

Tea for Ten



It's time to put the Kettle on!

**Your Tea for Ten fundraising kit to help you
plan the perfect event**

Scan here to see this pack fully in Welsh
Sganiwch yma i weld y pecyn yma
yn llawn yn Gymraeg



tenovuscancercare.org.uk
Reg Charity No. 1054015.



Cofrestrwyd gyda'r
**FUNDRAISING
REGULATOR**
RHEOLEIDDIWR CODI ARIAN

tenovus
cancer care
gofal canser



Hello,

Thank you so much for joining our **Tea for Ten** campaign this summer. It's wonderful to have your support.

By hosting your own **Tea for Ten** event and raising vital funds, you are helping Tenovus Cancer Care to be there for more people living with a diagnosis.

Whether it's a garden get-together, a coffee morning at work, or a full-blown cake-a-thon, you are helping us make a difference and be there for people affected by cancer.

Because of incredible supporters like you, we're able to keep offering practical, emotional and psychological support to thousands of people every year.

Every sip, smile and slice helps support people affected by cancer - spreading comfort and positivity with every cup.

Thank you!

With warm wishes,

Your Tea for Ten fundraising team



thanks!

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Here's how your money could help

The Tenovus Cancer Care Counselling service is available to support people to explore their feelings and worries about their cancer diagnosis, or the diagnosis of a loved one.

Talking to a trained counsellor can give someone time and a confidential space to express their feelings and thoughts. Our team can explore ways to help them during a very difficult time.

Here's how your cuppas and cakes could count!

"Tammy was incredible at helping me move forward after the worst of my cancer treatment. I'd look forward to our time every Tuesday, where I felt and could get into my real emotions and worries concerning my past and future. Thank you SO much."

"I felt very weighed down when I was signed off from cancer care team. Lisa was amazing, she helped me regain objectivity about my situation and was also an enormous support in the great deal of change that happened in the last year."

"I was so grateful to get to speak to a counsellor within days of asking. Thank you for the service you provide and a massive Thank you to Sam for being so kind and helpful."

£55

could provide an hour of counselling to someone affected by cancer.

£330

could provide a course of six counselling sessions to someone diagnosed with cancer.

£660

could provide a course of counselling to someone diagnosed with cancer and their loved one.

£1,710

could fund a full day of our Counselling service.

Put the **FUN** in fundraising...



Depending on how big you want your event to be, there are many options for raising funds. Simply pop your donation box on the table and watch as the pennies add up, or use some of our tried and tested recipes for successful fundraising below...

Cake sales and games

Bake some delicious cakes, pastries or cookies and ask for donations. Plan ahead and make sure you have plenty of paper bags for people to take items away. You can bake and freeze some cakes, so that it's less of a rush on the day. Or ask a local bakery if they could make a donation. You can even use your tasty treats for games such as 'Guess the weight of the cake'.

Bake-off

Find your 'star baker'! Challenge your friends, family or workmates to a bake-off style competition and charge a donation to enter.

Raffles and sweepstakes

Collect donations or unwanted items from friends, family or local businesses, to raffle on the day of your event. You can also use our Tea for Ten sweepstake enclosed in your fundraising pack to boost your total.

Garden games

Make the most of the summer sun and host some garden games such as 'Welly Wanging' or even rounders if you're feeling energetic! Ask for donations for people to take part.

Top up online

Open an online fundraising page for cashless donations, and promote your page using the URL or even a QR code on the day. The money will be sent straight to Tenovus Cancer Care so you won't even have to worry about paying it in.

Matched Funding

Check if your employer offers matched funding or if you could be eligible to apply for matched funding via the employer of any of your guests.



We have **Tea for Ten** props, tools and games that you can download and print at tenovuscancercare.org.uk/teaforten



How to hold a **Tea for Ten** event



Whether it's a cosy cuppa with friends or a full-blown garden party your Tea for Ten makes a real difference. Here's how to make your event shine.

Planning ahead

Pick your venue – home, garden, office or community hall, anywhere goes!

Choose a date - anytime during summer! Give your guests plenty of notice.

Set a theme – coffee and cake catch – up, craft and cuppa morning, or even brunch with a twist.

Make it fun – add extra activities such as raffle, quiz, 'best cake' vote or 'nearly new' sale.

Spread the word

Fill in and display your Tea for Ten empty 'belly' posters to advertise your event around your local community.

Share your event details on social media, including in Facebook groups.

Local support goes a long way.

Invite local makers to set up stalls and donate a % of the sales.

Ask local businesses to help or donate goodies.

Ask your local supermarket or bakery to donate goodies to help raise as much money as possible.

Make sure to have some helpful volunteers on hand to help set up, serve refreshments or even bake some cakes for the day.

Keep it safe and simple

Follow food safety guidelines – [food.gov.uk](https://www.food.gov.uk)

Do a quick risk assessment to stay safe and check if insurance is needed.

We have some great Tenovus Cancer Care branded materials available, like banners, balloons, t-shirts and leaflets to help your event shine.

We also have collection tins for you to pop around the venue.

Call us on 029 2076 8863 or email fundraising@tenovuscancercare.org.uk



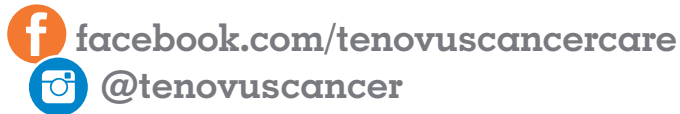
We'd like to say a great big **THANK YOU** to Welsh Brew Tea for supplying their tasty teabags for this pack. So pop the kettle on, and sit back with a brew while you plan your event.



After the event

- Make sure to thank everyone who helped and let them know how much you raised!
- Make sure you post your final total raised along with any photos on your social media page(s).

Don't forget to tag us so that we can like and share your posts and join in the conversation. Use the hashtags **#TeaforTen** or **#TeamTenovus**.



- Send a press release to your local newspaper, along with any photos and the total raised.
- When counting the cash you raised, look to count in a secure place not in the open. Wherever possible, make sure it's counted and recorded by two people.

No matter how much you raise, every penny counts!

There are a few ways to send us your money:



By post - send a cheque made payable to Tenovus Cancer Care, to:
Tenovus Cancer Care, First Floor, Jones Court, Womanby Street, Cardiff CF10 1BR



Over the phone - Call **029 2076 8850** to make a card payment.



Online - pay it in on our website at **tenovuscancercare.org.uk/donate**
Or if you have created one, pay your funds directly onto your online fundraising page.

A huge thank you from all of the Counselling Team for supporting our Tea for Ten campaign.

"It's a real privilege to lead our Counselling service, and to support people and their families through what will be one of the most difficult times of their lives.

Your continued support is invaluable to help us protect this vital service for everyone affected by cancer. We're so grateful for your time, energy and efforts, that help us to help others."

Jennifer Williams - Counselling Services Manager

Our Counselling service is currently only available through agreed referral pathways with health care professionals in Wales.

We offer a Virtual Group Service with a range of support that can be accessed by anyone affected by cancer. For details visit our website or call our Support Line.

tenovuscancercare.org.uk or **0808 808 1010**



I have a better understanding of my emotions in relation to my diagnosis and that I need to be kinder to myself. Life won't ever be the same again, but that's ok different can still be good.

It has truly been life-changing. Talking things through with my counsellor has made me much calmer and think more rationally.

Top tips from our friends in Llandeilo

Tea and coffee mornings have been an institution for the Friends of Tenovus Cancer Care for 40 years, raising thousands of pounds over a good brew and a slab of cake, as well as being good for the soul.

The group has been hosting tea and coffee mornings in the close-knit village since their records begun in 1983. Group member, Adeline Davies, said:

"Our group have been holding tea parties and coffee mornings for years, and raised a substantial amount of money since the early 80s.

Getting together over a cup of tea and having a good chat is a real tonic and good for the soul. It's wonderful to be part of a committee with ladies from different walks of life, skills, and friendship groups, which works well as one team. We'd encourage as many people as possible to join in with Tea for Ten this summer."

Just one of the Llandeilo groups coffee mornings raised over £7,000! Claire Jones, the group Treasurer, shared a few of their secret recipe's for success:

"The key to a good tea party is plenty of good organisation and planning. The main raffle is usually our biggest income, selling about £2,000. Tombolas are lots of fun and always sell well too.

We have a small but incredibly dedicated group of supporters. One volunteer that I'm in awe of, provides jams and chutneys to sell on the day. Her endeavours and sales alone can be in excess of £1,500. We charge an entrance fee of £1 which includes tea and biscuits. This encourages people to stay longer and gives the hall a lovely, busy social feel.

We often ask someone from our local community to open the event and they're always really honoured and touched to have been asked. This is in turn well-respected and enjoyed by the people who attend, who love to see a very familiar face on stage."

We at Tenovus Cancer Care are very fortunate to have 21 'Friends' volunteer groups across Wales. Community events such as the Llandeilo Friends of Tenovus Cancer Care coffee morning, can raise as much as £150,000 for the charity each year. It just goes to show that every cuppa really does count!



thanks!

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Here when you need us

Living with cancer can be worrying and stressful.

We can help.

We give help, hope, and a voice to everyone affected by cancer.

We understand how cancer can impact every aspect of life and how it affects families and friends too. Our wide range of services offer information, advice, and specialist support to people living with cancer, and their loved ones.

Many of our services are available bilingually in English or Welsh.

You can find out more about how we can help you by calling our free **Support Line**.



Call our free Support Line

0808 808 1010

Ffoniwch ein Llinell Gymorth rhadffôn

Keep in touch

We'd love to keep you updated with our work, activities and ways to get involved.

Join our mailing list at
tenovuscancercare.org.uk/keepintouch

Join us on social media



facebook.com/tenovuscancercare



[@tenovuscancer](https://instagram.com/tenovuscancer)



Registered Charity Number 1054015.

Give hope. Help cope.

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