



The Big Bakethrough

Your step-by-step guide



 **spinal**
research

Curing paralysis together

spinal-research.org/bake



Thank you for choosing to host a Big Bakethrough sale



You have decided to do something amazing today by agreeing to host a bake sale to help cure paralysis.

Every 4 hours someone is paralysed by a spinal cord injury in the UK. Historically, the only treatment available is rehabilitation, management of pain, and adapting to life post-injury. Many individuals are told that there is no hope of a cure, this is where Spinal Research comes in.

We exist to cure paralysis.

Through funding innovative research, we've made significant progress in developing experimental treatments to restore movement and sensation. With new treatments in human trials, we are now witnessing the first generation of therapeutics which will deliver life changing improvements to those living with paralysis today. In addition to this, through our PhD studentships, we are creating a network of specialists in the field and the experts of the future.

This means that the 60,000 people living with a spinal cord injury in the UK have the hope that a cure will be found in their lifetime, thanks to supporters like you.

We hope this pack gives you all the information needed to make your Big Bakethrough sale a success, but if you need any help or guidance please do get in touch.

Happy baking!





Your Big Bakethrough sale in 4 easy steps



Choose a date and venue for your bake sale

Pick a time and place when you know lots of people will be around. Some popular choices are workplaces, schools and foyer areas of businesses.



Tell us about your sale

We would love to know when your sale is taking place so we can offer support and send you a t-shirt to wear during your bake sale. Tell us on our [webpage](#) or follow the details on the back page and we will send you a host of downloadable materials.



Spread the word and invite your guests

Use the downloadable posters and invitations to invite people to your bake sale and recruit bakers. Invite as many people as possible through social media, emails, and good old word of mouth.



Send us your donations

Pay in the money you have raised. You can pay [online](#) or ask us for other payment options.

Top tips for your Big Bakethrough sale

With a little planning your bake sale could be the best ever. Take a look at these ideas and see if they could work for you.

Consider what type of sale is best for your guests

Would your guests rather just buy some cakes or would they like to sit down for a chat and a cup of tea as well? Consider if your bake sale might work better as a coffee morning, Prosecco brunch, or an afternoon tea.

Set up a fundraising page

Taking a few moments to set up an online fundraising page means you can ask those who can't make it to give a donation instead. Click on the QR code to get your JustGiving page created.



Get your support team assembled early on

Ask your friends, family and colleagues if they will support your bake sale as soon as you can. As well as baking, you may also like help at the sale to greet people and take donations.

Ask businesses for donations

You'd be surprised how generous local businesses can be. They may be willing to provide cakes to sell, donate to your fundraising page or provide raffle prizes. If you don't ask, you won't get.

Provide different payment methods

Not everyone carries cash these days, so it might be worth reminding people to bring their coins and notes to your sale. Even better, why not download a QR code from your JustGiving page? You can then print it and direct people to donate on the day of your sale.





Raise some extra dough

Cake is king at a bake sale but there are also other ways you can bump up the donations to raise more to help cure paralysis.

Have lots of choice

Savoury treats can be just as popular as cakes so get baking those samosas or sausage rolls, and don't forget vegetarian and vegan options.

Offer other goods

You can also ask for donations for other items such as coffee and tea, books, plants and sweet cones. Ask everyone to donate in the lead up to your sale.

Host a raffle

A raffle or prize draw could be a good way to boost your fundraising. Or maybe you'd like to do a guess the number of sweets in a jar game?

Top tips from our bakers

- Use cake labels and suggest a minimum donation but don't undervalue your bakes.
- Ask everyone to help. I had so many people bake for my sale that I didn't need to so made sweet cones to sell instead.
- Consider hosting a bake sale in two locations or for two days running. I had so much cake that I added an extra day to sell everything.



Download your materials

After telling us your bake sale date we will send you a selection of materials that you can use at your sale.



spinal research
Curing paralysis together

Bake invites

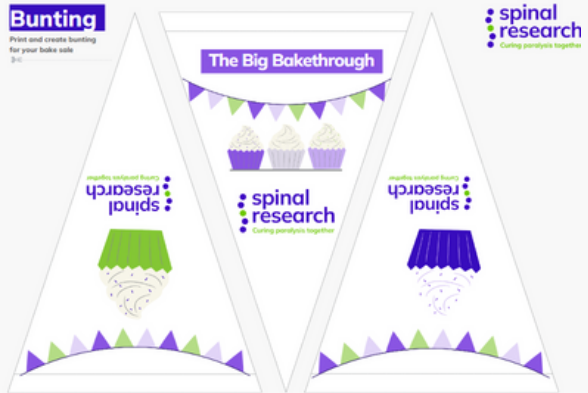
Cut along the dashed lines to make your invites

The Big Bakethrough

You are invited to my Big Bakethrough sale

spinal research
Curing paralysis together

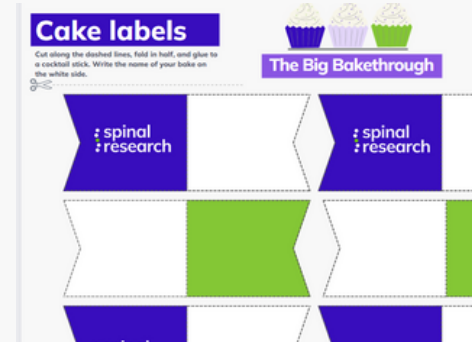
spinal-research.org/bake
REGISTERED CHARITY NUMBER: 1151015 (ENGLAND & WALES) SC050578 (SCOTLAND)



Bunting
Print and create bunting for your bake sale

The Big Bakethrough

spinal research
Curing paralysis together



Cake labels

Cut along the dashed lines, fold in half, and glue to a cocktail stick. Write the name of your bake on the white side.

The Big Bakethrough

spinal research



The Big Bakethrough

ase come along to my Big Bakethrough sale to enjoy tasty treats and help raise vital funds to cure paralysis.

ake sale at

.....

ate and time

.....



Keeping everyone safe

The safety of your guests will be your responsibility. For some useful guidance take a look at these links:

- [Food Standards Agency](#)
- [Organising a voluntary event: a 'can do' guide from the government](#)

Getting your money to us

Thank you so much for hosting your Big Bakethrough sale - it's now time to get your dough to us so we can put it to good use. You can use one of the following methods:

Online fundraising pages: If you have set up an online fundraising page your fundraising will come to us automatically. There is nothing for you to do except say a big thank you to everyone who has supported you.

On our website: Money can be paid online here

By phone: You can pay by debit or credit card by calling 0203 824 7404 Monday to Friday 9am to 5pm.

By Post: Cheques should be made payable to Spinal Research and sent to Spinal Research, 201 Borough High Street, London, SE1 1JA



Follow us on social media:



[Spinal Research](#)

[@spinalresearch](#)

[@SpinalResearch](#)

[@spinalresearch](#)

[/spinalresearch](#)

Don't forget to tag us in your social posts



Thank you

for helping to cure paralysis



Stay in touch

We are help with your bake sale so please get in touch if you need any advice or have any questions.

Email us: community@spinal-research.org

Phone us: 0203 824 7400

WhastApp: [click here](#)

Our website: spinal-research.org

Write to us: Spinal Research, 201 Borough High Street,
London, SE1 1JA

