



Everything you need to Quit for a bit!

You're conquering your cravings to help beat dementia this November. In this guide you'll find everything you need to help you through the month!

How to stick to your Quit for a bit

By taking part in Quit for a bit, you're not only challenging yourself, but you'll be raising vital funds to help people with dementia. We'll be with you every step of the way, and here are our top tips for committing to the whole month and conquering your cravings.



Get a friend or family member to quit with you! Round up some friends who like a challenge and create a team of quitters to help you get through the month.



Try not to have any refined sugar items or alcohol in the house when you start. It sounds obvious, but if it's there to tempt you, it will! Instead stock up on alternatives like natural sugars and soft drinks for when the cravings hit!



Start fundraising before 1 November. Collecting a few donations before your quit starts will really encourage you to commit to your quit.



Tell everyone! The postie, your boss, the neighbour's dog... the more people who know about your challenge and why you're taking it on, the more you'll want to show them you can do it. They might sponsor you too!



We challenge you to raise £100 from your quit.

Here is what your fundraising could do....

Coronavirus is a dementia issue. Older, more vulnerable people are at a significantly increased risk from the virus. With your help, we are adapting quickly to ensure that people affected by dementia have the support they need.

£100 could pay for a telephone-based Dementia Adviser for one day. Dementia Advisers have been making over 125,000 Welfare Calls during the coronavirus crisis, supporting people with dementia and their families through lockdown.

£150 means over 1000 people can access Talking Point, our online forum. Talking Point use increased by 215% at the beginning of lockdown and has been a valuable tool for people with dementia and their families to connect with others with similar experiences during this difficult time.



The best ways to fundraise for your Quit for a bit

1. Raise money on JustGiving:

Fundraising on JustGiving is really simple! It's quick to set up, you can personalise your page with your story and pictures, and it's easy to share with friends on social media, whatsapp, by email or in any other way! The best part is all the donations come directly to Alzheimer's Society, so you don't have to worry about banking any cash, sending a cheque or paying on your debit card! If you haven't already set up a JustGiving page, you can get started [here](#)

JustGiving™

2. Donate what you save:

Why not pledge to donate what you save alongside collecting sponsorship! All those £'s spent in the pub or on sweet treats quickly add up and can make sure that we can be there for everyone affected by dementia

3. Team challenge:

One sure-fire way to raise more money is to get other people involved. Why not have a competition between friends or colleagues to see who can last the month and raise the most. Or take on a team challenge with a shared target you can all work towards.

4. Quitting sugar?

Sugar free cake sale: Why not organise a sugar free cake sale. It will be a great way spread the news about your challenge and encourage colleagues to donate.

Fruit bowl: Set up a fruit bowl in the staff room and ask for donations from everyone that helps themselves. You could ask your local supermarket to donate some fruit.



5. Quitting Alcohol?

Fill the pint glass: Put an empty pint glass on your desk and pop any spare change you have into it. Encourage others to do the same and you will soon start to see the £'s add up.

My round: Off to the pub? Why not get anyone that offers you a drink to donate the cost instead.

Extra downloadable resources

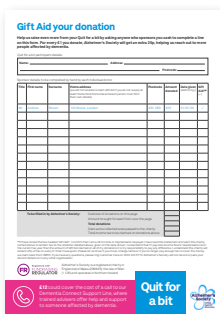
Click to
download
calendar



Quit for a bit Calendar

See your progress throughout the month and mark off the days you've completed! The feeling as you pass those last few days is worth it, promise!

Click to
download
sponsorship
form



Sponsorship form

Collecting cash donations? Ask friends and family to complete the Gift Aid Sponsorship Form so we can claim an extra 25% on your donation

Click below
to download
posters

Sugar

Alcohol

Ultra



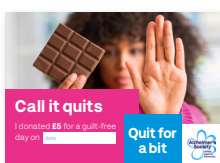
Poster

Print your poster and add your JustGiving page, stick it up in work, in your local shop or even on the kitchen fridge!

Click below
to download
Call it quits
cards

Sugar

Alcohol

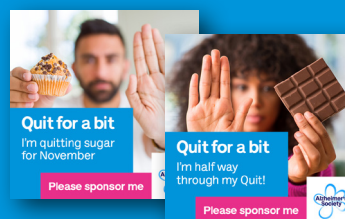


Call it quits?

Already given up giving up? Take a guilt free day off your quit by donating £5 or more in return for a Call it quits card. Remember to be back on your quit the next day though!

Social media badges

[Click here](#) to download your badges to share on Facebook and Instagram alongside your JustGiving page link!



Facebook cover photo

[Download](#) this cover image and add it to your Facebook profile



Sarah's Quit for a bit

Sarah took part in Quit for a bit in March 2020, just as the coronavirus outbreak hit. It was tough, but she persevered with her quit in memory of her Grandma. Here's Sarah's story:



'I wanted to do this challenge to raise money in memory of my beautiful Grandma. She was my absolute rock and world and this dreadful disease took her from me last year. Even though she couldn't tell me my name, her love for me was immense til the end. I know she's always with me and I know she'll be proud of me for quitting sweet stuff. She knows how much I love my chocolate and buns!

I found Quit for a bit easy at first but then coronavirus lockdown happened. That was tough to not reach for a chocolate bar! But I stayed strong and kept reminding me self of the goal.

My tips for succeeding is to just keep thinking why you are doing this. There's so many people who need this charity so keep thinking of all the good you are doing and keep going.

I shared my Just Giving page on Facebook and I put a link at the bottom of my email at work. I crossed off each day on my count down chart and kept sharing my progress to everyone.'

Join other quitters on Facebook

Share stories, favourite recipes and fundraising ideas.



Join hundreds of other quitters sharing stories and tips to help make it through the month on our dedicated quit community **Facebook group**. From favourite recipes to curb those cravings to the weirdest ways to fundraise, you'll feel supported by others taking on a similar challenge throughout November.