

# Care for a Cuppa FUNdraising pack

# 2024





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*Thank you*

for choosing to support  
Feathers Futures Care for a Cuppa 2024.

Your support will help us transform countless women's lives, empowering them to create a brighter future for themselves. As a registered charity, we rely on the community's kind support to help us continue making a positive difference in women's lives.

Care for a cuppa is a simple yet impactful way to make a difference. By hosting your coffee morning, you can raise funds to support our mission and extend a helping hand to those in need.

Running a Care for a Cuppa event is not only about fundraising; it is about coming together, enjoying a cuppa and a chat, taking time out and supporting one another, something very close to Feathers Futures heart. Your efforts, no matter how big or small, will help bring positive change, whether it's in your workplace, local community centre, or home; your coffee morning will make a real impact.



*Thank you from all at  
Feathers Futures*





# What is Care for a Cuppa?

**Care for a cuppa is a great chance to get together, have a chat over a cuppa and support a great local charity.**

**Care for a Cuppa is Feathers Futures' annual community fundraiser.**

Get your bake on and invite friends, family, colleagues, and neighbours to have a cuppa and a cake and donate to help Feathers Futures keep supporting women across Great Yarmouth to create a brighter, more positive future. Not only is it an excellent opportunity to support a local, well-loved and much-needed charity but to raise awareness and funds to ensure that Feathers Future can continue its life-changing work.

**14th-20th  
October**

## **Hear from our ladies about the positive impact that Feathers Futures has...**

*“I look forward to my weekly group; I live alone and have depression, so it’s hard to get out, but I know I’m missed when I don’t come, and I always feel better after I’ve been”*

*“I don’t know where I would be without this place; you have helped me feel that I have a life to look forward to beyond the abuse.”*

*“Every time I walk in, I get a warm feeling and know I’m where I can be myself and say anything without judgement.”*

*“Everyone at Feathers is just wonderful, staff, volunteers and everyone that goes, I would be lost without my groups and support networks I’ve made from there”*



The team at Feathers Futures has designed this pack to help you plan and support your event. If you need anything, please don't hesitate to contact us, and we can provide you with advice, poster templates and other fundraising tools to help you plan and make the most of your event.



# Feathers Futures & how your money will help

We are a small charity making a big difference to women's lives in Great Yarmouth since 2018.

Feathers Futures is unique in its easy-to-access location, instant caring, safe haven, and ongoing support that we offer women in Great Yarmouth.

We are a friendly place for women to come together, make friends, socialise, learn new skills and receive support.

Over the years, the staff and volunteers have created enjoyable small groups including drop-in sessions, domestic abuse recovery courses, peer support, craft groups, books clubs, counselling services, as well as many other activities such as exercise classes, walking groups, learning to sew, cooking and creative writing.

Our busy toiletries bank offers period products and toiletries to anyone who is struggling.

Through our unique blend of services, Feathers Futures is proud to have helped create a brighter future for many women.

## How your fundraising will make a real difference

Your funds will provide the equipment, volunteer coordination and training required to deliver our tailored services for women. You will be directly helping women by enabling Feathers Futures to create a brighter future for many women each year.

- £4 pays for someone's bus fare to attend a session who wouldn't be able to otherwise
- £10 pays for the refreshments for the Own My Life 12-week course
- £15 pays for an Own My Life journal and resources for one person to attend the course
- £25 covers all our volunteer counsellors' expenses for one week - providing counselling to up to 25 women each week
- £50 covers two volunteers' induction training
- £120 pays for all the resources needed to deliver one course of It's All About Me! helping eight women rebuild their confidence and self-esteem
- £200 pays for all the resources needed to deliver one course of The Domestic Abuse Recovery Toolkit 12-week course

## Free expert support for lots of women each year.

“Feathers Futures has helped me accept myself for who I am, accept me for me, and like myself more and more each day.

Thank you 😊”





# Care for a cuppa ideas



## Planning, think about ...

- **Date/ Time: Think of a suitable date**
  - When will the most amount of people be able to join you?
  - If it's in your workplace, could it run all day?
  - Or maybe over the busy lunch hour?
  - Could you deliver the cake and a cuppa to people at their desks?
- **People: Whom will you invite?**
  - Colleagues, neighbours, clients/customers, family, friends?
- **Location: Where is the best place to maximise your event?**
  - Will an open event be held in your shop, community room, staff room, or house?
  - How about a virtual event? Hold it over Zoom and ask people to donate online or via Justgiving - see Page10
- **Shout about it: Let everyone know your plans**
  - Send invites, put up posters, send emails, use social media and promote it via local media.
- **Refreshments: What will you sell?**
  - Can you ask people to help you bake?
  - Or if baking isn't your strong point, could you buy a few treats and sell them? or ask your family to help you?
  - Offer drinks, too. You may want to consider hot and cold beverages in return for a donation.
- **Fundraising goal:**
  - How much would you like to raise? What is a realistic target?



## How can you maximise your fundraising activities?

- Hold raffle
- Create a recipe book and sell it
- Hold a quiz and ask people to donate to enter
- Sell additional items, e.g. homemade crafts
- Let people buy additional cakes to take home



## Care for a Cuppa promotion

On the next page is a Care for a Cuppa poster for you to personalise and print off to promote your activity.

If you would like it in a different format or emailed so you can alter it, the logo or any printed literature, please do get in touch.



# Care for a Cuppa







# Easy Caramel Cake

Recipe

## Method

### STEP 1

Heat the oven to 180C/160C fan/gas 4. Butter two 20cm springform tins and line the bases with baking parchment.

### STEP 2

Beat the butter and both sugars in a bowl with an electric whisk for a few mins until lighter in colour and fluffy. Add the vanilla and the eggs, one at a time, adding a spoonful of flour and beating in between each egg. Add the remaining flour and milk. Divide between the cake tins and bake for 25-30 mins until they're golden, spring back when pressed, and a skewer comes out clean when inserted into the middle. Cool in the tins for a few mins, then tip out and leave to cool completely on a wire rack.

### STEP 3

Meanwhile, for the icing, put the butter and icing sugar in a bowl and whisk for a few mins until light and airy. Whisk in the caramel briefly, adding 1 tbsp of boiling water to loosen, if needed. Set aside until the sponges are completely cool before assembling, or the icing will melt.

### STEP 4

Use half the icing to sandwich the cakes together, then spread the remainder over the top, smoothing it out with a knife or the back of a spoon. Leave in a cool place until ready to serve. Drizzle with the 3 tbsp extra sauce (warm briefly in the microwave if it's a little stiff), allowing some to drip down the sides if you like, and scatter over the toffee, chocolate or caramel pieces to serve.

## Ingredients

225g softened salted butter, plus extra for the tins

125g golden caster sugar

100g light brown soft sugar

1 tsp vanilla extract

4 large eggs

225g self raising flour

2 tbsp milk

toffee, chocolate or caramel pieces, to decorate

For the icing

200g softened salted butter

400g icing sugar (golden icing sugar if you can find it – it adds a golden colour and caramel flavour)

70g caramel sauce, dulce de leche or caramel spread, plus 3 tbsp to serve





# Feathers Fudge Loaf

## Recipe

### Ingredients the Cake

175 g dark chocolate  
175 g unsalted butter  
2 tsps instant coffee  
100 ml boiling water  
135 g plain flour  
25 g cocoa powder  
1 tsp baking powder  
1/4 tsp bicarbonate of soda  
300 g light brown sugar (or caster sugar)  
3 medium eggs  
75 ml buttermilk

### The Frosting

125 g unsalted butter (room temp - not stork/spread)  
250 g icing sugar  
25 g cocoa powder  
1/2 tsp vanilla (optional)  
50-75 ml evaporated milk

### Decorations

Sprinkles  
Chocolates

### For the Frosting

Make sure your butter is at room temperature!

Beat the butter on it's own for a few minutes to soften!

Add in the icing sugar and cocoa powder 1/2 at a time, and beat until combined.

Add the vanilla, and then the evaporated milk a little at a time beating fully in-between each go!

### Method

Preheat your oven to 180C/160C Fan, and line a 2lb loaf tin!

In a microwave proof bowl, add the chocolate and butter and heat and mix until melted. I usually do 30 second bursts!

Add the coffee granules to a mug, and pour over the boiling water and mix until smooth - add the coffee mix into the chocolate/butter and mix until smooth. In a separate bowl, add the flour, cocoa powder, baking powder, bicarbonate of soda and sugar to a large bowl and whisk until distributed.

In another bowl, mix together the buttermilk and eggs.

Add the three mixes together - I pour the chocolate/coffee mix and the egg/buttermilk mix into the dry ingredients and fold until smooth. You do not need to use a stand mixer as you may over-mix it.

Pour the mixture into the lined 2lb loaf tin - bake in the oven for 55-60 minutes, or until baked through!

Leave to cool fully once baked!

### Decoration!

Slather the frosting onto the top of the loaf cake, and then decorate how you want - chocolates and more! Sprinkle on your favourite sprinkles and enjoy!

yum  
yum





# Futures flapjack *Recipe*

**This flapjack is so good, and with only four ingredients, its easy to make!**

## Ingredients

250g jumbo porridge oats  
125g butter, plus extra for the tin  
125g light brown sugar  
2-3 tbsp golden syrup (depending on how gooey you want it)

## Method

### STEP 1

Heat the oven to 200C/180C fan/gas 6.  
Put the oats, butter, sugar and golden syrup in a food processor and pulse until mixed – be careful not to overmix or the oats may lose their texture.

### STEP 2

Lightly butter a 20 x 20cm baking tin and add the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares.  
Bake for around 15 mins until golden brown.



*Step 3  
Cool, eat &  
share with your friends!*

# Giving your funds to Feathers Futures

After all your fantastic fundraising and hard work, it is important to transfer your funds to us as quickly as possible. Once we get it, we can send you an official thank you, and you can share your fundraising total.

Online



If you have already set up an online donation page such like Virgin Money Giving or Just Giving then you don't need to worry, all funds will be sent directly to us, but it is helpful to let us know to expect the funds.

You can transfer any funds you have raised via bank transfer or by paying in through our '[Donate](#)' button on our website.

## Bank transfer

Please use the bank details below and email us at [fundraising@feathersfutures.org](mailto:fundraising@feathersfutures.org) and let us know your final totals so that we know to expect your donation, and we can thank you. Please ensure we can identify your activity by adding references such as surname and activity.

**Feathers Futures bank details. Natwest Acc No: 44648057 Sort code: 52-41-29**

## Helpful information

### Food allergens and labelling

It is considered best practice to list food contents and allergens where possible, but not a legal requirement for the public. For more information, please visit [www.food.gov.uk](http://www.food.gov.uk)



[Feathers Futures](http://FeathersFutures.org)



Instagram  
[Feathersfutures](https://www.instagram.com/Feathersfutures)



[www.feathersfutures.org](http://www.feathersfutures.org)



Email: [fundraising@feathersfutures.org](mailto:fundraising@feathersfutures.org)

Address: Feathers House: 25-26 Hall Quay,

Great Yarmouth NR30 1HP

Telephone: 01493 268222

