



Hosting a Lyme awareness coffee morning



Thank you for being interested in hosting a coffee morning in aid of **Caudwell LymeCo Charity** and Lyme disease awareness.

Coffee mornings are a great way to bring together your friends, family, neighbours and colleagues, even in this time of social distancing!

We put this simple pack together to help you organise your event and make it as enjoyable as possible.

First things first.....

Location location location.....and timing

Where might you host your event? How about your back garden? Up until 17th May, you can have five friends here. From 17th May, you can have up to 30 people outside!

If you want to hold it inside, you can have up to five people from 17th May.

You could even make it a virtual get together, if you want to meet up with friends or colleagues across the country!

Whatever you decide, make sure you're aware of the latest government guidance.

Food and drink

Bake off? Or bring your own?

Think about how you'd like to run the event. Will you buy/bake the cakes? Or will you run a bake off with friends for a bit of friendly competition?



Or perhaps you can all simply bring your own bakes or shop-bought cakes and have a natter.

If you are providing the cake, bear in mind any issues around dietaries or food safety.

Inform and Inspire

Spreading the word about Lyme

How might you like to inform your guests about Lyme disease? You can make leaflets available for them to read and takeaway/share with family and friends (we can provide these). We can also provide charity t-shirts.

And if you are holding this event because you or someone you love has been affected by Lyme, you can inspire people to learn and support by sharing your story. People are often most moved by the experience and impact of the disease on another person.

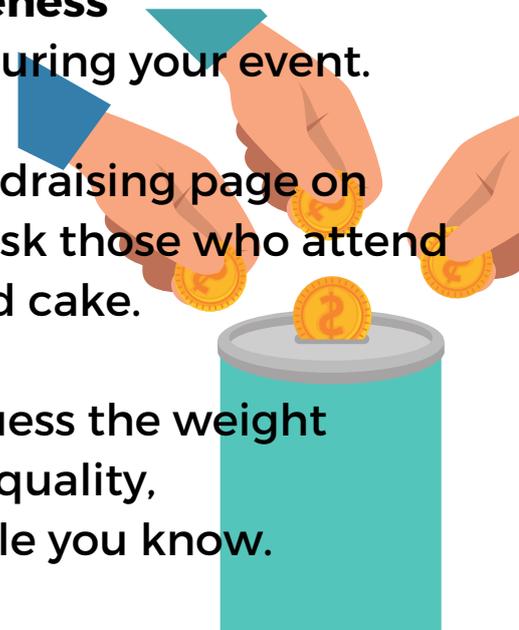
Fundraising

Supporting Lyme disease research and awareness

Think about how you might like to fundraise during your event.

The simplest (and safest) way is to set up a fundraising page on JustGiving or Virgin Money Giving. You could ask those who attend to make a donation in return for the coffee and cake.

You could also host some fun activities like "guess the weight of the cake" or even a raffle with some of your quality, unwanted goods or donated prizes from people you know.





Extra ideas

To help raise awareness you could:

- Tell people about the celebrities who have been affected by Lyme and share their stories or show videos of their interviews.
- Print out some pictures of ticks and leave out some tick removal tools so people know what to look for and what to use...you could even play pin the tick tool on the tick!

To fundraise you could:

- Make your own jam and sell it
- Dig out your unwanted books and have a book sale.
- Play magic squares. Draw a grid with a number of squares on a piece of paper (depending how many guests you expect). Charge a £2 donation per square, then pick a square at random once all are taken. The winner gets half the winnings and the charity gets the other half. Simple!

Thanking

From you to them and us to you

.Make sure you follow up with your friends to say thank you, share any useful Lyme info, and let them know how much you raised!

And make sure you tell us too, so we can say our own big thank you to you!

