

# Tea for Ten



*Calling all tea enthusiasts and  
coffee connoisseurs!*

**Top tips, tricks and tools to help you plan a  
magnificent Tea for Ten party**

Scan here to see this pack fully in Welsh  
Sganiwch yma i weld y pecyn yma  
yn llawn yn Gymraeg



[tenovuscancercare.org.uk](http://tenovuscancercare.org.uk)  
Reg Charity No. 1054015.



Cofrestrwyd gyda'r  
FUNDRAISING  
REGULATOR  
RHEOLEDDIWR CODI ARIAN

**tenovus**  
cancer care  
gofal canser



Hello,

Thank you so much for being part of our **Tea for Ten** this summer. It's wonderful to have your support!

Adjusting to what it means to live with cancer can be difficult. One in ten of those living with cancer will seek advice from a mental health professional. Our Counsellors are highly experienced in helping people affected by cancer to explore their feelings and emotions.

By hosting a **Tea for Ten** event and raising vital funds, you are helping Tenovus Cancer Care to be there for more people living with a diagnosis.

Isn't it amazing to think that just by gathering your nearest and dearest for a natter and a brew that you're helping to support people living with cancer?

Every cuppa really does help to brew some positivity-tea for those who need it most.

Thank you!

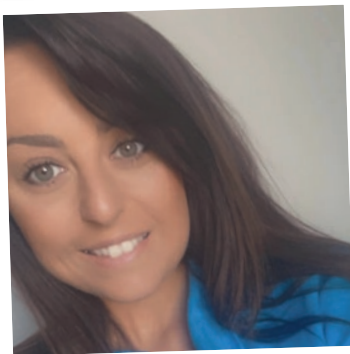
Sending warm wishes,

Emma, Elin and Erica

Your Tea for Ten fundraising team.

thanks!

diolch!



Emma



Elin



Erica

We hope you have a Brew-tiful day!

# Here's how your money could help

The Tenovus Cancer Care Counselling service is available to support people to explore their feelings and worries about their cancer diagnosis, or the diagnosis of a loved one.

Talking to a trained counsellor can give someone time and a confidential space to express their feelings and thoughts. Our team can explore ways to help them during a very difficult time.

Here's how your cuppas and cakes could count!

I don't know how to tell my children!

I feel so angry and so helpless.

I'm just so tired of having cancer.

I'm so worried about my appearance, I don't want to lose my hair.

**£1,710** could fund a full day of our Counselling service.

**£1,710**

**£660** could provide a course of counselling to someone diagnosed with cancer and their loved one.

**£660**

**£330** could provide a course of six counselling sessions to someone diagnosed with cancer.

**£330**

**£55** could provide an hour of counselling to someone affected by cancer.

**£55**

# Put the **FUN** in fundraising...



Depending on how big you want your event to be, there are many options for raising funds. Simply pop your donation box on the table and watch as the pennies add up, or use some of our tried and tested recipes for successful fundraising below...

## Top up online

Open an online fundraising page for cashless donations, and promote your page using the URL or even a QR code on the day. The money will be sent straight to Tenovus Cancer Care so you won't even have to worry about paying it in.

## Raffles and sweepstakes

Collect donations or unwanted items from friends, family or local businesses, to raffle on the day of your event. You can also use our Tea for Ten sweepstake enclosed in your fundraising pack to boost your total.

## Cake sales and games

Bake some delicious cakes, pastries or cookies and ask for donations. Plan ahead and make sure you have plenty of paper bags for people to take items away. You can bake and freeze some cakes, so that it's less of a rush on the day. Or ask a local bakery if they could make a donation. You can even use your tasty treats for games such as 'Guess the weight of the cake'.

## Bake-off

Find your 'star baker'! Challenge your friends, family or workmates to a bake-off style competition and charge a donation to enter.

## Matched Funding

Check if your employer offers matched funding or if you could be eligible to apply for matched funding via the employer of any of your guests.

## Garden games

Make the most of the summer sun and host some garden games such as 'Welly Wanging' or even rounders if you're feeling energetic! Ask for donations for people to take part.



We have **Tea for Ten** props, tools and games that you can download and print. Scan the QR code or visit [tenovuscancercare.org.uk/teaforten](https://tenovuscancercare.org.uk/teaforten)





# How to hold a **Tea for Ten** event



Host a tea party with a cake-sale, a coffee and crafts day, or a Wimbledon strawberry tea. Have a small event with close friends or a large event with everyone you know – no matter what your event looks like or how much you raise, every penny and every cuppa counts.

## Planning ahead

- **Choose your venue** - it could be at home, a local community centre or even at work.
- **Pick your date** - give people plenty of notice so they're more likely to be able to attend. If our Tea for Ten dates don't suit you then don't worry - you can hold your party anytime during the summer months to suit you and your guests.
- Get the whole community together - see if any local community groups or small businesses would like to join and set up stalls of goodies.
- Fill in your event details on Tea for Ten empty 'belly' posters to advertise your event around your community.
- Go online and tell everyone about your event on social media. Create a Facebook event or advertise on community groups.
- Ask people to donate towards the cakes and refreshments.
- Get people involved in extra activities on the day. Think about introducing things like a raffle, a quiz, vote for the best cake or hold a 'nearly new' sale.
- Ask local crafters or makers to come along and sell their items, giving a percentage of the money they make to the charity.
- Ask your local supermarket, businesses, or bakery to donate goodies to help raise as much money as possible.
- Make sure to have some helpful volunteers on hand to help set up, serve refreshments, or even bake some cakes for the day. Please follow government guidelines on food safety, find out more at [food.gov.uk](http://food.gov.uk)
- It's important to keep your event safe and legal. When hosting any fundraising event, please take into consideration the importance of conducting a risk assessment and any insurance that may be needed. For more info, please contact the Fundraising Team.

We have some great Tenovus Cancer Care branded materials available, like banners, balloons, t-shirts and leaflets to help your event shine.

We also have collection tins for you to pop around the venue.

**Get in touch: 029 2076 8863**  
[fundraising@tenovuscancercare.org.uk](mailto:fundraising@tenovuscancercare.org.uk)



We'd like to say a great big **THANK YOU** to Welsh Brew Tea for supplying their tasty teabags for this pack. So pop the kettle on, and sit back with a brew while you plan your event.



# After the event

- Make sure to thank everyone who helped and let them know how much you raised!
- Make sure you post your final total raised along with any photos on your social media page(s).




Don't forget to tag us so that we can like and share your posts and join in the conversation. Use the hashtags #TeaforTen or #TeamTenovus.



- Send a press release to your local newspaper, along with any photos and the total raised.
- When counting the cash you raised, look to count in a secure place not in the open. Wherever possible, make sure it's counted and recorded by two people.

**No matter how much you raise, every penny counts!**

## There are a few ways to send us your 'dough':

-  **By post** - send a cheque made payable to Tenovus Cancer Care, to:  
**Tenovus Cancer Care, First Floor, Jones Court, Womanby Street, Cardiff CF10 1BR**
-  **Over the phone** - Call **029 2076 8850** to make a card payment.
-  **Online** - pay it in on our website at [tenovuscancercare.org.uk/donate](https://tenovuscancercare.org.uk/donate)  
Or if you have created one, pay your funds directly onto your online fundraising page.

*A huge thank you from all of the Counselling Team for supporting our Tea for Ten campaign.*

"It's vital we provide a safe and confidential space for people to explore how cancer has impacted their lives. We can't thank our wonderful volunteers and fundraisers enough for all you do to support our charity. Because of you, we are able to provide holistic psychological support to so many people.

**Thank you!"**

### **Cerys Morris - Counselling Services Manager**

Our Counselling service is currently only available through agreed referral pathways with health care professionals in Wales.

We offer a Virtual Group Service with a range of support that can be accessed by anyone affected by cancer.

For details visit our website or call our Support Line.

[tenovuscancercare.org.uk](https://tenovuscancercare.org.uk) or 0808 808 1010



I have a better understanding of my emotions in relation to my diagnosis and that I need to be kinder to myself. Life won't ever be the same again, but that's ok different can still be good.

It has truly been life-changing. Talking things through with my counsellor has made me much calmer and think more rationally.

# Top tips from our friends in Llandeilo

**Putting on the kettle to 'keep calm and carry on' is typically British. Our Llandeilo Friends of Tenovus Cancer Care group do it the Welsh way too - with some Bara Brith and a cwttch.**

Tea and coffee mornings have been an institution for the Friends of Tenovus Cancer Care for 40 years, raising thousands of pounds over a good brew and a slab of cake, as well as being good for the soul.

The group has been hosting tea and coffee mornings in the close-knit village since their records begun in 1983. Gwyneth Davies set up the group, and Carol Owen, 88, took over as President in 2018, very sadly passing away early 2024.

Carol's daughter and Friends of Tenovus Cancer Care member, Adeline Davies, said:

"Our group have been holding tea parties and coffee mornings for years, and raised a substantial amount of money since the early 80s.

"Our minutes' book shows just how many we've had over the years, and one thing never changes; the connection it brings. Getting together over a cup of tea and having a good chat is a real tonic and good for the soul.

It's wonderful to be part of a committee with ladies from different walks of life, skills, and friendship groups, which works well as one team. Being able to come together over a cup of tea and chat is a wonderful thing. We'd encourage as many people as possible to join in with Tea for Ten this July."



**Just one of the Llandeilo groups coffee mornings raised over £7,000 in 2022. Claire Jones, the group Treasurer, shared a few of their secret recipe's for success:**

"The key to a good tea party is plenty of good organisation and planning. The main raffle is usually our biggest income usually selling about £2,000. Tombola's are lots of fun and always sell well too.

We have a small but incredibly dedicated group of supporters. One volunteer that I'm in awe of, provides jams and chutneys to sell on the day. Her endeavours and sales alone can be in excess of £1,500. We charge an entrance fee of £1 which includes tea and biscuits - or mince pie's at Christmas. This encourages people to stay longer and gives the hall a lovely, busy social feel.

We often ask someone from our local community to open the event and they're always really honoured and touched to have been asked. This is in turn well-respected and enjoyed by the people who attend, who love to see a very familiar face on stage."



**Tenovus Cancer Care are very fortunate to have 21 'Friends' volunteer groups across Wales. Community events such as the Llandeilo Friends of Tenovus Cancer Care coffee morning, can raise as much as a staggering £150,000 for the charity each year. It just goes to show that every cuppa really does count!**

**Dedicated to Carol Owen and Denise Ratcliffe for their unwavering support and dedication to Tenovus Cancer Care.**





# Here when you need us

Living with cancer can be worrying and stressful. **We can help.**

**Tenovus Cancer Care is here for you from the moment of diagnosis, through treatment and beyond.**

We understand what it is to live with cancer and how it affects families and friends too.

Our wide-ranging services mean that we're here with information, advice, practical and emotional support and to answer your questions about treatment and its effects, help with money worries and if you need someone to talk to, we're here.

Many of our services are available bilingually in English or Welsh.

You can access our services and find out more about how we can help you by calling our free **Support Line.**



Call our free Support Line

**0808 808 1010**

Ffoniwch ein Llinell Gymorth rhadffôn

Registered Charity Number 1054015.

Give hope. Help cope.  
**tenovuscancercare.org.uk**

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