



# The 36 Hole Challenge

## What?

Play 36 holes of golf in one day with friends, family or on your own.

## Why?

Raise vital funds so more families can access the life-changing support of our specialist dementia nurses – because no one should face dementia alone.

## When?

You can choose any day and any time that's convenient for you.

## How?

Contact your local golf club, book a tee time or even take a trip to a course you have always wanted to play. Ask friends to join you or do it alone. Share your fundraising page far and wide.

**Ian Holt organised  
The 36 Hole Challenge at  
his golf club in St Helen's.**

**“My mother-in-law lives with Alzheimer's disease. We've seen how dementia gradually takes hold, from small memory lapses to now not always recognising who we are. Seeing the impact on our family is why I took part in The 36 Hole Golf Challenge last year and why I'd encourage others to get involved.”**



**Above:** Ian Parris, Paul Abbott and Ian Fletcher together raised over £800 from their 36 Hole Challenge

# £100

could pay for four carers to receive an hour of one-to-one support from a dementia specialist Admiral Nurse on our free national Helpline.

# £250

could fund a new Admiral Nurse to run a full day of face-to-face appointments for families in their local community.

# £520

could fund an Admiral Nurse to work on the Helpline for one weekend, offering a lifeline to families who are struggling to access support.

## The 36 Hole Challenge checklist

Tick each point off the list and you'll be ready to tee off your 36 Hole Challenge.

- Pick a date and get your team together (or play on your own).
- Choose where you'll play. If you are not a member of a golf club, get in touch with local clubs or ask a friend who is.
- Share your personal fundraising page with family, friends, colleagues and your golfing community – the more you share, the more donations will roll in.
- If you're taking part as a team, you can organise some additional fun challenges to raise more: for example, a 'lost ball penalty', where players donate an extra amount for every ball they lose during play.
- Get ready to don your Dementia UK t-shirt, lace up your golf shoes, and swing those clubs.
- Snap some photos and share them with us at [golf@dementiauk.org](mailto:golf@dementiauk.org)

**The top 50 fundraisers will receive an exclusive thermal water bottle\*.**

**Thank you for taking on The 36 Hole Challenge and giving more families a lifeline.**

**If you have any questions, please call us on 0300 365 5500 or email us at [golf@dementiauk.org](mailto:golf@dementiauk.org)**

Dementia UK is a registered charity in England and Wales (1039404) and Scotland (SC 047429).

\* Remember donations received after Saturday 31 October 2026 will not count towards the fundraising total for the top 50.