IN YOUR COMMUNITY

The recipe for a successful Care for a Cuppa is simple. As with most recipes, this is only a guide. Be creative and follow your own instincts.

INGREDIENTS:
• Your friends and family – As many as possible
• A location – As accessible as you can manage
• Information about caring – A good handful of leaflets, your experience, laughter and hugs
• Cakes and tea – A veritable feastful
• A collection box – Ready to rattle

METHOD:

Set your budget
• Think about what you can afford and how much you expect it to cost.

Call in the favours
• Ask friends or family if they will lend a helping hand
• Speak to local businesses - coffee shops, bakeries, supermarkets etc. to see if they’ll donate refreshments or cakes in aid of your event.

Venue
• You could ask if you could hold it in your local community centre, church hall, or even host it in your own home (if you hold it at home we recommend you keep it private and only invite your friends and family).

Spread the word
• We’ve posters that you can stick up on noticeboards (carersuk.org/cuppa), and help in creating social media posts, to help you to tell everyone you know.

Raise some money!
• Sell the cakes in return for a small donation (this can be put in the Carers UK collection boxes that we can send you)
• Ask for a small donation in return for a cup of tea
• Hold a raffle – ask local businesses to donate a prize and sell raffle tickets on the day
• Play games – ask for a small donation to play, eg guess how many sweets in a jar

Talk about caring!
• We can send some leaflets that talk about who Carers UK are and what we do.

For all the boring (but important!) legal stuff, visit: carersuk.org/safe-and-legal
KATHRYN’S CARE FOR A CUPPA

Getting your friends round can be as easy as one, two, TEA!

One of our fantastic volunteers Kathryn held her Care for a Cuppa at home. She invited her family, friends and members of her two local churches to join her for an afternoon of tea and coffee, scones and Kathryn’s homemade walnut cake; all while raising money in aid of Carers UK.

The party started in the kitchen but soon spilled outside. Guests dropped in throughout the afternoon and took some time to catch up with old friends and make some new ones, getting to know each other over hot drinks and cupcakes.

Care for a Cuppa is a fantastic opportunity to bring your community together. You can host your event at home, in your community centre, with your faith group or at school, the options are endless. The key is to have a fun cake-filled day raising vital funds for Carers UK, talk about caring and raise awareness for carers, together.