

Countdown to Cake Break day - 1 May 2009

Choose a date

You can organise Cake Break on 1 May as a part of MS Awareness Week or you can choose a date that suits you.



“Members of our Junior Church serve refreshments after our morning service and the money raised is often donated to good causes. This time they decided to hold a Cake Break.”

John Wilkins
Junior Church Leader
Brampton Methodist Church

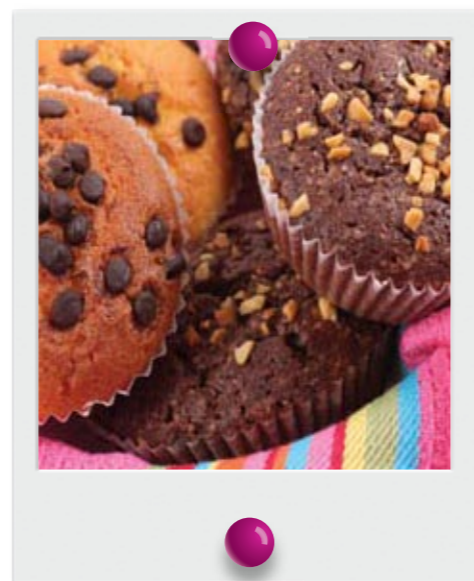
Choose a venue

You can hold your Cake Break anywhere that allows people to get together. This could be at your home, office or school, in your local community hall or place of worship. Make sure you ask permission where necessary and book up in advance if you need to.

Invite

- friends
- family
- neighbours
- colleagues
- members of your local community

Make sure you let them know the date, time and venue of your Cake Break by sending the invitation cards that are provided in this pack. Alternatively you can send e-invitation cards by email. Templates are available via our website at www.mssociety.org.uk/cakebreak. Also in this pack we have provided a poster and two flyers, which you can photocopy. Put them up where people can see them such as in your place of worship, school or on community notice boards.



Get some cakes

If you are going to make your own cake why not try one of the Hairy Bikers' delicious recipes enclosed in this pack? Alternatively you could buy your own cakes or encourage your guests to bring some along. Just make sure you have enough cakes, tea, coffee and soft drinks for all your guests.



Pupils at a secondary school in Manchester enjoying their Cake Break

Share your photos

We would love to see your pictures. Why not upload them to our flickr account at www.flickr.com/groups/mssocietycakebreak

Get your Cake Break in the news

If you have a special story to tell or wish to publicise your Cake Break in the local press use the sample press releases, which are available on our website at www.mssociety.org.uk/cakebreak. If you need help, please do not hesitate to get in touch.



Why not ask your employer if they would be willing to match the money you raise? Many companies offer this scheme so why not find out if yours will?

Health and safety

Please ensure you follow common sense and best practice health and safety rules when organising your Cake Break. It is important to adhere to any legal or best practise regulations to keep you and those involved in your fundraising activity safe. When serving refreshments make sure you prepare and serve your food in a safe way. It is important that all dietary requirements and food allergies are taken into account. The MS Society cannot be held responsible for any loss, damage or injury that results from your Cake Break. Full health and safety guidelines can be found at www.mssociety.org.uk/cakebreak

Answers for the Cake Break quiz are as follows:
A1 d Cream cheese; A2 c Marie Antoinette; A3 b The mixture could curdle; A4 b Eggs; A5 c I baked them for too long; A6 a Eclair; A7 c Egyptian; A8 d Butter; A9 c Self raising flour; A10 c George Harrison. The Break Question: Name the cake that has squares of pink and yellow sponge and is covered in marzipan.; The break answer: Battenburg