

**mnda**  
motor neurone disease  
association

**bake it!**

Bake a difference in  
the fight against MND







## Hello bakers

Thank you for signing up to host a bakeit! fundraiser to raise money for the Motor Neurone Disease Association. Whether you're holding a coffee morning, cake sale, or afternoon tea party every penny you raise will make a difference.

Like me, there are over 5000 people living with MND in the UK. I like to think I'm one of the lucky ones. I was diagnosed with MND 17 years ago and I have a very slow progressing form of the disease. But that means I understand more than most the difference support from the MND Association can make.

That's why I wanted to raise money by organising an afternoon cream tea party in my garden. We sold tickets in advance and invited all of our family, friends and neighbours. We had lots of books, clothes and handbags donated which we sold on the day and held a raffle for extra donations. Many friends made scones and cakes to sell too; everyone was so supportive.

The money you raise from your bakeit! fundraiser will not only help others like me who need support now, but also families facing MND in the future. The research the MND Association funds means researchers can better understand MND, paving the way to develop treatments and one day a cure. That's only possible thanks to fundraisers like us.

I hope you enjoy your bakeit! fundraiser as much as we enjoyed ours.

Thank you and happy baking!

Ann x

# When will you bake it?

## Cake and fizz

After dark add a glass of prosecco or two for a grown up bakeit!



## bakeit! breakfast

Perfect at school or work



## Afternoon tea

Bring out the china for a vintage tea party



## Coffee morning

Get the community together for a mid morning social



## Cake sale

Works a treat any time of day





## Recipe for success

- 1 Choose a date and a location for your event**  
This could be at work, school, your home or in the local community.
- 2 Invite your guests and spread the word**  
Share your event on social media using #TeamMND (don't forget to mention us) and create your own posters, flyers and other materials in just a few easy steps by visiting [www.mndassociation.org/templatecentre](http://www.mndassociation.org/templatecentre). Check out our Guide to Fundraising for more ideas [mndassociation.org/G2F](http://mndassociation.org/G2F).
- 3 Get in touch**  
We'd love to hear about the event you're planning and would be pleased to offer fundraising support and advice. We can also provide extra materials to really make your event look the part.
- 4 Get baking (or faking) and host your event**  
Check out our top tips for ideas to boost your fundraising. Don't forget to take lots of photos to share!
- 5 Donate**  
Pay in the money you raise as soon as you can so we can put it to good use in the fight against MND.

# Bake it great



**Go online** – set up an online donation page, for example using JustGiving. Friends can use it to donate even if they can't attend your event and guests can use it instead of cash on the day too



**Get it matched** – ask your employer if they will make a donation towards your fundraising. Many will even match £ for £



**Cakeaway** – provide some bags or boxes, so guests can buy extra cake to take home and share or eat later



**Take it** – you don't have to be a star baker. Shop bought cakes are just as good! Even better if they are free, so ask local businesses if they can donate cakes or other goodies



**Keep it safe** – The Food Standards Agency has advice about selling food, visit [food.gov.uk](http://food.gov.uk) for information



# Extra ingredients for a successful bakeit!

Chris was diagnosed with MND in 2011. She held a coffee morning to raise funds.

*"The Reading and West Berkshire Branch of the MND Association are so supportive to me, they help to pay for regular massage sessions I have, which really help to ease my pain. I wanted to do something to raise money and pay them back for this support, so I decided to hold a coffee morning at home. It was the easiest thing for me to do, and everyone loves cake and a natter. I will never look at a cake in the same way again, my flat was filled with them!"*



*"...everyone loves cake and a natter."*

- 1 Tombola
- 2 Raffle\*
- 3 Cupcake sweepstake  
(included in your fundraising pack)
- 4 Guess the calories in the cake
- 5 Sale stall; books, plants, clothes or homemade crafts
- 6 Cupcake decorating competition or bake off
- 7 Baking themed quiz

Visit [mndassociation.org/zone](https://mndassociation.org/zone) for lots more ideas and resources

\*if you plan to sell tickets prior to the day your raffle is drawn, read our guidance first [mndassociation.org/rafflesguidance](https://mndassociation.org/rafflesguidance)

# Chocolate and peanut butter brownies



**Don't forget to cater for different dietary requirements to ensure everyone can enjoy the goodies at your event. This recipe for seriously good chocolate and peanut butter brownies is both gluten and dairy free, not to mention delicious!**



## What you will need

- 1 x standard tray bake, (11"x 16"), or two smaller trays, greased and lined with baking paper

## Ingredients\*

- 500g good quality dark chocolate that doesn't contain milk
- 500g dairy free spread
- Flax egg (8 tbsp of ground flax seed and 16 tbsp of water)
- 500g granulated sugar
- 300g gluten free plain flour
- 2 tbsp cornflour
- 3 tbsp of cocoa powder
- 8 tbsp smooth peanut butter

## Method

1. Grease and line your tray/s
2. Set the oven 190° C, 170° C fan oven, gas mark 5
3. Make the flax egg; simply mix the ground flax seed and water together in a bowl and put to one side
4. Melt the dairy free spread and chocolate separately, either over a low heat or in the microwave
5. Add the sugar, flax egg and melted dairy free spread into a large bowl, then mix well
6. Pour in the melted chocolate and mix, before adding 6 tbsp peanut butter. Spoon in the flour and continue to mix for 1-2 minutes so there are no lumps
7. Pour into greased, lined tray/s and dollop the remaining peanut butter on top and swirl into the mix
8. Bake for 20-30 minutes
9. Leave to cool, wrap and chill in the fridge before cutting into 16 or 32 portions

\* Check product labelling to ensure your ingredients are vegan friendly.

# Every cake baked makes a difference

£84

Gill raised £84 selling homemade cookies to hungry colleagues. That's enough to fund an MND Connect helpline advisor for three hours, enabling more people affected by MND to access advice and support.

£200

A team of speech and language therapists held a cake sale at work and raised over £200. That's enough to produce 40 copies of our guide for children and young people, *So what is MND, anyway?*



£700

Louisa held an afternoon tea party in her garden and raised £700. That's enough to fund a seat riser, allowing someone with MND to rise and speak to people at eye level.

£1,000

In memory of her Dad, Sarah raises around £1,000 each year at her annual coffee morning. That's enough to pay for detailed analysis of the DNA of someone with MND, to help us better understand the causes of the disease.

# Pay in your dough

After your bakeit! fundraiser you can pay in the money you've raised using any of the following methods:

- Visit [mndassociation.org/fundraisingdonations](https://mndassociation.org/fundraisingdonations)
- Call 01604 611860 to make a debit or credit card payment
- Send cheques payable to 'MND Association' to Motor Neurone Disease Association, Francis Crick House, 6 Summerhouse Road, Moulton Park, Northampton NN3 6BJ

Don't forget to include your details so we can thank you for baking a difference in the fight against MND.



Cut out these cake flags, fold in half and glue them to a cocktail stick. Perfect to make your bakes stand out!



Are any of your guests marvelling at your bakeit! event and thinking they could do the same?

Tear off this slip and pass on the baking baton!

**bake it!**

**Congratulations!**

**You've been selected as the next bakeit! host.**

Whether you're a star baker or fancy faker, you're definitely going to be the host with the most. To get your free bakeit! fundraising pack visit [mndassociation.org/bakeit](http://mndassociation.org/bakeit) or call 01604 611860

Thank you for baking a difference in the fight against MND.



# bake it!

Motor Neurone Disease Association  
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[www.mndassociation.org](http://www.mndassociation.org)

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