

SAMARITANS



Take time to connect over a cuppa

Top tips for organising a bake sale or coffee morning

Thank you for joining #TeamSamaritans!
With your support we can be there for people when they need us most.

Getting together for a natter and a cuppa with family, friends or colleagues is a great way to connect and raise funds. And let's face it, who doesn't love a slice of Victoria sponge?

“ Our bake sale raised £292 and was jam packed with home-made cakes and treats! Events like this not only give us the opportunity to raise vital funds for Samaritans, but also to remind our staff that we're here if they need to talk. ”

Nicole, Huntingdonshire District Council





How to set up your event

- Pick a date, time and location – if you're organising an event at work, make sure you pick a day you know most colleagues are in.
- Recruit fellow bakers – the more bakes you have to sell, the more money you can raise! Think about gluten free and vegan options and throw in a few savoury treats for those who don't have a sweet tooth. Remember to label your bakes clearly for anyone with allergies.
- Let everyone know about your event – check out our bake sale invites, flyers and posters on our **Brand Centre**. You'll also find cake flags and other useful bits here.
- Set up a **JustGiving** page and create a **QR code** to print off so people can easily donate from their phones. You can also ask people to bring cash on the day.
- **Let us know what you're up to.** We'd love to hear about your plans! We can also send you posters, a collection box, leaflets and bunting to make sure your event looks fantastic.



Fundraising tips

- You can price things up beforehand or you can ask people to donate however much they want for a slice.
- Set up a friendly competition – get attendees to bring along their best bakes, with everyone chucking in a few pounds to take part, best bake wins a prize.
- Let everyone taking part know that every £5 raised helps Samaritans answer one potentially life-saving call.
- Take a look at our **Little Tips** and **SHUSH Listening Tips** to open up the conversation around mental health and how to help if you think someone is struggling.

£5 could help us answer a call for help that could save a life



Paying in your fundraising

By cheque

Make the cheque payable to 'Samaritans' and post to:

Community and Events Team,
Samaritans Registered Office,
The Upper Mill, Kingston Road
Ewell KT17 2AF

Remember to include a note with your details so we can say thank you.

Online

Go to samaritans.org/donate/pay-in

By phone

To make a donation over the phone, you can call our Supporter Care team on **03709 00 00 32**

By bank transfer

Get in touch with us on **03709 00 00 32** or at supportercare@samaritans.org

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