

EVENTS CALENDAR

Get involved in some fun activities during the year and support Cure Parkinson's mission to fund groundbreaking research aiming to slow, stop or reverse Parkinson's.

MARCH

March – Lent

If you decide to give something up for Lent, like coffee or another daily indulgence, why not donate the money you save to Cure Parkinson's?



APRIL

April – World Parkinson's Day

World Parkinson's Day falls on April 11th and is dedicated to raising awareness and increasing understanding of Parkinson's. We encourage you to get involved in fundraising efforts in any way you can—from organising a sponsored walk, hosting a casual dress day at work, or simply adding World Parkinson's Day to your email signature to help spread the word.



MAY

May – International Tea Day

Celebrate our beloved brew by hosting an office afternoon tea with all of your favorite Fair Trade teas.



JUNE

London to Brighton

On 15th June you and your colleagues can take part in the oldest and most iconic charity bike ride in Europe! Starting at Clapham Common, the 54 mile cycle will take you through the capital to the beautiful countryside of the South Downs all the way to Brighton's seafront. [Click here](#) for more information.



JULY

Wimbledon

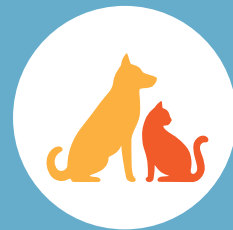
During the first two weeks of July, tennis takes centre stage. To celebrate this why not host a Wimbledon-themed office party? Serve strawberries and cream and invite colleagues to donate £2 per serving. For an extra dose of fun, encourage everyone to dress as their favourite tennis star and get sponsored for embracing the silliness!



AUGUST

International Cat and Dog day

Run a Pet Photo Competition. Encourage colleagues to enter photos of their furry friends, vote, and donate—all in the spirit of friendly competition and raising money for Cure Parkinson's!



SEPTEMBER

Celtic Challenge

From 6th-13th September embark on a stunning 445-mile cycle through Ireland's countryside from Malin Head in the North to Mizen Head in the South. Throughout this week long adventure, riders will pedal through some of Ireland's most breathtaking landscapes, charming towns, and historic sites. [Click here](#) for more information.



OCTOBER

Halloween

Encourage your colleagues to join in on a fun Halloween dress-up day at work. Donate £2 to take part, and hold a staff vote for the best costume. Get creative and join the spooky fun!



NOVEMBER

The Great British Bake off

Celebrate the GBBO season by hosting your very own office bake-off challenge! Bring your favourite sweet or savoury creations, pay an entry fee to join the competition, and let a panel of judges crown the ultimate winner. Afterward, sell all the delicious bakes to raise funds for Cure Parkinson's.



DECEMBER

12 day Christmas Advent Challenge

Take on a 12-day challenge leading up to Christmas! Challenges can range from running 5k, baking a cake for the office, participating in a Santa fun run, or decorating your office pods! Alternatively, rally your colleagues for a team challenge where each person tackles a different task each day. Once you've chosen your daily challenges, set up a fundraising page and start collecting donations! Share videos or pictures of your challenges and encourage people to sponsor you.



The easiest way to fundraise as a group is to set up a JustGiving page and share the link with your connections. [Create Your JustGiving Page here](#)

For more information, please contact Gina on +44 (0)20 7487 3892 or email gina@cureparkinsons.org.uk

cureparkinsons.org.uk

amrc
ASSOCIATION OF MEDICAL RESEARCH CHARITIES

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REGULATOR

Cure Parkinson's is the operating name of The Cure Parkinson's Trust, a registered charity in England and Wales (1111816) and Scotland (SCO44368) and a company limited by guarantee - company number 05539974 (England and Wales).