Tips and ideas from Afternoon Tea hosts
July 2019
Welcome

Hello!

We’re so excited you’re planning an Afternoon Tea. Thank you so much for doing this to support people affected by breast cancer.

With your help we can carry out more world-class research, provide more life-changing support and campaign even more effectively for better services and care.

This booklet is crammed full of tips and ideas – from past Afternoon Tea hosts for future hosts.

You can also join our special Facebook group to chat and ask questions – search ‘Afternoon Tea 2019’.

Please keep in touch and let us know how you get on.

With warmest wishes,

Georgie Gibbons
Afternoon Tea Lady

Your Afternoon Tea starts here

Put the kettle on

Invite your friends

Help people affected by breast cancer

Bake or buy goodies

Get everyone together
How the money you raise will help

£35

could give a woman with breast cancer the specialist information and support she needs when she needs it most through our Helpline.

£100

could give women who are struggling to get back to ‘normal’ somewhere to turn after their treatment, by funding a facilitator on a Moving Forward course for four hours.

£300

could fund ten hours of research into trying to find new ways to prevent, detect, treat and eventually save lives from breast cancer.
‘Get everyone involved in the planning and the baking. Everyone was so happy to be a part of it.’

Jenny from Hull

‘My top tip is don’t over complicate things... I wanted to do an egg and spoon race, bingo... the truth is you will make just as much money keeping it simple!’

Lorraine from Bath
‘I was diagnosed with primary and secondary breast cancer on the morning of my 50th birthday. Over three years later and I’m doing really well. Thanks in no small part, to the support from my friends and family.

I attend a LWSBC (Living with Secondary Breast Cancer) support group every month, it’s run by Breast Cancer Care and I can’t speak highly enough about the group. The strength and support I get from other women is so important to me. Thanks everyone who raises money to help Breast Cancer Care continue their work.’
‘Ask smaller independent shops for donations and prizes. Many of the big ones already have designated charities. My most popular prizes were a ladies haircut and blow dry, and a £20 voucher for our lovely Chinese takeaway.’

**Rosalind from Newcastle Upon Tyne**

‘I bought some pick n mix sweets and put them in pink striped bags sealed with a Breast Cancer Care sticker which were sold at £1.50 each.’

**Sarah from Fareham**

‘Accept any offers of help. Have somebody go round your guests with raffle tickets.’

**Frances from Liverpool**
‘Just invite everyone and you’ll be amazed how many people make cakes and provide raffle prizes. I put notes through the doors of all my neighbours and the response was great. I did fruit as well as cakes for my slimming friends.

Sian from Derbyshire

‘My top tip is to tell people at your Afternoon Tea all about checking their breasts regularly and to be aware of any changes. It’s so important to get this message across to your friends and family. I caught my breast cancer early and now I don’t need to have chemotherapy. It’s so nice to spend time with love ones and friends.’

Rosina from Leicester

Order more ‘Taking care of your breasts’ mini guides for your tea at breastcancercare/afternoon-tea
Sweet or savoury? Traditional or quirky?

Afternoon Tea doesn’t have to be all about the cake (unless you want it to be of course!).

Go traditional with scones and sandwiches or mix it up with quiche and salad. Serve tea and coffee or put the kettle to one side and serve refreshing fruity drinks with plenty of ice.

Anything goes – it’s completely up to you! Find more inspiration and recipes on the Afternoon Tea website.

Traditional?

- Scones with clotted cream and jam
- Victoria sponge
- Cucumber sandwiches
- Strawberries
Ideas to save you time

• Ask others to bring contributions
• Buy instead of bake
• Borrow a second kettle
• Get people to help themselves to jugs of cold drinks

Something a bit different?

• Cheese scones filled with grated cheese and pickle
• Sausage rolls served with ketchup
• Crudities and dips
• Fresh pineapple and mango fingers
‘Why I host my Afternoon Tea’
Frances from St Albans

‘I’ve had my own brush with breast cancer last year and I’m happy to say that I’m one of the lucky ones. I was diagnosed following a regular mammogram and after swift action by the NHS I am now at the end of treatment and looking forward to enjoying good health.

The most useful information I received about my illness, treatment and going forward was provided by Breast Cancer Care through my dedicated healthcare professionals.

I’m holding an Afternoon Tea to help make sure Breast Cancer Care’s support is there for everyone affected by breast cancer.’
‘Get plenty of helpers on the day to make tea so you can have time to mingle with guests.’

Deborah from Renfrewshire

‘I did a raffle, with a few 'proper' prizes and some silly (pound shop) ones. Caused lots of laughter as they were all wrapped and it was a bit of a lucky dip for prizes. Have fun and enjoy it.’

Jan from Essex

Set up a JustGiving page (it’s really easy) so anyone who can’t make it has the chance to donate.’

Patricia from Monmouth

‘Next year we might raffle one of my niece’s cakes as she is a fantastic baker.’

Janet from London

Set up your own JustGiving page at justgiving.com
‘Why I host my Afternoon Tea’
Laura from Gloucester

‘Following a difficult year including two breast cancer diagnoses within weeks of each other for my Mum and my Auntie, I wanted to do something that raises awareness of breast cancer and help a charity that has been so supportive to my family during such a difficult time.

I enjoyed every minute of my Afternoon Tea and was overwhelmed by the kindness of everyone. It was wonderful to be able to share this with people who were going through the same thing and now felt able to discuss it more openly.

I am so very lucky that I can say, a year later, these amazing and strong women in my life have had successful cancer journeys but now I want to continue to try to help anyone else who might be going through this right now, which is why I can’t wait to dust off my spatula and start fundraising again this year for such a wonderful charity.’

Laura shared her amazing Malteaser Tiffin recipe with us – find it and others in the new Afternoon Tea recipe book at breastcancercare.org.uk/afternoon-tea

Laura and her mum
‘Get invites out in good time and create a Facebook event to post about your plans so your guests can look forward to the day with you.’

Irene from Staffordshire

‘Provide games and activities the children can do whilst the adults relax. Everyone has a fab time then!’

Leesa from Reading

‘If you over produce, take spare food into your workplace to raise extra money.’

Jan from East Riding of Yorkshire

‘Have a nice time and smile. You are doing a great job and should feel fantastic that you will be helping so many.’

Nina from Berkshire

‘Keep it simple. I hosted, my sister baked and my mum made lots of pots of tea! Team effort!’

Rachael from St Albans
‘Ask some good friends to help set up and clear up. Family and friends are willing and happy to join in to make your event a success.’

Frances from St Albans

‘Get everyone involved – I’ve done a female celebrities picture quiz, to break the ice and get everyone talking!’

Karen from Cardiff

‘Just make sure the donation box has pride of place on the table! You’ll be amazed and touched by how generous your friends are.’

Christine from Surrey

Download quizzes and games at breastcancercare.org.uk/afternoon-tea
‘We didn’t charge for tea and cakes, we just asked for donations. We also had a pink tombola and a children’s activity table. Everyone from age three months to age 89 enjoyed the cake icing!’

Sue from Kent

‘I plan on baking and freezing cakes so that I only need to ice on the day!’

Lynn from Essex

‘Ask all your guests to bring a friend. That way you get double the donations.’

Sally from West Sussex
Keep in touch!

Our friendly fundraising team are here to help. Tell us all about your Afternoon Tea and ask any questions. We’d love to hear from you.

Together, we can provide support for today and hope for the future.

breastcancercare.org.uk/afternoon-tea
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Tag us on social media and use #AfternoonTea – we’d love to see your photos!

For breast cancer support call free on 0808 800 6000 or visit breastcancercare.org.uk

Breast Cancer Care is a working name of Breast Cancer Care and Breast Cancer Now, a charity registered in England and Wales (1160558) and Scotland (SC045584).