



**cavendish
cancer
care**

Cake Break Supporter Pack

This supporter pack provides all the ingredients you need to make your cake break a real success. Just add friends, family or colleagues, sprinkle a huge dash of enthusiasm, and off you go! Thank you from everyone at Cavendish Cancer Care for your support.

 [facebook.com/
cavendishcancercare](https://facebook.com/cavendishcancercare)

  cavcancercare
[#Cavcakebreak](https://Cavcakebreak)

Ready, steady, bake!

Whether you need a reason or not to enjoy a relaxing moment with family, friends or colleagues, then here's your perfect excuse. Take comfort in a Cake Break - share time together over a yummy sweet treat, and show people you really care.

Whether you bake it or buy it, sharing a cake, a pie or a pudding always feels like a treat. Plus, it tastes even sweeter when you're raising funds for a great cause!

Taking a Cake Break for Cavendish Cancer Care will show local families affected by a cancer diagnosis that you care, by helping us to raise the funds to provide the support they deserve.

The most simple way to have a Cake Break is to invite people round for a slice of cake, a drink and a natter, and then ask for a donation - but you can make your Cake Break as big or small as you want it to be!



Everything in my life was at a standstill - the grief was so overwhelming. My hypnotherapy sessions helped me to relax and look forward.

Holly



And here's how it works...

Simply decide on a time and a place, and invite people along. This could be at school, work, in a community group, or a local cafe. You bake a sweet treat (or buy it if you must!) and ask your friends to do the same. Then sell a slice of your yummy creations for a donation to a great local cause - us!

If you really want to rise to the challenge, here are 5 other ideas to make a Cake Break even better:

- **Play pass it on:** Take a 3pm Cake Break on a Friday, bake a cake, invite colleagues from other teams (if the boss allows!) then ask them to pass it on.
- **Love your neighbours:** Host a Cake Break or even a dessert party for your neighbours and ask for a donation. You provide cake and a cuppa - it's a great way to get to know each other.
- **Make it personal—baker v baker:** If you work in a large organisation or are part of a community group, split into teams and see who can raise the most...a prize for the winning team maybe?
- **Play cake roulette:** If you are a seasoned baker, why not stir it up a bit! Savoury cake? Beetroot cake? Chilli and Chocolate? Add an edge to your event by pushing the boundaries.
- **Add a bonus game:** Combine your event with a raffle or tombola, or maybe put a golden sticker on the base of a bun, with the lucky winner winning a prize...whatever you do, just have some fun!

A little helping hand...

In this pack you will find FREE resources to help make your Cake Break a success. Here are a few hints and tips for making the most of the fundraising efforts.

1. Some people would eat cake at any time of the day, but usually it's late morning, lunch or afternoon. Just pick a time when people might feel peckish!
2. Make it easy for them to buy and eat - if you can, provide paper napkins or paper bags so they can buy and eat more.
3. If you're at work, make sure you're allowed to hold the event, and be cheeky - would your employer match what you raise?
4. Don't forget to promote your Cake Break - tell your friends, and share the details on Facebook, Twitter and Instagram, if you have them.
5. If you can, tempt people in with a cuppa too. Tea and cake - natural bedfellows, don't you think?
6. Pricing is a hard one - you can always just ask for a suggested donation instead.
7. Be safe and aware of your surroundings. You will have cash, and you may generate a crowd. Keep an eye on your belongings.
8. And remember, rising to this challenge could not taste sweeter - so have fun!



The sessions were an oasis of peace, heaven. I really looked forward to them. It really made a difference - I felt much stronger, and less anxious. Louise



Recipes

Simple (but great) chocolate cake

Perfect for birthdays, this is a great recipe for an easy, foolproof chocolate cake. It's moist and fudgy...mmm!

For the cake

225g/8oz plain flour
350g/12½oz caster sugar
85g/3oz cocoa powder
1½ tsp baking powder
1½ tsp bicarbonate of soda
2 free-range eggs
250ml/9fl oz milk
125ml/4½fl oz vegetable oil
2 tsp vanilla extract
250ml/9fl oz boiling water

For the chocolate icing

200g/7oz plain chocolate
200ml/7fl oz double cream

Recipe:

Preheat the oven to 180C/350F/Gas 4. Grease and line two 20cm/8in sandwich tins.

For the cake, place all of the cake ingredients, except the boiling water, into a large mixing bowl. Using a wooden spoon, or electric whisk, beat the mixture until smooth and well combined. Add the boiling water to the mixture, a little at a time, until smooth. Divide the cake batter between the sandwich tins and bake in the oven for 25-35 minutes, or until the top is firm to the touch and a skewer inserted into the centre of the cake comes out clean. Remove the cakes from the oven and allow to cool completely, still in their tins, before icing.

For the chocolate icing, heat the chocolate and cream in a saucepan over a low heat until the chocolate melts. Remove the pan from the heat and whisk the mixture until smooth, glossy and thickened. Set aside to cool for 1-2 hours, or until thick enough to spread over the cake. Carefully remove the cakes from the tins. Spread a little chocolate icing over the top of one of the chocolate cakes, then carefully top with the other cake. Transfer the cake to a serving plate and ice the cake all over with the chocolate icing, using a palette knife.

Recipes

Classic Victoria Sandwich

You can't go wrong with this perfect party cake - spongy goodness!

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 icing

100g butter, softened
140g icing sugar, sifted
drop vanilla extract (optional)
340g jar good-quality strawberry jam (we used Tiptree Little Scarlet)
icing sugar, to decorate

Recipe:

Heat oven to 190C/fan 170C/gas 5. Butter two 20cm sandwich tins and line with non-stick baking paper. In a large bowl, beat all the cake ingredients together until you have a smooth, soft batter.

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. Turn onto a cooling rack and leave to cool completely.

To make the filling, beat the butter until smooth and creamy, then gradually beat in icing sugar. Beat in vanilla extract if you're using it. Spread the butter cream over the bottom of one of the sponges, top it with jam and sandwich the second sponge on top. Dust with a little icing sugar before serving.

Keep in an airtight container and eat within 2 days.

Recipes

Yummy Flapjack

Classic, chewy and good for your soul, these flapjacks are simple to make and hard to beat!

For the flapjack

175g/6oz butter
175g/6oz golden syrup
175g/6oz muscovado sugar
350g/12oz porridge oats
½ lemon, finely grated zest
pinch ground ginger

Recipe:

Preheat the oven to 150C/300F/Gas 2 and line a 20cm/8in square baking tin with baking paper.

Melt the butter in a medium pan over a low heat. Dip a brush in the butter and brush the baking tin with a little bit of it. Add the golden syrup and sugar to the butter and heat gently. Once the sugar is dissolved and the butter is melted, remove the pan from the heat and stir in the porridge oats, lemon zest and ginger.

Pack the mixture into the baking tin and squash down. Bake in the oven for 40 minutes. Once cooked, remove from the oven, leave to cool for 15 minutes, then turn out on to a chopping board and cut into squares.

These flapjacks are delicious in a packed lunch or as a grab-and-go breakfast.



Paying in your money

Well done for rising to the challenge!

Now there is just one thing left to do - pay it in...

There are four easy ways to do this:

1. Online: the easiest way to do this is online at www.justgiving.com/TheCavendishCentre
2. Via our website: visit www.cavcare.org.uk/donate and follow the instructions on there
3. By cheque: make all cheques payable to Cavendish Cancer Care and ensure that your name and your event are clearly stated on the back of the cheque and send it to Cavendish Cancer Care, 34 Wilkinson Street, Sheffield, S10 2GB. If you send your contact details along with your cheque then we can thank you properly!
4. Over the phone: you can call us on 0114 275 4070 and we will be able to take an instant card payment over the phone

Don't forget to thank everyone who attended your event!

Thank you.

Where your money goes...

£27

provides one talking or hands-on therapy session for a cancer patient or their carer.

£40

provides an initial consultation for a parent or carer following a cancer diagnosis.

£100

keeps a therapy room open for a month, so we're here when people need us most.

£325

could provide a full course of therapy for a child with one of our specialist therapists.

Some invitations...

cavendish cancer care

I/We are holding a Cake Break in aid of Cavendish Cancer Care and would like you to join me/us in rising to the challenge!

Join us to relax and enjoy some sweet treats all for a good cause.

Where:
When:
Time:
RSVP by:
RSVP to:

Thank you! See you there!

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Some labels...

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Some bunting...



1. Print this page as many times as you need to

2. Cut out each triangle

3. Fold over the white tabs and pass through some string

4. Attach the triangle as you need to

5. Hang them up to brighten up your Cake Break event!



Print your placemats...





good luck!

Cavendish Cancer Care is a local independent charity providing unique support, counselling and complementary therapies to cancer patients and their loved ones. We provide services to families in South Yorkshire, North East Derbyshire and Nottinghamshire. Funded through the generosity of local people, we help families face cancer together.
Thank you from #cavcakebreak

**cavendish
cancer
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www.cavcare.org.uk
0114 275 4070
registered charity no. 1104261