The Big Bakethrough
Your step-by-step guide
Thank you for choosing to host a bake sale

Spinal Research are the UK’s leading charity funding medical research into developing effective treatments for paralysis caused by a spinal cord injury.

Historically, the only treatment for a spinal cord injury is rehabilitation, management of pain, and adapting to life with reduced mobility and a vast number of secondary health conditions. After an injury, many individuals are told that there is no hope of a cure, which is where Spinal Research comes in.

Until recently, it was felt that any regeneration and repair of the spinal cord was not possible. However, over the last 40 years, we have played a leading role in developing the research needed to advance our understanding of spinal cord biology. 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 funding the experts of the future. This means that the 105,000 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.

Our Vision
We believe in a future where paralysis is no longer a life sentence.
EVERY 2 hours someone is paralysed by a spinal cord injury in the UK.

4,400 new injuries occur every year in the UK.

105,000 people currently living with a SCI in the UK.

12 SCI injuries occur every day in the UK.

We exist to cure paralysis.

50+ PhD studentships funded. Many of these specialists are now running world-class research labs.

3-5 years until some of our projects become real life treatments.

2.2 million pounds invested in research over the last few years.
Your Big Bakethrough sale in 4 easy steps

1. 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.

2. 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.

3. 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.

4. 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.
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 here to 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
Our website: spinal-research.org
Write to us: Spinal Research, 201 Borough High Street, London, SE1 1JA

REGISTERED CHARITY NUMBER: 1151015 (ENGLAND & WALES) SC050578 (SCOTLAND)