
BAKE TO BEAT LONELINESS!

FOR AGE CONCERN SOUTHEND ON SEA
REGISTERED CHARITY NUMBER 1160916



WHY BAKE TO BEAT LONELINESS?

A bake sale is a wonderful way to bring communities together, be it at work, at home or at school. Sharing a cup of tea and a cake is a perfect way to start up a conversation, especially with an older person who may not see that many people on a regular basis.

We, at Age Concern Southend, would love our supporters to encourage their friends, colleagues and neighbours to share a treat and a conversation and help us raise awareness and funds to help us to make Southend a better place to age.



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GETTING STARTED

So you've decided to host a bake to beat loneliness bake sale.
Thank you for your support!

Here are a few things to think about to help you make your event brilliant:

1) Choose a venue - whether you host your event in your own home, in your workplace or in a community venue make sure you have permission from the owners. You may need anything from a small table to an entire room but make sure you have enough tables, chairs and plates or cakestands.

2) Book a date - choose a time when you know people will be available, if you choose an event at home you may wish to host your event on a Saturday, whereas an event at work or school may work better at lunchtime on a week day!

3) Tell people about your event - make sure people know about your event. You may want to publicise on social media, make posters, send out invites or maybe even tell your local newspaper. Be sure to send details to the fundraising team at ACSOS so we can tell people too!

4) Make some cakes - remember you don't have to bake on your own! Ask your friends and neighbours with a flair in the kitchen to contribute or get the kids involved.

4) Sell your cakes - ask for a donation or price up your cakes accordingly, a big cake slice may fetch £2.50 whereas a little biscuit may only be 50p.



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CUPCAKE RECIPE

Not a star baker? Not a problem! We've included a couple of simple recipes to help you get started.

Ingredients

110g/4oz softened butter
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 icing

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



Recipe

Preheat the oven to 180C/350F/Gas 4 and prepare 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, adding a little milk as needed. 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.

For the buttercream icing, beat the butter in a large bowl until soft. Add the icing sugar and a little milk until the buttercream is smooth.

Add the food colouring and mix until well combined.

Spoon the icing into a piping bag with a star nozzle and pipe the icing onto the cooled cupcakes!

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TIPS FOR FOOD SAFETY

Whilst environmental health do not require any kind of qualification or special kitchen to host a one off bake sale, there are still some basic guidelines to stick to to help make your event go smoothly.



- Always wash your hands before handling ingredients and at regular intervals whilst making cakes. Wear clean clothes and remove any excess jewellery
- Do not prepare food for your bake sale if you have any skin conditions, colds or sickness and diarrhoea.
- Make sure food-contact surfaces, bowls and utensils are thoroughly cleaned before preparing food. Make sure raw and cooked foods are kept and prepared separately.
- Make sure ingredients are of good quality and in date.
- Products that contain cream or butter-cream icing must be kept in a refrigerator at $< 8^{\circ}\text{C}$.
- Products should be placed into a clean, food-grade container, preferably with a tight-fitting lid when transporting.

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HOW YOUR BAKE SALE WILL HELP

By raising money for Age Concern Southend you will be helping us to continue assisting older people in Southend, Castle Point and Rochford.



Barry, 86

"I really look forward to Mike coming round once a week and miss it when he's on holiday. It's very lonely being on my own after my wife died and having someone to come round who I can talk to about what's going on in the world and things like boxing, snooker and football is a great help. Mike also helps me arrange medical appointments and comes with me to the doctor's...He's been a great friend to me."

The money you raise through your bake to beat loneliness could mean more lonely people matched with a befriender, more lifts given by our community transport team for vital appointments, more community clubs, easier access to help and advice and less isolation in our community.

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NAN'S (MABEL'S) GINGER NUT BISCUIT RECIPE

Try Mabel's simple ginger biscuit recipe that is sure to be a hit with old and young alike. Be sure to share your bakes with us on social media by using #baketobeatloneliness.

Ingredients:

1 tablespoon of golden syrup
4oz margarine
6oz self raising flour
3oz caster sugar
1 teaspoon of ground ginger
1/4 teaspoon of bicarbonate of soda
A pinch of salt.



Recipe:

Heat oven to 140 degrees (low)

Melt syrup and margarine together in a saucepan over a low heat.

Meanwhile mix all the dry ingredients together in a mixing bowl.

Add the melted mixture and mix together to make a paste, Place heaps/spoonfuls of the paste on a baking sheet leaving space around them, and bake for 20 to 25 minutes.

Leave to cool before lifting and store in an airtight container.

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SEND YOUR DONATIONS TO US

Once you have hosted your bake sale all that is left to do is to count up the money and send your donations in to us. There are a variety of ways you can do that, choose whichever one suits you best. Please let us know when you are sending in your donation so we can say thank you!

It is good practice to have two people present when counting your donations for your safety and security.

Cash

If you would like to pay in your cash directly to us please bring your donations into the office at 134 Hamlet Court Road, Westcliff, SS0 7LN. Please do not send cash through the post as it may get lost in transit.

Cheque

Please make out any cheques to Age Concern Southend on Sea and either drop them into our office or post them to us.

Card

If you would like to pay by card please call our office on 01702 345373 and we will take a payment over the phone. We will email you a receipt as soon as the payment has processed.

Online via Total Giving

We can accept donations via our Total Giving account however we are charged a small amount per donation by the payment processor (usually around 30p for a £10 donation). You can donate via Total Giving by going to <https://www.totalgiving.co.uk/charity/age-concern-southend-on-sea-cio>.

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WE ARE BAKING TO BEAT LONELINESS!

Join us for a bake sale in aid of Age Concern Southend (registered charity number 1160916)!

Date:

Time:

Venue:



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THANK YOU!

Thank you for your support, we couldn't continue to do the work we do without your help. Please do let us know about your events. Send us pictures, tag us on social media or even call us to let us know how things went!

You can contact us at:

Age Concern Southend on Sea
134 Hamlet Court Road, Westcliff, Essex, SS0 7LN
01702 345373

enquiry@acsos.co.uk

You can also find us on Facebook
(@AgeConcernSouthend) and Twitter (@ACSOSSouthend)
#baketobeatloneliness



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