

# Paying in the Funds You've Raised

Text  
**CAKE11 £5**  
to 70070

If you have questions please contact our Fundraising team on **01789 267520**. We love seeing Coffee and Cake photos so please send yours to **fundraising@smasupportuk.org.uk**

## Keep in mind...

- For tips on staying safe and hygienic in the kitchen visit the Food Standards Agency website
- Check the Institute of Fundraising's website on the latest rules in running raffles
- You will need a licence from your local authority if you're planning to collect money in a public place

Please include your name and 'C&C' as a reference.

### By BACS transfer

**Bank:** Barclays

**Account Name:** Spinal Muscular Atrophy Support UK

**Sort code:** 20-48-08 **Account Number:** 00524514

### By post

Please make cheques payable to '**SMA Support UK**' and send to:

SMA Support UK, 40 Cygnet Court,  
Timothy's Bridge Road, Stratford-upon-Avon  
CV37 9NW

### Online

Simply go to **smasupportuk.org.uk/donate** to donate online

# Coffee & Cake Day



FOR SMA SUPPORT UK



**Spinal  
Muscular  
Atrophy  
Support UK**

Help for today • Hope for tomorrow

Tel. 01789 267520

[www.smasupportuk.org.uk](http://www.smasupportuk.org.uk)

Charity No. 1106815

# Hi,

my name is Martyn Sibley. I'm a business owner, author and traveller and I have Spinal Muscular Atrophy. I know first hand the difference SMA

Support UK makes to the lives of individuals and families affected by Spinal Muscular Atrophy and that's why I want to thank you for deciding to hold a Coffee & Cake Day to raise vital funds.

You could hold your Coffee & Cake Day at school, work or at home. Invite your friends, sell your refreshments and donate the proceeds to SMA Support UK. Simple!

*Ready, steady, bake... and enjoy!*



## Making the most of your event

As well as selling drinks and cake, some supporters raise further funds at their Coffee and Cake Day event by:



Holding a table top sale or plant sale



Charging an 'entry fee' of £5 to include refreshments and games



Holding a raffle



Guessing the number of sweets in a jar or weight of a cake



Hanging the event off something topical such as Pancake Day

## Meet the Roberts family...

In the early days of diagnosis, you honestly sit there and have 1 million questions – What will life be like? When will he deteriorate? How will we cope? What help is available? How do we get the right support?

Our SMA Support UK Outreach Worker was excellent in making us feel 'OK' to ask and that it was totally normal to feel how we felt. We cried with her, we laughed, and started to put a framework together on how we would move forward.

## Why don't you try one of our prize winning recipes?

### Sarah's Lemon Cake

#### Ingredients

**Cake:**  
**225g** Gluten free self-raising flour  
**225g** Caster sugar  
**225g** Dairy-free butter  
**4** Lemons (zest only)  
**4** Large eggs

**Lemon drizzle:**  
**100g** Caster sugar  
**4** Lemons (juice only)

**Filling:**  
**1** Jar of lemon curd

**Lemon buttercream:**  
**250g** Icing sugar  
**175g** Dairy free butter  
**1tbsp** Lemon curd  
Few drops of yellow food colouring

**Meringue swirls:**  
**150g** Caster sugar  
**2** Egg whites

#### Method

**Cake:** Preheat the oven to 180°C/160°C fan

1. Cream the sugar, butter and zest together for a few minutes until fully combined and smooth.
2. Add the eggs and sift in the flour.
3. Gently mix together until the batter is smooth.
4. Divide the batter equally between 2 greased round tins.
5. Bake for 20 minutes or until skewer comes out clean.
6. Remove from the tins to cool on a wire rack.

- Lemon drizzle:**
7. Mix together lemon juice and sugar.
  8. Prick the top of both cakes all over and pour the lemon juice mixture on top.
  9. When fully cool, spread the lemon curd thickly on top of one cake.
  10. Place the other cake on top of the lemon curd.

**Lemon buttercream:**

11. Cream the butter until very soft.
12. Add the icing sugar and whisk.
13. While still whisking add the lemon curd and a few drops of food colouring.
14. Keep whisking until smooth.
15. Spread on top of the cake.

**Meringue swirls:**

- Preheat the oven to 150°C/130°C fan
16. Whisk the egg whites until soft peaks form.
  17. Slowly add the sugar while still whisking.
  18. Whisk for 5 minutes until the mixture is thick and glossy forming stiff peaks.
  19. Pipe onto foiled baking trays.
  20. Bake for about an hour or until the meringues are pale and dry.
  21. Leave in the oven with the door open to cool down slowly for a few hours.
  22. Top the cake with the meringue swirls.



### Angela & Amy's Miracle Bars

#### Ingredients

**250g** Crushed digestive biscuits  
**100g** Melted butter  
**100g** Chocolate chips  
**100g** Mixed chopped nuts  
**30g** Desiccated coconut  
**397g** Condensed milk (1 tin)

#### Method

1. Mix crushed biscuits with melted butter and press into small square cake tin.
2. Scatter chocolate chips on top of the biscuit base. Then scatter the chopped nuts and coconut on top of the base also.
3. Pour over the tin of condensed milk.
4. Bake in oven at 160°C for around 30 minutes. Leave to cool and cut into squares.

