



The
Compassionate
Friends

50
YEARS
1969-2019

Supporting bereaved parents and their families

T C F

Tea & Cake at Fifty

Help us to commemorate half a century of peer-to-peer support for bereaved parents, siblings and grandparents by hosting your own event.



Hosting your fundraising event

Before you start organising your **Tea & Cake at Fifty** event, remember that whatever you do – however big or small – the funds raised will help The Compassionate Friends to continue our vital work offering support, understanding, friendship and hope for bereaved parents, siblings and grandparents.

2019 is our charity's 50th Anniversary year so host your event for any date that suits you throughout the year. You could plan your event to coincide with **Bereaved Mother's Day on Sunday 5th May 2019.**

You might want to hold your event at home or at work, or even in another venue like a church hall or community centre.

Tea & Cake at Fifty event suggestions

- Coffee morning
- Bake sale at work
- Afternoon tea party – at home or local church hall
- Bring and share lunch
- Evening party
- Or any other time or venue you wish!



4 easy steps for your event's success

1. Invite your guests

Invite whoever you want – friends, family, colleagues, bereaved parents and their families. Send out an invitation in the post, by email, or even create an event on Facebook.

You could ask people to bring cakes or make them all yourself! Or if you don't fancy baking pick up a few lovely cakes from your nearest shop. Whatever you feel like. You could ask your guests to donate a minimum £1 for a piece of cake and £1 for tea or coffee. Invite as many as you like – every penny raised will help TCF to make a difference to bereaved parents and their families, so the more the merrier!

2. Make it special

Decorate your table and order some free balloons, donation boxes, leaflets, bookmarks and posters with the order form on the next page. If you want to sell TCF merchandise you can order wristbands, candles etc on a sale or return basis.

3. Mix in some fun too

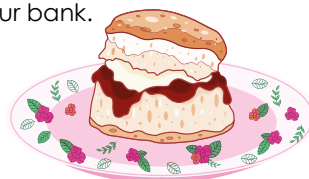
Help raise even more funds by having a raffle or adding some competitions or games during your event; for example, guess the weight of the cake, guess how many sweets in the jar. You could have a table for guests to make their guesses and write their name. The nearest correct guess wins the cake or sweet jar.

4. Don't forget to send TCF the money you raise!

Send us a cheque made payable to **The Compassionate Friends** to the address on the back of this leaflet.

Transfer your donation by BACS online through your bank.
Our bank account details are:

Account Name: **The Compassionate Friends**
Account Number: **00010715**
Sort Code: **40-52-40**



Go to **www.tcf.org.uk/donate** and send the funds to us by credit, debit card or PayPal.

Order free promotional items

Simply tell us what you need by filling in the form below and returning to the address at the back of this leaflet. Please give us at least 3 weeks notice to get your order to you.

Item	Quantity
Donation boxes (cardboard) - Max 5	
Balloons - Max 10	
Introducing The Compassionate Friends leaflets - Max 30	
Bookmarks - Max 30	
Posters - Max 5	
Business cards – with TCF details	
Gift Aid Form (so we can collect Gift Aid on any donations)	

Send your order to us at **The Compassionate Friends, Kilburn Grange, Priory Park Road, London NW6 7UJ** or email us at **info@tcf.org.uk**. If you want to sell Compassionate Friends merchandise e.g. bags, candles, wristbands or cards at your event please get in touch and we can arrange to have some sent to you on sale or return.

Where does the money you raise go?

The Compassionate Friends receives no funding from national, regional or local government. We rely entirely on donations and fundraising activities. We offer a range of services to support bereaved parents whose son or daughter has died at any age – infant, toddler, school age child, teenager and adult child – and from any cause. The Compassionate Friends is the only national charity in the UK that offers peer-to-peer support from bereaved parent to bereaved parent. We also support siblings and grandparents.

Your fundraising helps us to cover these sample costs:

£5	Full cost of one call to the TCF national helpline, including recruitment and training of helpline volunteers.
£50	Enables 10 families to receive an information pack about bereavement support after child loss.
£100	Cost of materials and stationery for craft sessions and workshops at weekend retreats for bereaved parents, siblings and grandparents.
£150	Funds one bereaved parent volunteer to attend a training day for starting up and facilitating a support group for bereaved parents.
£250	Cost of a bursary at a supportive weekend retreat for a bereaved parent or family member who would otherwise not be able to attend due to financial limitations.
£300	Provides initial training and support for one bereaved parent volunteer to offer support to newly bereaved callers on our National Helpline.

Thank you for organising and running a **Tea & Cake at Fifty** fundraising event for The Compassionate Friends. Your support is vital to us and will help us continue our vital services for bereaved parents and to reach out to even more families in the next 50 years. We hugely appreciate your support.

For more information

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www.tcf.org.uk/teaandcakeatfifty