

How to purple-up your day?

Try these fun ideas and raise some extra money for vital dementia research:

Wear more purple

- Charge friends for purple manicures.
- Get your boss to wear a purple apron and make the tea all day.
- Plan a purple fashion show.
- Get sponsored to dye your hair purple.
- Wear purple pants outside your clothes!

Eat more purple

- Hold a bake sale and turn your cakes purple by adding 2 drops of red and 1 drop of blue food colouring.
- Quench your thirst with purple cocktails or smoothies. Check out our blog for recipes.
- Have a buffet with all things purple: grapes, plums, figs, aubergines, purple sweets, Ribena and purple jelly. Could you eat and drink nothing but purple all day?
- Challenge colleagues to a beetroot juice shots competition. Eugh!

Live purple

- Have a purple themed karaoke event – Purple Rain, Purple Haze, Deep Purple, Purple People Eater...
- Organise an office walk or run in your lunch break and raise awareness by showing others that you're purple people.
- Pay to guess the number of purple sweets in a jar. The winner gets half the money.
- Hold a quick-fire purple quiz. Contact us at corporate@alzheimersresearchuk.org for a quiz pack.



For more help with your Purple People Day fundraising, please contact [**corporate@alzheimersresearchuk.org**](mailto:corporate@alzheimersresearchuk.org) or call **0300 111 5 777**.