

Care for a Cuppa Fundraising Pack



Birmingham and Solihull
Mental Health NHS
Foundation Trust Charity

What can your money buy?

Dignity Care Packs

What is a Dignity Care Pack?

A care pack can include clothes, nightclothes and toiletries

Why do we need to provide them?

Sometimes when patients are admitted in an emergency situation, there is no time for their belongings to be packed. Most of the time, family or friends can collect these items, but sometimes there is no one who can do this. Also, if the person is homeless they may have no belongings.

In these circumstances the service user can spend a number of weeks on a ward in the same clothes, until social security benefits can be arranged. We would like to give patients the opportunity to wear clean, comfortable clothes, in order that they can maintain their physical appearance and feel better about themselves.

Why is this important?

Enabling a person to take care of their personal appearance can help them on their road to recovery, by giving them back some dignity at a time that can be very confusing and frightening.

Basic Pack £20

Complete Pack £50

Planning your event

- **Choose your date and venue**—remember to allow plenty of time for people to put the date in their diary.
- **Choose a theme** - Christmas Coffee Morning / Afternoon Tea / Summer Garden Party etc



- **Send out your invites**—Invite everyone! People love to be invited to a get together, invite your family, friends, work colleagues, neighbours and those people you haven't seen for a while. We have included ready made invitations and posters in this pack, you just need to add the venue and date. Just photocopy them, or go to our website www.caringminds.org to download them.
- **Organise a Cake Bake** - Its great fun to make your own cakes, so encourage your guests to have a go too. If you are taking part in the Christmas Coffee Morning then why not enter our Cupcake Challenge? With a prize for the best cake design—more details included in this pack. But don't worry if you don't have time, people will enjoy shop bought cakes too.

Added Extras to make the day more fun

- **Cupcake Challenge**—anyone doing a Christmas Coffee morning can take part in the Charities annual Cupcake Challenge, which will have the winner announced in January. Yourself or anyone attending your coffee morning can enter, just take a picture of the best cakes and either post them on our [Facebook page 'BSMHFT'](#), or email them to fundraising@bsmhft.nhs.uk
- **Raffle** - why not ask your friends if they can bring a raffle prize and then hold a raffle at your party, selling the tickets to raise extra money.
- **Quiz** - Have some fun and print off some copies of our quiz (included in the pack), either hand out the quiz sheets when you invite people so they have plenty of time to work out the answers, or do it just for fun on the day. You can even ask for a donation for people to take part and give a prize for the winner if you want to.
- **Donations** - you can increase the value of your donation to Caring Minds by making Gift Aid part of your event. Simply ask people who make a donation to complete the gift aid form (find a copy included in this pack), then return them to us when you pay in your money.
- **Paying in Money** - You can either send us a cheque made payable to 'Caring Minds' or pay the money onto our Virgin Money Giving Page at www.virginmoneygiving.com
- **Further Information** - Please get in touch if you need further help
Telephone—0121 321 1287
Email—fundraising@bsmhft.nhs.uk

Care for a Cuppa

Join friends for delicious cakes
and a Cuppa and help raise funds
for 'Caring Minds'

Venue.....

Date.....

Time.....



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If you can't join us

you can still help support the event by
making a donation to
Caring Minds

By either:

- Making a donation to the person hosting the event
- Send a cheque to 'Caring Minds' BSMHFT, 50 Summer Hill Rd, B'ham B1 3RB
- Make an on-line donation through our website www.caringminds.org



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Vanilla Cup Cakes

Ingredients

- 110g/4oz butter or margarine, softened at room temperature
- 110g/4oz caster sugar
- 2 free-range eggs, lightly beaten
- 1 tsp vanilla extract
- 110g/4oz self-raising flour
- 1-2 tbsp milk

For the buttercream icing

- 140g/5oz butter, softened
- 280g/10oz icing sugar
- 1-2 tbsp milk
- a few drops food colouring
-

Method

- Preheat the oven to 180C/350F/Gas 4 and line a 12-hole muffin tin with paper cases.
- Cream the butter and sugar together in a bowl until pale. Beat in the eggs a little at a time and stir in the vanilla extract.
- Fold in the flour using a large metal spoon, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are half full.
- Bake in the oven for 10-15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 10 minutes, then remove from the tin and cool on a wire rack.
- For the buttercream icing, beat the butter in a large bowl until soft. Add half the icing sugar and beat until smooth.
- Then add the remaining icing sugar with one tablespoon of the milk, adding more milk if necessary, until the mixture is smooth and creamy.
- Add the food colouring and mix until well combined.
- Spoon the icing into a piping bag with a star nozzle and pipe the icing using a spiralling motion onto the cup cakes in a large swirl.

Fairy Cakes

Ingredients

- 130 grams butter (softened)
- 130 grams caster sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 130 grams self-raising flour
- 4 tablespoons milk (any)

Method

- Preheat the oven to 190C, 375F, gas mark 5.
- Cream together the butter and sugar until creamy and pale. In a separate bowl, whisk the eggs with the vanilla. Whisk into the butter and sugar mix.
- Sift half the flour in, and fold. Then add the milk and mix in well. Fold in the other half of the sifted flour.
- Spoon into the paper cases and put into the oven for about 25 - 30 mins until golden and crisp on top.



Quiz Sheet

1. What is the chemical formula of snow?
2. US President Franklin Pierce introduced what to White House Christmas tradition in 1856?
3. Who is the narrator in the 2000 film The Grinch Who Stole Christmas?
4. In which Christmas carol does this line feature: "Bring me flesh, and bring me wine, bring me pine logs hither"?
5. What is the birth sign of people born on 25 December?
6. Which poem written by Clement Moore was originally titled A Visit from Saint Nicholas?
7. Which two states in the US have towns called Christmas?
8. What was Queen's 1984 Christmas single called?
9. American cartoonist Thomas Nast is credited with creating the traditional image of which popular Christmas character?
10. What is a baby Turkey more correctly called, other than a chick?
11. What is the title of the biggest selling Christmas single, globally?
12. What Christmas item takes its name from the old French word estincelle, meaning spark?
13. Who was said to have presented the baby Jesus with Frankincense?
14. What drink advert launched the slogan 'The Right One' in 1970?
15. Before the tradition of hanging stockings up at Christmas what did Dutch children hang by the fireside?
16. In which country is it a tradition to hide all brooms in the house on Christmas Eve?
17. Who wrote the songs for the 1954 film White Christmas?
18. Which US President banned Christmas trees from the White House?
19. In the song The Twelve Days of Christmas, how many pipers are there?
20. From what does the month of December take its name?



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Quiz Answers

1. H2O
2. Christmas Tree
3. Anthony Hopkins
4. Good King Wenceslas
5. Capricorn
6. The Night Before Christmas
7. Arizona and Florida
8. Thank God its Christmas
9. Santa Claus
10. Poult
11. White Christmas
12. Tinsel
13. Balthazar
14. Martini
15. Shoes
16. Norway
17. Irving Berlin
18. Theodore Roosevelt
19. Eleven
20. Ten





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Making a Donation

Thank you for choosing to support our charity Caring Minds. By donating to us you are supporting the work of the Birmingham and Solihull Mental Health NHS Foundation Trust in your local community. Your support will make a real difference.



You can now increase the value of your donation by almost a third – at no extra cost to you – by simply saying yes to Gift Aid. Please tick the box on this form and complete your details with your home address and postcode. We can only claim gift aid on your donation if you are a UK tax payer.

For every £1 that you donate we can claim a further 25p from HMRC

First Name:

Last Name:

Home Address:

.....

Post Code:

Email:

Donation Information Amount £

Payment Method:.....
(please make cheques payable to 'BSMHFT General Charity')

-Gift Aid (please tick here if you would like to Gift Aid your donation)

Please post to:
Tracey Goodwin, Fundraising Manager, Communications and Marketing,
BSMHFT, Unit 1, B1, 50 Summer Hill Road, Birmingham, B1 3RB

Thank You