



BAKE A DIFFERENCE

for people affected by MS



MS Research and Relief Fund

"Supporting people affected by Multiple Sclerosis"

Registered Charity No. 228634

Thank you for helping Bake a Difference for people affected by MS.

Welcome to your Bake a Difference fundraising pack where you will find lots of hints and tips to help you organise a delicious bake sale in aid of MS Research and Relief Fund (MSRRF). Who doesn't love cake and spending time with friends and family? Roll up your sleeves, grab an apron and mixing bowl and get baking!

Get creative and help MS Research and Relief Fund raise some dough.

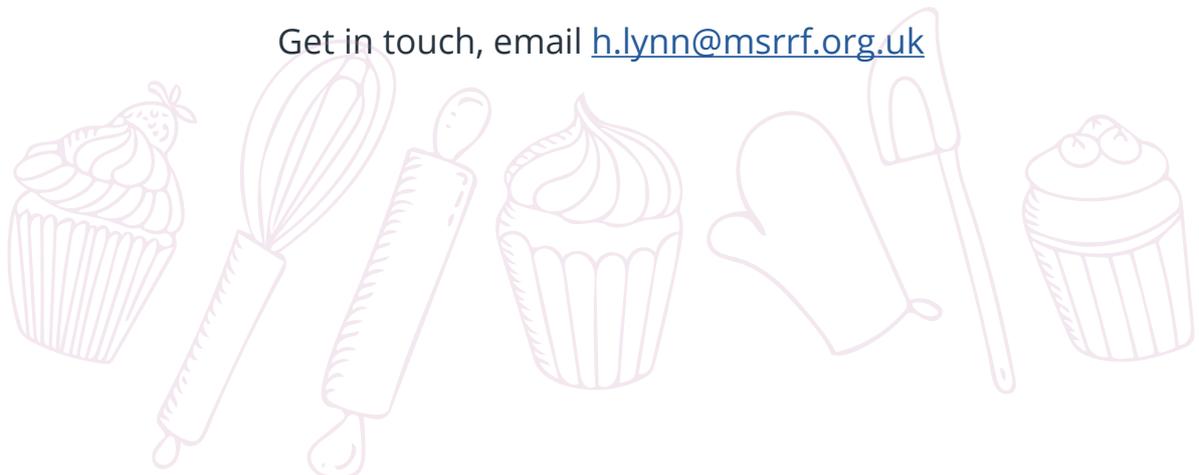
Anyone can Bake a Difference, whether you are part of a business/office, community group, school or an individual.

This fundraising pack will inspire you with suggestions on what to serve, fundraising ideas and some hosting tips for your bake sale.

Please make sure you register your bake sale with our fundraising team, this way we can acknowledge your fundraising efforts.

We will send you an individual code unique to your bake sale which you will then use as a reference when sending us the money you have raised.

Get in touch, email h.lynn@msrrf.org.uk



About MS Research and Relief Fund

MS Research and Relief Fund is a charity based in Morpeth, Northumberland which supports people affected by Multiple Sclerosis and their carers.

This support comes in the form of Complementary Therapies and Exercise sessions to help ease the symptoms of MS and increase fitness and mobility. It is not just in the North East that we support people affected by MS though- we offer grants for financial assistance throughout the United Kingdom. This allows us to support even more people as it is our aim to improve the lives of people affected by MS.

We currently have in excess of 600 service users across the North East and provide 300 appointments every week. The money you raise will go directly towards our services, providing relief to people with MS and their carers. We are actively fundraising for the improvement of current outreach provisions throughout the North East.

We need YOUR help

MSRRF receives no statutory or NHS funding, and relies entirely upon donations and fundraising by supporters. It costs around £600,000 per year to maintain our existing service provisions.

Thank you!

What is Multiple Sclerosis?

Multiple Sclerosis (MS) is an inflammatory disease of the Central Nervous System (CNS) and there are estimated to be about 100,000 people with MS in the UK. There is no known cause of MS and because of this there is no known cure.

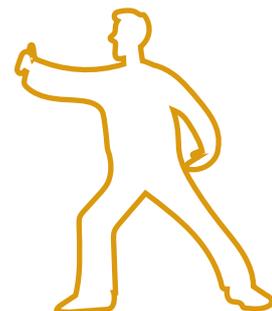
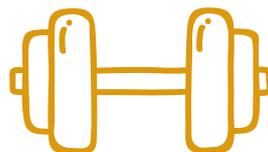
For more information visit our website:

<https://www.ms-researchandrelief.org/aboutms/>

Quote from service user

'What does MS Research and Relief Fund mean to me? Where to begin? There is so much to be grateful for. I first heard about MSRRF fifteen years ago when I picked up one of their leaflets in a supermarket. Exercise classes were mentioned and this alerted me to find out more. What was offered at Benmar House proved to be a lifeline; from feeling uncertain of the future I began to feel optimistic. Since then I have become involved with an Art group, with Tai Chi, with Vibrogym and gym sessions and have regular therapies involving massage and reflexology. All these have empowered me and kept me feeling confident of my ability to care. I would like to thank everyone at MSRRF for helping make my life feel so worthwhile.'

Barbara Gibson, Service user.





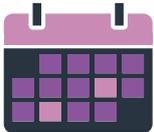
READY, STEADY, BAKE

Now that you're ready to Bake a Difference for MS Research and Relief Fund, we've added some top tips to get you going.



Register your event

We'd love to hear from you! Tell us about your event, via:
Our website – www.ms-researchandrelief.org/bakeadifference
Telephone – 01670 505829 or
Email – h.lynn@msrrf.org.uk



Set a date

Get out your calendar and set a date for your bake sale



Send out the invites

There are templates for our invitations on our website at www.ms-researchandrelief.org/bakeadifference which you can print out and send to friends, family and colleagues. Check out the website for bunting and other free materials you can download for your bake sale.



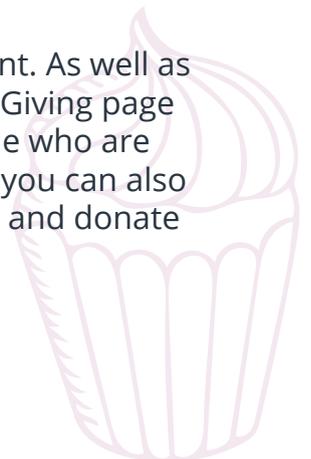
Get people involved

Don't take everything on yourself. Ask friends and family to help out in the organising of your bake sale.



Maximise your fundraising

Give people different ways to donate to your event. As well as traditional collection boxes, why not set up a JustGiving page to collect online sponsorship, such as from people who are unable to attend your event? Through JustGiving you can also set up Text Giving, allowing people to text a code and donate straight from their phones!



Fundraising Suggestions

Not everyone is confident asking friends, family and colleagues for money. Below are some fundraising suggestions to help raise as much money as possible. For more advice, get in touch: h.lynn@msrrf.org.uk

Guests won't mind paying a donation per entry to your bake sale if you ask

Put a donation pot at the entrance and suggest a donation for entry to your event

Have plenty of money pots around the delicious bakes so people can make donations for a slice of something tasty

Raffles and tombola's are an easy and fun way to raise more money (ask guests to bring raffle prizes)



If you're holding a bake sale at work, ask about match funding and see if your employer is willing to match the amount you have fundraised.



Easy Recipes

Easy vegetable and ricotta tart

Cooking time: 30 mins
Serves: Makes 6 squares

INGREDIENTS:

2 x 145g tubs Mediterranean vegetables
150g cream cheese stuffed bell peppers
350g fresh ricotta
120g goat's cheese
½ cup chopped fresh basil leave plus extra to finish
1 egg
10 sheets filo pastry
Olive oil spray
200g cherry tomatoes
Balsamic glaze to serve
Mixed salad to serve

METHOD

1. Preheat oven to 200c/180c fan oven. Line a large baking tray with baking paper
2. Place vegetables and peppers on a plate lined with paper towel, Pat dry. Combine ricotta, 80g goat's cheese, basil and egg in a bowl. Season with salt and pepper.
3. Stack filo pastry sheets together, spraying with oil in-between each sheet. Fold up sides to create a 1cm border. Spread centre with ricotta mixture. Top with vegetables, peppers and tomatoes. Bake for 20 minutes. Sprinkle with remaining goat's cheese. Bake for 10 minutes or until pastry is golden.
4. Sprinkle tart with extra basil. Drizzle with balsamic glaze.

Sassy Scones

Cooking time: 15 – 20 minutes
Serves: Makes 8 scones

INGREDIENTS:

250g Self raising flour
45g Caster sugar
40g Unsalted butter softened
50g Raspberries
100g White chocolate (small cubes)
1 Medium egg
2 tsp Vanilla extract
75ml Whole milk

METHOD

1. Pre-heat the oven to 220oC/ 428F/ Gas Mark 7.
2. Line a baking tray with baking parchment.
3. Sieve the flour into a large bowl and add the sugar, butter and vanilla essence, rub together until the mixture resembles breadcrumbs then add the raspberries and white chocolate pieces.
4. In a jug, beat together the egg and milk, then pour into the bowl and mix using a round bladed knife until a dough forms, then knead a little with lightly floured hands until smooth.
5. Add a little more milk if necessary if the dough seems dry.
6. Press or roll the dough out on a lightly floured surface to a thickness of about 3-4cm, then using a 5cm round cutter, cut 8 scones.
7. Place these on the baking tray, leaving about 5cm space in between, brush the tops with a little milk then bake in the oven for 15-20 minutes until they are golden brown and risen.
8. Leave to cool on a wire rack and split and serve with jam and cream.

Scrumptious Shortbread

Cooking time: 10 – 30 Mins
Serves: Makes 20 – 24 shortbread

INGREDIENTS:

125g Butter
55g Caster sugar (plus extra to finish)
180g Plain flour

METHOD

1. Heat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/½in thick.
4. Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
5. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

Curious cupcakes

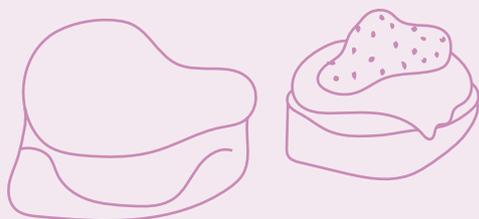
Cooking time: 30 mins
Serves: Makes 24 cupcakes

INGREDIENTS:

125g salted butter
75g light soft brown sugar
140g runny honey
2 eggs
225g self-raising flour
1 tbsp lemon juice
1 tsp ground ginger
GLAZE
100g salted butter
70g runny honey
125g icing sugar

METHOD

1. Pre-heat the oven to 180c/160c fan/ gas 4. Use 10g butter to grease cupcake tin
2. Beat the butter and sugar together for 2 minutes until light. Add the honey and beat for a couple more minutes
3. Beat in the eggs one by one. Fold in the flour and ginger, finishing with the lemon juice. Divide between the buttered moulds and bake for 20 minutes, until risen and golden. Cool on wire rack for 15 minutes
4. For the glaze, melt the butter in a small pan, remove from the heat and stir in the honey and icing sugar.
5. Drizzle icing over cakes.



Bake Sale Checklist

Beforehand

- Set the date
- Register your event
- Download and print your materials
- Send out invitations
- Get Baking
- Consider/prepare some fun games or a raffle



Bake sale

- Decorate and set your table
- Place donation boxes around
- Set up a raffle area
- Most importantly – ENJOY!



Congratulations you have baked a difference!



WHAT NEXT?



Below are the details of how to send us the funds you have raised.

Cheques: Make payable to 'MS Research and Relief Fund'

Send to – Benmar House, Choppington Road, Morpeth, NE61 2HX

Bank Transfer: Bank – Barclays

SC: 20-27-41

AC: 60672041

Reference: Please use the unique code you were sent when you registered your bake sale with us so we can recognise your payment and let you know we have received it.

JustGiving: If you sent up a JustGiving account you don't have to do anything, the money will automatically be transferred to us.

Sharing is Caring

On behalf of everyone at MS Research and Relief Fund, we want to say a **big thank you** for Baking a Difference. It's because of people like you that we can continue to provide our valuable services to people affected by MS. We hope you enjoyed your bake sale. After you've had a well-deserved rest and your oven has cooled we would love you to consider Baking a Difference again sometime soon.

Let us be a part of your day.



MS Research and Relief Fund



@msrrfcharity



@msrrfcharity

Facebook – join our Bake a Difference events page. Give and receive advice and keep an eye out for any new events.

Instagram – tag us in an Instagram post, upload your photos and videos.

Twitter – tweet us and make sure you use the hashtag **#MSRRFBakeadifference**

Email – send us your stories, photo and recipes from your bake sale so we can share these on our social media

GET IN TOUCH

If you have any questions please do get in touch, we are here to help:
h.lynn@msrrf.org.uk | 01670 505 829

THANK YOU