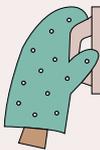


# BAKE UP

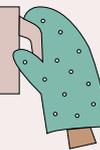
## for world cancer day

This World Cancer Day (4th February) get ready to host your own baking inspired fundraiser and help us support people living with cancer. Whether it's scrumptious cupcakes, fairy cakes, coffee sponge cakes, savoury sausage rolls or you make your own 'showstopper cake', we'd love for you to get involved.

Host your coffee morning or bake sale on World Cancer Day itself or in the week before/after, it really doesn't matter. What matters is that you have fun taking part and every penny you raise will go towards supporting Look Good Feel Better's services and helping many more people to face their cancer with confidence.



### HOW YOUR BAKING HELPS



£10

helps fund essential hygiene items required at one of our workshops

£15

will help us fulfil and distribute our gift bags, filled with essential products to help during cancer treatment, to every beneficiary who attends a Look Good Feel Better workshop

£20

will help towards recruiting and training a workshop volunteer

£50

funds a place at one of our uplifting face-to-face workshops for someone living with cancer

£100

will help fund a virtual workshop for people living with cancer

£500

will fund an entire face-to-face Workshop for up to 10 people, helping restore their confidence and self-esteem whilst undergoing cancer treatment

# READY, STEADY, BAKE!



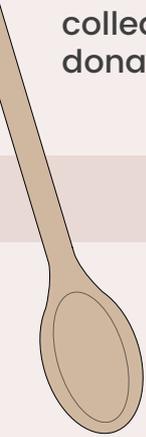
Time to get creative, have fun and raise funds. We've compiled some top tips to help inspire your baking fundraiser, whether you decide to hold it at home, school or at work. You may be a 'Star Baker' or a complete novice in the kitchen, whatever your ability our fabulous baking ideas will help ensure your baking fundraiser is a big success!

## BAKE OFF



Hold your own 'Great British Bake Off' and find your 'Star Bakers'. Create categories; best savoury bake; best sweet bake; best traybake; best showstopper. Encourage your colleagues or friends to make a donation and vote for their favourites.

## FRIDGE BAKES



Can't bake? No problem, how about fridge bakes – Rocky Road is always a favourite, especially round the office, and it's super easy to make!

## COCKTAIL EVENING



If baking isn't your thing, how about a 'cake' themed Cocktail Evening – Bakewell Gin, Peaches & Cream Cocktail, Coffee Cake Martini, Lemon Drizzle Shots etc. There are lots of easy recipes online and guests are guaranteed to make a generous donation for a fun evening.

## DECORATE A CUPCAKE

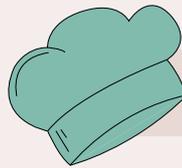


Set up a decorating station at school or work and invite the people to decorate and take away their cupcake for a donation.



## BIRTHDAY CAKE

Does someone you know have a February birthday? Why not bake a birthday cake and some other tasty treats and hold a 'Birthday Party' encouraging guests to donate for a slice of cake and cup of tea!



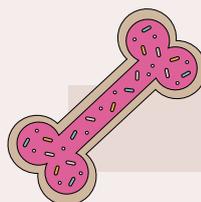
## NICE WITHOUT THE NAUGHTY!

Hold a bake sale using healthier alternative ingredients. Create delicious bakes without using sugar, butter, flour and oils, and instead try sugar free alternatives and coconut flour.



## BAKING STALL

Host a baking stall at your local village hall, supermarket, school/university or offices etc. Bake bite sized cookies, wrap in pretty gift bags and cellophane, and sell to visitors.



## PET FRIENDLY BISCUITS

Pets love treats too. Instead of baking for friends, family and colleagues, why not bake pet friendly biscuit treats for our furry friends. Sell little goodie bags of treats to other pet owners.



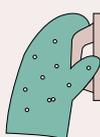
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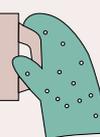
lookgoodfeelbetteruk

## GET SOCIAL

Use the big world of social media to share the news about your upcoming baking fundraiser. Post pictures of your baking creations on Instagram and Facebook and stir people into a frenzy before your coffee morning or bake sale – and don't forget to tag us so we can see your creations!



### 7 STEPS TO BAKE UP SUCCESS



1

Make sure your baking area is clean and tidy at all times. Follow hygiene guidelines and wash hands frequently! Resist licking fingers of lovely gooey cake mix!

2

Clearly label the ingredients in your bakes, highlighting those which people might have an intolerance or allergy towards

3

If you can, try and bake a variety of treats to tempt everyone's tastebuds

4

Recruit your bakers – get friends, family and colleagues involved with baking. The more treats to sell, the more funds you'll raise

5

Use our handy posters, send texts and emails, and post on social media to promote your baking fundraiser. Make sure everyone knows when it's happening and how they can get involved

6

Remember to thank your bakers and also thank everyone who donated

7

Make sure to send us any funds you raise as soon as possible. We'll then send you a thank you certificate to share with everyone involved in your event. You can find our paying in details overleaf.

# HAYLEY'S STORY

2022 was an extremely difficult year for Hayley Kate Williams. Hayley, who lives in Penarth in Wales with her partner and two children, was diagnosed with breast cancer on 22 April 2022.

Hayley - in her late thirties - tried to maintain an upbeat and positive attitude throughout. She initially underwent chemotherapy between June and October 2022, before having a mastectomy in November of that same year.

It was also in October that Hayley attended a Look Good Feel Better workshop at Velindre Cancer Care Centre located on the perimeter of Cardiff. Learning Support Assistant, Hayley, welcomed the warm and uplifting atmosphere of the workshop.

She says: **"It was the friendly and unscary environment that immediately put me at ease when I joined the group."** Hayley, who claims her biggest achievement is her eight year old son, states that it is her family and also music - especially attending live gigs - that make her happy.

**"I would absolutely recommend anyone undergoing cancer treatment to sign up to Look Good Feel Better's workshops. The whole experience was so uplifting and brought a ray of sunshine at a very dark time,"** she adds.



## SENDING US YOUR FUNDRAISING

Once your funds have been received, we will send an official thank you acknowledging your kind support.

### BANK TRANSFER

**Account name:** Look Good Feel Better | **Account Number:** 90283843  
**Sort Code:** 20-67-83 | **REF:** SURNAME/ BAKEUP

### VIA AN ONLINE FUNDRAISING PAGE

If you have set up an online fundraising page, such as Enthuse, Justgiving or Facebook then you don't need to do anything as these funds are directly transferred to us.

### SEND US A CHEQUE

Please make cheques payable to Look Good Feel Better and send to, **Look Good Feel Better, West Hill House, 32 West Hill, Epsom, Surrey, KT19 8JD**, along with a note so we know who the funds have come from.

### OVER THE PHONE

Call us on 01372 747500 to pay in the donations using your debit or credit card. The Fundraising Team are available Monday - Friday, 9am - 5pm

### OVER THE COUNTER AT YOUR LOCAL BARCLAYS BRANCH

For any cash donations, please email [fundraising@lgfb.co.uk](mailto:fundraising@lgfb.co.uk) to request a pre-printed paying in slip.