

# Meet, Eat and Beat Macular Disease!



Catch-up with  
**CAKE!**



Thank you for hosting a Catch-up with Cake! You're Beating Macular Disease with every bake; funding world-class research to find a cure, and providing support for people living with macular disease.

Whether you've held a fundraising bake sale before or you're planning your first one, this 'how-to' will give you some useful tips and guidance so you can host with confidence and enjoy your event.



Registered with  
**FUNDRAISING  
REGULATOR**

**Macular Society**  
Let's Beat Macular Disease

## Top Tips!

### **Choose a date**

Hold your Catch-up with Cake! during Macular Week or pick a date that suits you better – perhaps tying it in with a special celebration.

### **Find a venue**

You might hold your Catch-up with Cake! at home or at work but if you decide to book a venue, remember to plan well ahead.

### **Send your invites**

Whether you decide to invite family, friends or work colleagues, remember you can get your invites out by email, social media, phone or post.

### **Get plenty of help**

Ask for volunteers to help you plan your Catch-up with Cake! and share the workload. Give everyone a job, such as baking cakes or looking after the money.

### **Ask for goodies**

Ask local businesses to donate cakes or savouries. Give them plenty of notice and remind them a couple of days before your event.

You might want to thank them by adding their name as a sponsor on your posters and invitations. We can provide you with a 'Letter of authority' if you are asking businesses to donate.

### **Promotion**

If you are opening your Catch-up with Cake! to the public, you may want to advertise it in your local shops or library by displaying our eye-catching posters. You could also approach your local radio station or newspaper to list your event in their 'What's on' slots. You could also use Facebook and other platforms to spread the word.

### **Get FUNdraising!**

Ask guests to donate. Don't be afraid to suggest café prices, especially for delicious home-made cakes. You can also add other fun money-raising ideas, such as a raffle, tombola, bring-and-buy stall or a craft sale.

We've enclosed some colourful items which will hopefully enhance your Catch-up with Cake! event.

If you would like any more information about your Catch-up with Cake! please get in touch on 01264 560 249 or [community@macularsociety.org](mailto:community@macularsociety.org)

## Keep it safe

To help you and your guests stay safe and enjoy your Catch-up with Cake!, please:

- Complete our short 'Risk assessment' form (for your own use), so you can identify possible hazards in advance and do something about them.
- Have a first aid kit in case of any minor injuries on the day.
- Prepare and present food in a clean and hygienic environment. See [food.gov.uk](http://food.gov.uk) for guidance.
- Your event is not covered by Macular Society insurance, unless it takes place at one of our support groups. Make sure your insurance covers your event and your guests.
- When taking photos, please ask your guests if the Society can use them for publicity.
- Make sure two people count any cash and keep it secure until it is paid in.
- Unless your guests are your own personal friends or family, please keep any contact details securely, and destroy them after your event, to comply with the data protection regulations.



**“We held a fundraising bake sale in the garden on a lovely sunny day in July. We had a great time and I am delighted to say that we raised a fantastic £432. My mum had macular degeneration and I wanted to do something to raise money in memory of her.”**

**- Jackie McEwan,  
fundraiser**

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## After your event

Congratulations on hosting your Catch-up with Cake! Thank you so much. If you have any special stories to tell, or great photos to share, please get in touch.

Now for one last thing...

### **Paying in the money**

To pay in your fundraised money, you can either send us a cheque payable to 'Macular Disease Society' to Catch-up with Cake! Macular Society, Crown Chambers, South Street, Andover SP10 2BN or complete a bank transfer to Macular Disease Society, account no: 60869090, sort code: 20-46-73. Please contact us for a reference if you're making a bank transfer.

**Thank you for hosting a Catch-up with Cake! to Beat Macular Disease**

## Beating Macular Disease

Macular disease is the biggest cause of sight loss in the UK, with around 300 people diagnosed every day. It steals your sight, your confidence, and your ability to do the things you love.

To support people affected by macular disease now, the Macular Society provides a range of support, information and services.

But there is only one way to Beat Macular Disease for good. We must fund much more research, until we find a cure, or find treatments that stop it in its tracks.

Together we can fund the research that will find the cure. Together we can make sure the next generation won't have their sight, confidence, and love of life stolen from them by macular disease. Together we can Beat Macular Disease.

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