

SUPPORTERS GUIDE



Top Tips

Tasty Recipes



Thank you for choosing to support the Great Bake in aid of the Lions International Blood Research Appeal (LIBRA). It is an exciting challenge and we are positive that you will enjoy taking part. This pack is designed to help you organise a successful Great Bake event and raise vital funds for LIBRA. Remember, every penny that you raise through cake sales will be used to tackle blood cancers and disorders. All you need to do is bake, sell your tasty treats and donate to LIBRA!

Funds raised through the Great Bake will help us provide the Haematology Department at King's College Hospital with funds that are urgently required for state-of-the-art medical equipment. We are the only charity in the world that solely campaigns for this specialist department. Our support ensures that the haematology team can develop new lifesaving treatments for patients with blood cancers and disorders including leukaemia, lymphoma and myelodysplastic syndrome.



LIBRA
Lions International Blood Research Appeal

"I suffered with leukaemia and a bone marrow transplant at King's saved my life. By supporting LIBRA's Great Bake you are benefiting patients like me."

RIZWANA RASHID



TOP TIPS FOR A SUCCESSFUL CAKE SALE

PICK YOUR EVENT AND THEME

Decide what type of fundraising event you would like to organise, perhaps themed for the time of year or around a special national occasion or sporting event. We recommend a cake sale, coffee morning or tea party.

IF YOU NEED TO FIND A VENUE

If you do plan a larger event and find a good venue, please make sure it has public liability insurance. If you plan to use a public space, you will need to speak to your local authority to find out whether you need special permission or insurances.

EVENT PROMOTION

We recommend that you promote your event 4-6 weeks in advance of it taking place. Send out invitations via email, post or social media.

EVENT IN THE HOME OR WORKPLACE

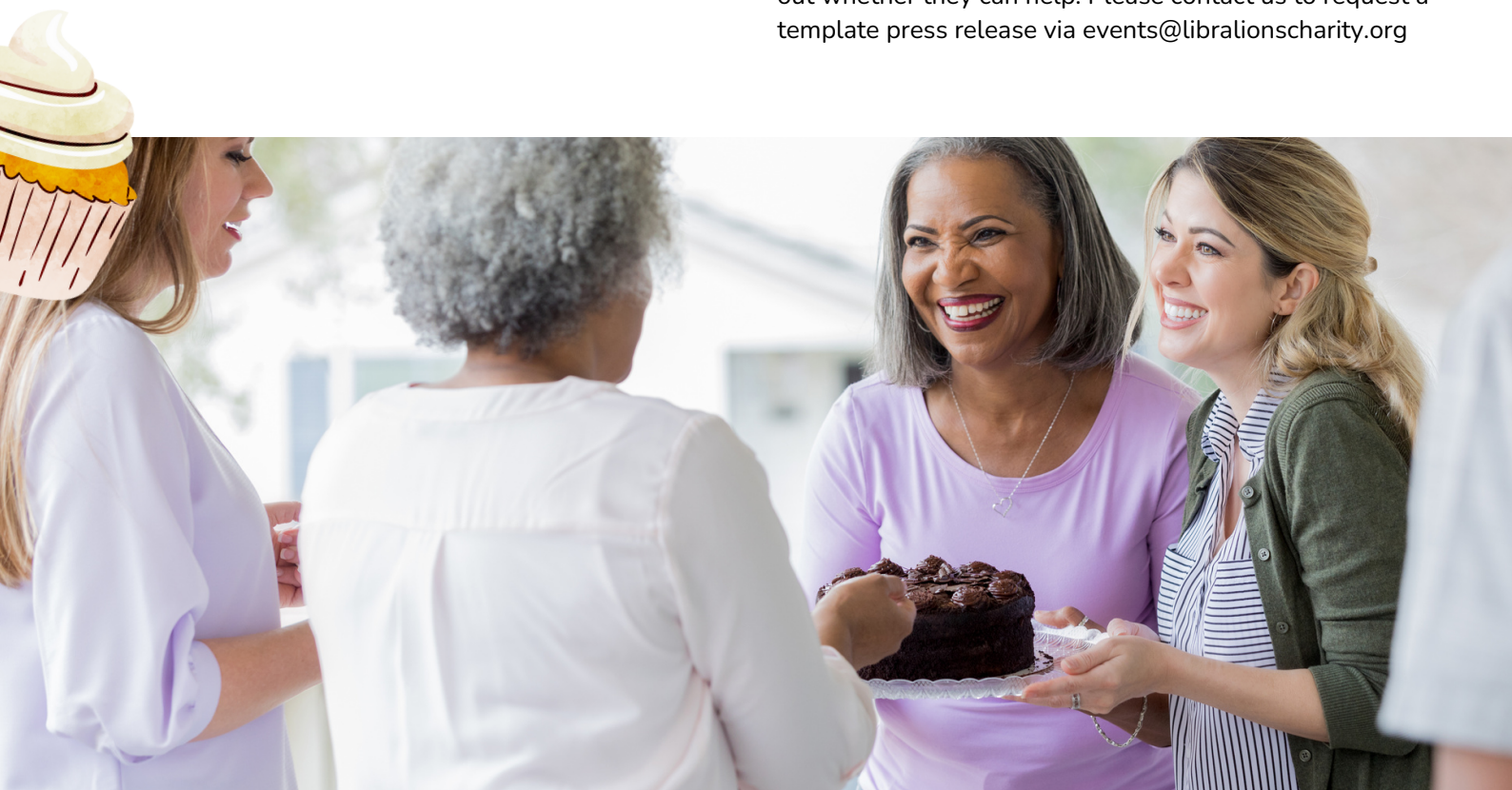
It is important that you have a suitable venue for your event. Remember it doesn't have to be a large event. You might be able to host your fundraiser at home or in the workplace. Why not invite a few friends and get them to help you spread the word...the snowball effect!

SET A DATE

You can hold your Great Bake event anytime during the year. Please give yourself plenty of time to plan your fundraiser and promote it.

MEDIA RELATIONS

If you are holding a large event or a cake sale in a public place, your local media may be interested in helping you to promote it. It is worth speaking to news reporters to find out whether they can help. Please contact us to request a template press release via events@librationscharity.org





YOUR FUNDRAISING TARGET

Set a fundraising target to help encourage your friends, family and contacts to donate as much as possible. Every penny raised will make a real difference to LIBRA.

PRICING

Make sure your guests can easily see the cost of items by labelling them clearly. Request that people pay in cash and note down each sale so that you can keep track of how much you make.

DONATIONS

If people can't attend your event, they might like to make a donation. Cheques must be made payable to LIBRA. Alternatively they can visit our website to find out more about making a donation online at www.libralionscharity.org

EVENT IDEAS

Consider organising a raffle or selling other goods at your event to raise extra funds for LIBRA. Venues always look more inviting when they are decorated, so try and add some colour with balloons and bunting. Ask friends and work colleagues to help. It is always useful to have an extra pair of hands!

FOOD STANDARDS AND HYGIENE

If you are planning a large event please contact your local council or food hygiene body to request advice. It is important that you are aware of the steps you need to take to make sure your guests enjoy the event and the baked goods you are selling. Hygiene must be one of your top priorities!



Remember: We are very grateful for your support but can't accept any liability.

RECIPE SUGGESTIONS

RASPBERRY TRAYBAKE

INGREDIENTS

- 150g fresh raspberries
- 50g butter
- 75g clear honey
- 100g muesli with seeds
- 100g rolled oats
- 50g ground almonds
- Pinch of salt



METHOD

1. Pre heat oven to 200c / gas 7
2. Lightly grease a tray, 20cm/20cm
3. Mash the raspberries roughly and set aside.
4. Melt the butter with the honey and salt.
5. Take off the heat and stir in the dry ingredients.
6. Place half the mixture into the tray and pat down lightly with a fork.
7. Spread the mashed raspberries evenly on top.
8. Spoon over the remaining cereal mixture and smooth with the fork.
9. Cook for 10-12 minutes or until golden brown.

RECIPE SUGGESTIONS

WHEAT FREE CHOCOLATE BROWNIES

INGREDIENTS

- 100g Butter
- 150g Dark Chocolate
- 100g Gluten Free Plain Flour
- 100g Chopped Hazelnuts or Walnuts (optional)
- 200g Sugar
- 3 Eggs
- 1 tsp Baking Powder



METHOD

1. Pre heat oven to 180c, Fan 160c or gas 4
2. Gently melt together the butter and chocolate.
3. In a separate bowl mix together the flour, baking powder and sugar.
4. Beat in the eggs followed by the melted butter and chocolate mixture.
5. Stir in the nuts if used.
6. Pour into 150 x 200mm / 6"x8" oiled and lined baking dish.
7. Bake in a pre heated oven for 35/40 minutes..
8. Cut into 12/16 portions.

Dietary status: Without Gluten , Without Soya, Without Wheat.

RECIPE SUGGESTIONS

VICTORIA SANDWICH

INGREDIENTS

FOR THE CAKE

- 200g caster sugar
- 200g softened butter
- 4 eggs, beaten
- 200g self-raising flour
- 1 tsp baking powder
- 2 tbsp milk

FOR THE FILLING

- 100g butter, softened
- 140g icing sugar, sifted
- Drop of vanilla extract (optional)
- 340g jar of strawberry jam
- Icing sugar, to decorate



METHOD

1. Pre heat oven to 190C, fan 170C or gas 5.
2. Butter two 20cm sandwich tins and line with non-stick baking paper.
3. In a large bowl, beat all the cake ingredients together until you have a smooth, soft batter.
4. Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon, then bake for about 20 mins until golden and the cake springs back when pressed.
5. Turn onto a cooling rack and leave to cool completely.
6. To make the filling, beat the butter until smooth and creamy, then gradually beat in icing sugar.
7. Beat in vanilla extract if you're using it.
8. Spread the butter cream over the bottom of one of the sponges
9. Top it with jam and sandwich the second sponge on top.
10. Dust with a little icing sugar before serving.

RECIPE SUGGESTIONS

SCONES

INGREDIENTS

- 225g/8oz self raising flour
- Pinch of salt
- 55g/2oz butter
- 25g/1oz caster sugar
- 50ml/5fl oz milk
- 1 free-range egg, beaten, to glaze
(alternatively use a little milk)



METHOD

1. Heat the oven to 220C, 425F or Gas 7.
2. Lightly grease a baking sheet.
3. Mix together the flour and salt and rub in the butter.
4. Stir in the sugar and then the milk to get a soft dough.
5. Turn on to a floured work surface and knead very lightly.
6. Pat out to a round 2cm³/₄in thick.
7. Use a 5cm/2in cutter to stamp out rounds and place on a baking sheet.
8. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
9. Brush the tops of the scones with the beaten egg.
10. Bake for 12-15 minutes until well risen and golden.
11. Cool on a wire rack and serve with butter, jam and maybe some clotted cream.

ABOUT LIBRA



PASSING ON INFORMATION

When you host your event it is important that you are able to answer questions about LIBRA and where funds raised will be put to good use. Here are some useful details.

WHAT IS LIBRA?

LIBRA is the Lions International Blood Research Appeal (LIBRA), established by Lions Clubs in the South East of England in 1976. It is a major Lions project and receives a great deal of support from the Lions Clubs across the UK and also from the general public. Lions Clubs International is the world's largest service organisation and we are very proud to be a part of it.

WHO DOES LIBRA SUPPORT?

LIBRA is the only charity in the world that solely supports the Haematology Department at King's College Hospital in London. This specialist department creates treatments for patients with a wide range of blood disorders and cancers including leukaemic and non-leukaemic conditions.

FUNDING

LIBRA helps to cover the cost of specialist equipment, ward and laboratory developments. Equipment and space is required by the haematology team so that they can develop and trial new lifesaving treatments. Once these treatments are successfully tested they are provided to patients across the UK and overseas.

GOING FOR GOLD CAMPAIGN

We need your help to reach our £300,000 target so that we can support the development of new and improved treatments for blood cancers and blood disorders at King's and the cost of vital medical equipment, while helping to ensure facilities for patient care are of the highest standards.

Our Charity Registration Number is 276685

www.libralionscharity.org

Like us on Facebook at www.facebook.com/LibraCharity





HELP IS AT HAND

We are happy to offer advice and assistance with your Great Spring Bake event.

CONTACT INFORMATION

LIBRA PR and Marketing Manager, Lauren Simmonds can answer your fundraising questions. Lauren can be reached via email to info@libralionscharity.org

For advice about providing LIBRA with funds raised, please contact LIBRA Treasurer Rob Pullinger via email to libra@robpullinger.co.uk

AFTER THE EVENT

FUNDS

Please count up the funds raised and provide our Treasurer with a cheque or postal order for the full amount. Cheques must be made payable to LIBRA.

Please enclose a cover letter with your cheque or postal order to confirm your name, contact details and the amount raised.

Cheques and postal orders can be posted to LIBRA Treasurer Rob Pullinger, 20 Soundy Paddock, Biggleswade, SG18 0RQ

THANK YOU!

We really appreciate your support. Thanks to wonderful people like you we can really help to save the lives of patients with blood cancers and disorders across the UK and overseas.

