sea and raised more than $1000

T is for Trekking, Toy Sales Tug-of-War, Ten Pin Bowling & Treasure Hunts!

U is for Yo-yo Contests, & Yoga Classes

V is for Valentine’s Day?

W is for Wine Tasting?

X is for Xmas Hampers?

Y is for Yoga Classes, Get Your Friends & Family Involved!

Belinda’s Zumbathon raised $1,168.50

For More Tips and Tricks on Your Event

Call Our Fundraising Team on 03 9815 7800

Achieve Your Fitness Goals!

YOU’RE INVITED TO HELP ME BANISH ALZHEIMER’S

DATE: ____________________________________________

VENUE: __________________________________________

YOU’RE INVITED TO HELP ME BANISH ALZHEIMER’S

DATE: ____________________________________________

VENUE: __________________________________________

YOU’RE INVITED TO HELP ME BANISH ALZHEIMER’S

DATE: ____________________________________________

VENUE: __________________________________________

YOU’RE INVITED TO HELP ME BANISH ALZHEIMER’S

DATE: ____________________________________________

VENUE: __________________________________________
## My Training Task
Use our planner to map out your training and help you reach your goal.

And remember…

- If you have a pre-existing medical condition, consult your GP before you start.
- Stretch well before and after. Without a warm-up, your workout won’t be as efficient as it could be and you could risk injury.
- Build up your training gradually to avoid injury, and know your limits!
- Get enough sleep and eat the right food to compliment your training.
- Drink enough fluid to stay hydrated. Water may be enough for a low intensity session but sports drinks can help maintain energy levels and improve hydration.
- Have fun! Every step you take and every $ you raise is supporting people living with dementia.

### My Training Task

<table>
<thead>
<tr>
<th>DATE:</th>
<th>MY TRAINING TASK:</th>
<th>RESULT:</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAY 1</td>
<td>1 KM WALK AT FAST PACE</td>
<td>😊</td>
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### Result

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<tr>
<th>DATE:</th>
<th>MY TRAINING TASK:</th>
<th>RESULT:</th>
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### Beating Alzheimer’s Will Take All of Australia

Whether you’re taking on a marathon, a memory walk or a mountain climb, training is key!
We will contact you from time to time by phone, email, text or post to process donations, issue receipts and keep you up to date with Alzheimer’s Australia Vic. See www.fightdementia.org.au/privacy-policy.aspx for details.

TOTAL COLLECTED: $ TO FUND SERVICES IN VIC!

BEATING ALZHEIMER’S WILL TAKE ALL OF AUSTRALIA
**THIS IS MY PLAN!**

Keep on top of your fundraising plans all year round with this fundraising calendar – it’s here to help you plan your activity and to enable you to reach your goals. Tip: pinpoint your event date and work backwards, to make sure you leave yourself plenty of time to maximise your fundraising potential!

<table>
<thead>
<tr>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
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<td><strong>TO DO:</strong></td>
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<td><strong>TOP TIPS:</strong> New Year, new you – set a challenge! Celebrate Australia day in style with a BBQ fundraiser.</td>
<td><strong>TOP TIPS:</strong> Valentine’s Day, hold a themed event and spread the fundraising love!</td>
<td><strong>TOP TIPS:</strong> Turn everyone green with envy throwing a St Patricks day celebration.</td>
<td><strong>TOP TIPS:</strong> Be a fundraising fool and trick people into donating on April Fool’s Day.</td>
<td><strong>TOP TIPS:</strong> Celebrate Mother’s Day! Hold a tea party for all the Mums in your life.</td>
<td><strong>TOP TIPS:</strong> Have a splendidly good time celebrating the Queen’s birthday, throw a royal party!</td>
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<tr>
<th>JULY</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
<th>DECEMBER</th>
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<td><strong>TO DO:</strong></td>
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<tr>
<td><strong>TOP TIPS:</strong> Winter movie night, put some food on, add popcorn and drinks and set your entry price.</td>
<td><strong>TOP TIPS:</strong> Let your employer know about your fundraising, sell cakes at work and ask them to match the money raised.</td>
<td><strong>TOP TIPS:</strong> Hold a sports tournament for Father’s Day and get that competitive spirit going!</td>
<td><strong>TOP TIPS:</strong> Fundraising got scary, organise a Halloween ball and scare people into donating!</td>
<td><strong>TOP TIPS:</strong> Melbourne Cup day, organise a sweepstake at work.</td>
<td><strong>TOP TIPS:</strong> It’s party time! Organise a Christmas party with all the fundraising trimmings.</td>
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For more information on fundraising for Alzheimer’s Australia Vic email us at vic.fundraising@alzheimers.org.au or call 03 9815 7800

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**BEAT THE CHANGE. BE THE HOPE. BE THE ONE.**

**BEATING ALZHEIMER’S WILL TAKE ALL OF AUSTRALIA**
Did you know that 100% of the funds you raise will stay in Victoria?
You’d be surprised what resources you have in your local area to help you or your group to raise funds for Alzheimer’s Australia Vic. They can support you in making a difference to the lives of local people living with dementia.

**LOCAL SPACES**

Can you head to your local beach or park to host a soccer tournament, cricket match, bbq or picnic?

* Is there a local bush trail to put on a trail fun run, or a swimming pool for a swimathon?

* If you have a street full of supportive neighbours, could you organise a yard sale or a street party?

* Can you put up posters advertising your fundraising in local shops?

* Would a local cafe host a morning tea party for you?

**LOCAL EVENTS**

Is there a local sports club you could talk to about a tournament or fundraiser?

* Can you organise a sausage sizzle at a community fun day?

* Can you talk to your local school about having a mufti day, or turning their sports day into a fundraiser?

* Does your community celebrate Easter or Christmas? If so can you ask them to raise funds?

* Can you have a stall at a local market, agricultural show or fete?

**LOCAL ORGANISATIONS**

Will your local pub let you host a trivia night, or set up a collection box at the bar?

* Can you hold a comedy night or battle of the bands at your local RSL?

* Will your local businesses get together to host a market or a fashion parade?

* Could your local newspaper feature a story on your fundraiser?

* Can the kind folks at your local Rotary share their fundraising tips?

**KEEP IT LOCAL**

Did you know that 100% of the funds you raise will stay in Victoria?
BE THE CHANGE. BE THE HOPE.

BE THE ONE.

BEATING ALZHEIMER’S WILL TAKE ALL OF AUSTRALIA
THANK YOU!

Together we raised:

That's more Memory Vans touring VIC, more education and support for carers looking after loved ones, more services for families living with younger onset dementia and more counselling for people in need!

Beating Alzheimer's will take all of Australia.
HOW TO SUBMIT
YOUR FUNDS

Congratulations on successfully completing your fundraising activity for Alzheimer’s Australia Vic. You are the change, the hope and the one to help people living with dementia both now and in the future, and for that we are very grateful.

To pay in the money you have raised, please choose one of the options below and then complete the payment slip:

<table>
<thead>
<tr>
<th>ONLINE</th>
<th>BANK IT</th>
<th>EFT IT</th>
<th>POST IT</th>
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<tbody>
<tr>
<td>This is the easiest option as the money comes straight to us and we are notified, it reduces admin and makes your life easier. Simply keep the cash collected and make a payment for the same amount into your own fundraising page online with your credit card. You may have already set up an online page, but if you need help to do this please email <a href="mailto:vic.fundraising@alzheimers.org.au">vic.fundraising@alzheimers.org.au</a></td>
<td>Cash donations and cheques can be deposited at any ANZ branch into our account: Alzheimer’s Australia Vic BSB: 013-606 Account Number: 388 715 255 Reference: CF + your surname</td>
<td>Transfer the money to our bank account: Alzheimer’s Australia Vic BSB: 013-606 Account Number: 388 715 255 Reference: CF + your surname</td>
<td>Write a cheque and make it out to Alzheimer’s Australia Vic, then send it to our office: Alzheimer’s Australia Vic Locked Bag 3001 Hawthorn Vic 3122 Attn: Community Fundraising If you don’t have a cheque book, money orders can be bought from the post office.</td>
</tr>
</tbody>
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PAYMENT SLIP

Name:  
Address:  
Suburb:  
State:  
Postcode:  
Date:  
Fundraising Event:  
I have raised a total of $ to support the work of Alzheimer’s Australia Vic.  
☐ I have paid in all money raised to my fundraising page  
☐ I have deposited donations at the ANZ Branch (location) and attached a deposit slip  
☐ I have transferred the donations into Alzheimer’s Australia Vic’s account and attached an EFT receipt  
☐ I have posted the donations to Alzheimer’s Australia Vic as a cheque or money order  

Please email a copy of this form to us or post to the address detailed above.

BE THE CHANGE. BE THE HOPE. BE THE ONE. Thank you for supporting Alzheimer’s Australia Vic, we hope you had fun!

BEATING ALZHEIMER’S WILL TAKE ALL OF AUSTRALIA