



Cobalt

Medical Charity

Diagnosis • Research • Education

Registered Charity No: 1090790



Thank you so much for choosing to support Cobalt's 'Coffees that Count for Cancer'.

Whether you choose to host a coffee morning, afternoon tea or any other excuse for yummy treats and a brew, this pack should contain everything you need.

If you would like to contact us about anything in this pack, or would just like a chat, please contact:



Fundraising@cobalthealth.co.uk



01242 535922



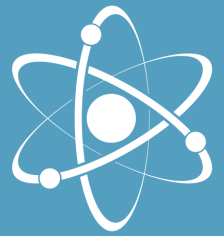


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You're invited by

Whose making Coffees Count for Cancer

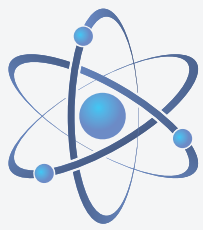
At:

On:

Time:

If you would like to attend,
please contact:





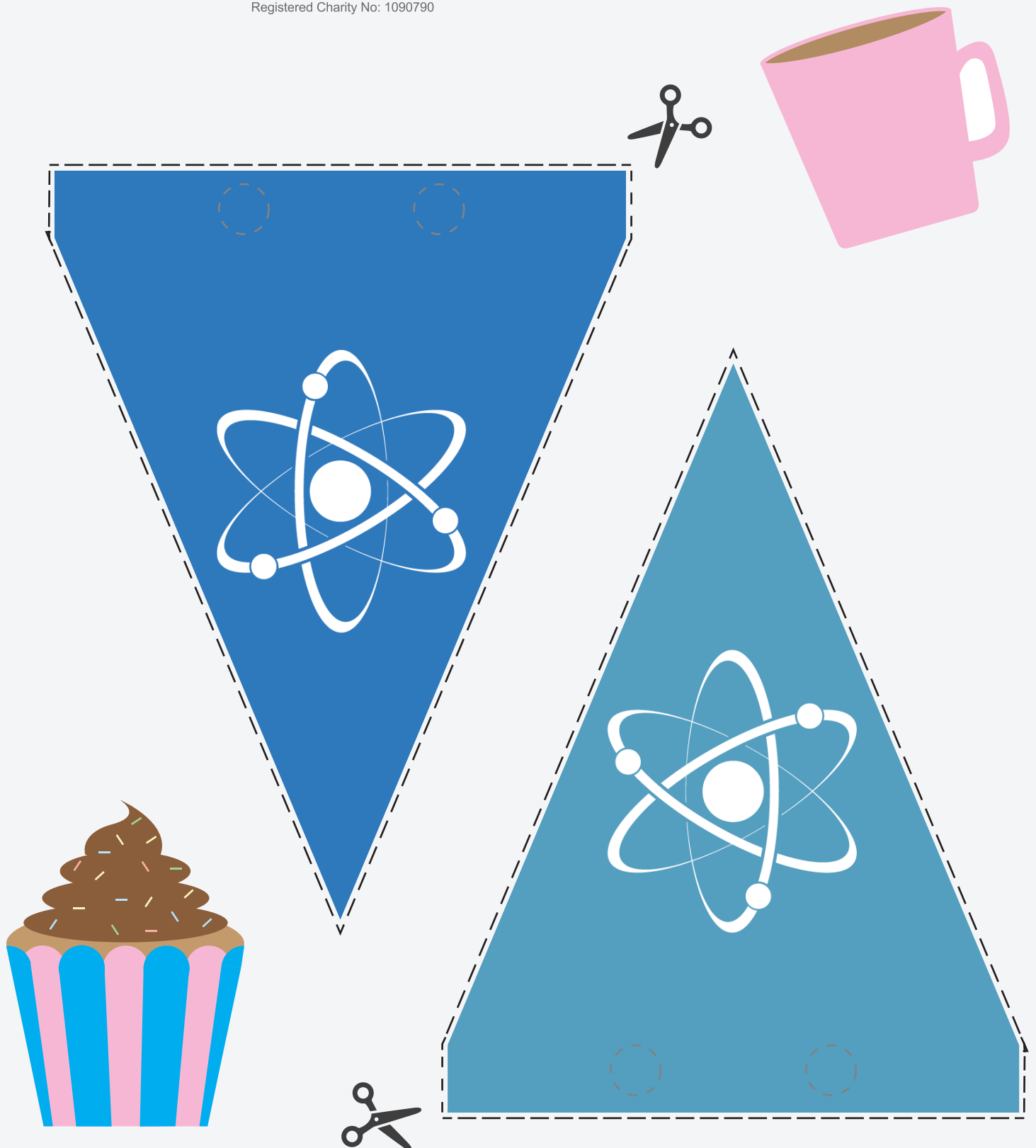
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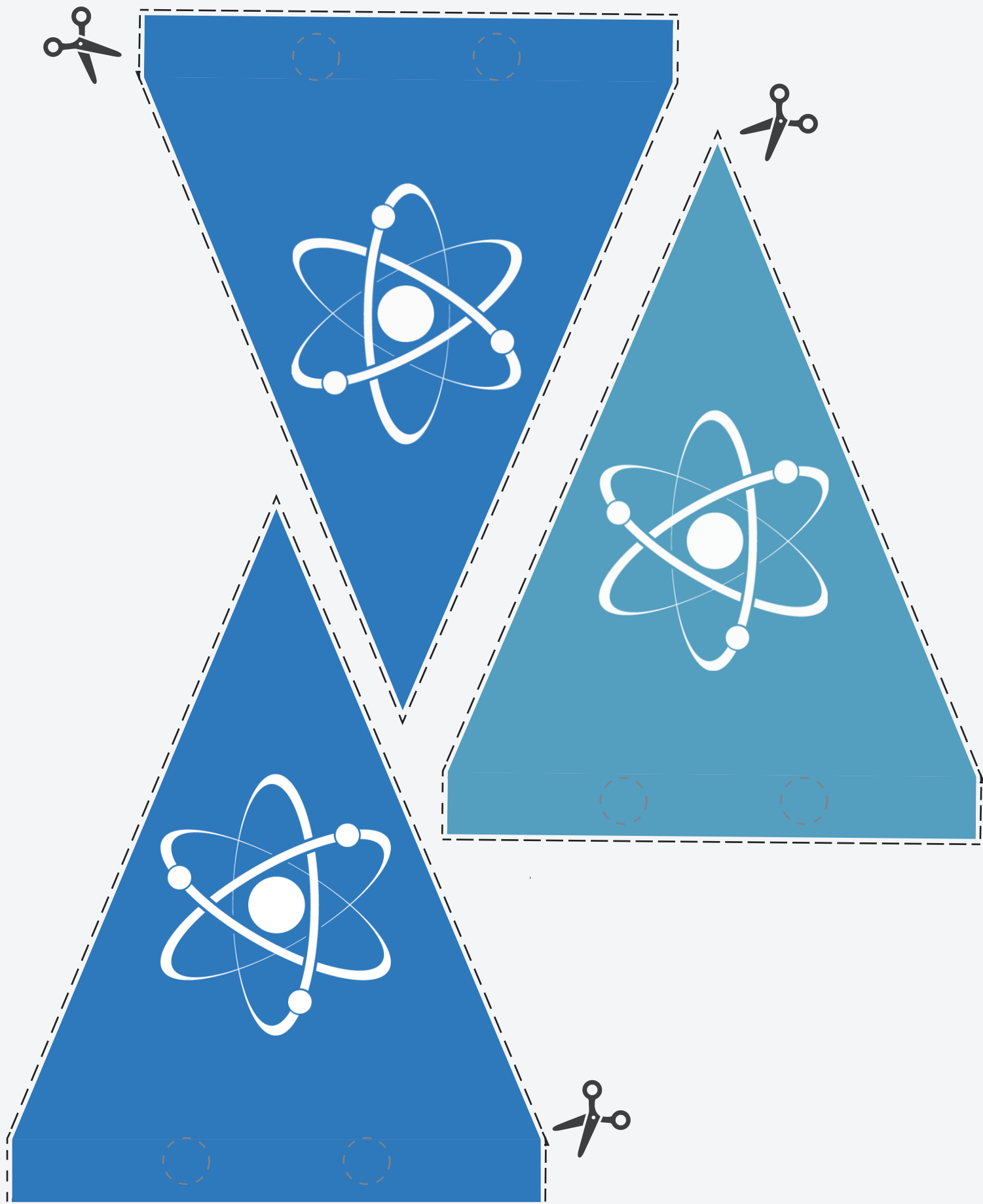
DIY Bunting



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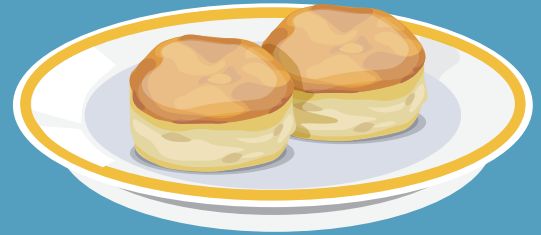


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Delicious cheese scone recipe

8oz self raising flour
1 tsp baking powder
¼ tsp chilli powder – optional
¼ tsp mustard powder – optional
¼ tsp smoked paprika – optional
Good grinding of black pepper
2 – 4oz Cheddar cheese
1½ oz margarine
Milk (less than ¼ pint)
1 egg

Heat oven to 220C/200C Fan/Gas 7 and lightly grease a flat baking tray

- Put the flour, baking powder, spices, mustard, pepper and margarine into a mixing bowl and swiftly and lightly rub the margarine into the dry ingredients
- Break the egg into a measuring jug, add milk to the ¼ pint mark and stir together
- Add the egg and milk mixture to the dry ingredients and using a broad blunt knife mix until the wet ingredients are well incorporated
- Using your hands bring the mixture together, ensuring you include any dry ingredients left at the bottom of the bowl. The mix should be sticky but able to be patted into shape. A shake of extra flour can be added if it's too sticky, or a smidge of milk if too dry
- Put the mixture onto a floured board and pat into a round flat lump about 2" thick. Do not use a rolling pin
- Using round cutters of any size you like (I like making some small and some large to cater for all appetites) cut out your scones, re shaping the mixture to use it all up.
- Pat your scones tall, using both hands around the sides to make them tall again as the cutters squash them down
- Brush lightly with the dregs of milk and egg from the jug and put a pinch of grated cheese on top
- Bake in a hot oven for around 10 minutes, (I turn the baking sheet half way through to ensure they all cook evenly but you know your oven, so do what is best for you)
- Cool on a rack and put in an airtight container as soon as they are cool, if there are any that last this long!



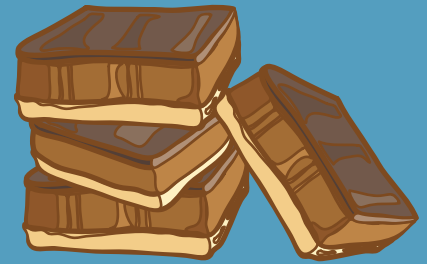


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Feed me Cotswolds millionaire shortbread

Shortbread

250g Plain flour.

175g Unsalted butter softened.

75g Caster sugar.

Topping

100g Dark chocolate.

50g White chocolate.

Caramel

397g Condensed milk.

200g Unsalted butter.

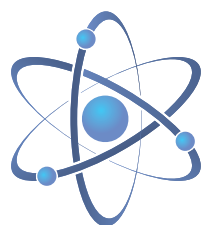
3 tbsp Caster sugar.

3 tbsp Golden syrup.

Preheat your oven to 170c fan and line your tin

- Step 1. In a mixing bowl or food processor add your softened butter and caster sugar. Beat together until all the ingredients are combined.
- Step 2. Add the flour in until mixture starts to form a dough like consistency and starts coming away from the edge of the bowl.
- Step 3. Press the mixture into your dish and use a fork to indent a pattern on top. Cook in the oven for 25-30 minutes until golden brown. Once cooked take out of the oven and leave to cool.
- Step 4. While your shortbread is cooling you can start to make your caramel. Add the butter, condensed milk, sugar and golden syrup to a pan on a low heat. Once all the ingredients have melted and the sugar has dissolved you can turn the heat up. You need to be constantly stirring (I use a wooden spoon) your caramel as you don't want it to catch. After around 5-7 minutes the mixture should start to thicken. If when you lift your spoon out of the pan it is coated nicely with the caramel it is then ready to be poured over the shortbread. Leave to chill in a fridge until it has set.
- Step 5. When the caramel has cooled and set you can start to melt your chocolate. I always do it in the microwave. Heat your dark chocolate and white chocolate in separate heatproof dishes. You don't want to burn your chocolate so whichever way you do this take your time. Pour the dark chocolate over your caramel and spread over evenly in a thin layer. Dot over the white chocolate and use a skewer in a wave motion to swirl the chocolate. Move quickly as you don't want the chocolate to start setting.
- Step 6. Wait for chocolate to set and enjoy!!!





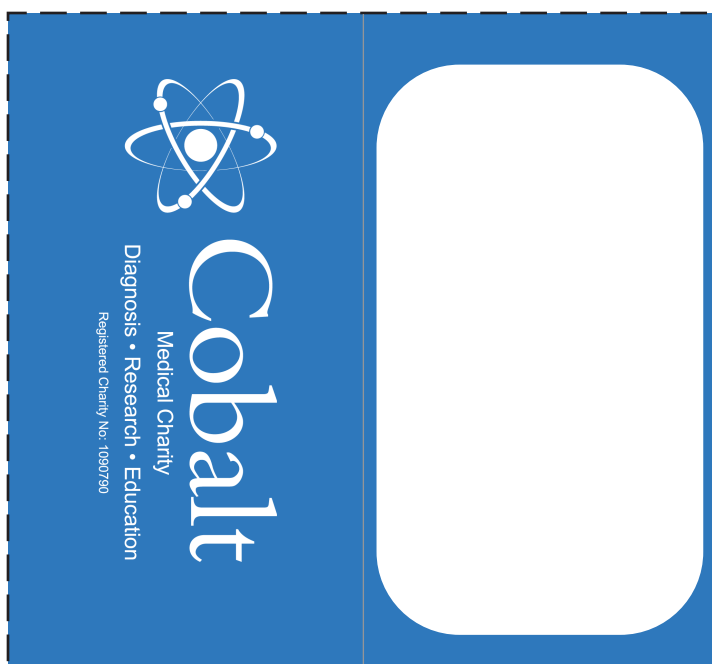
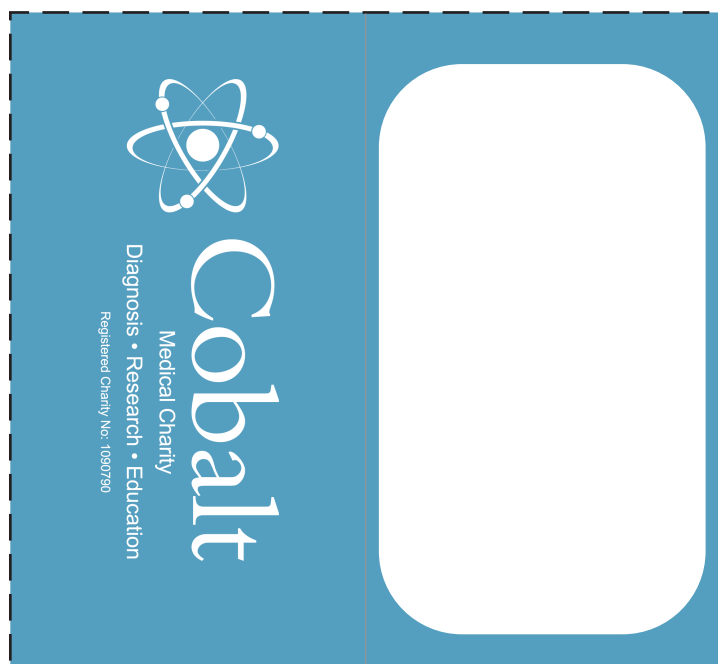
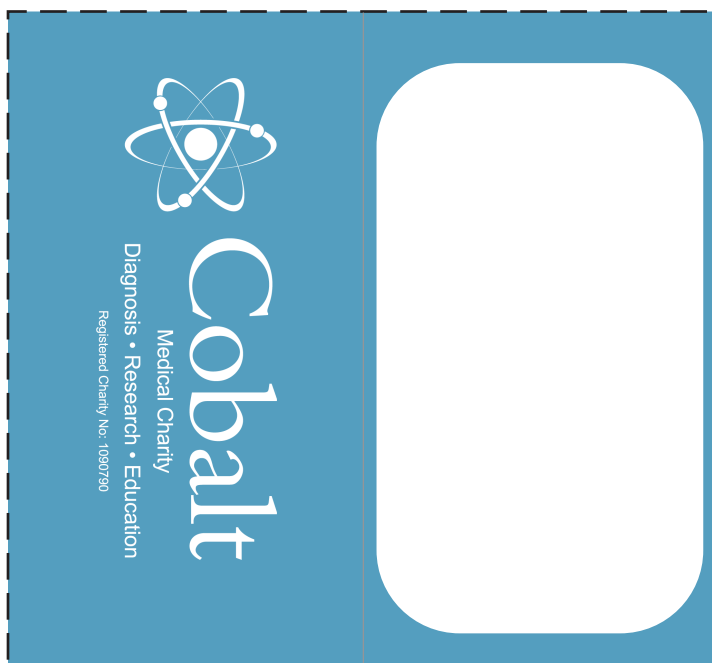
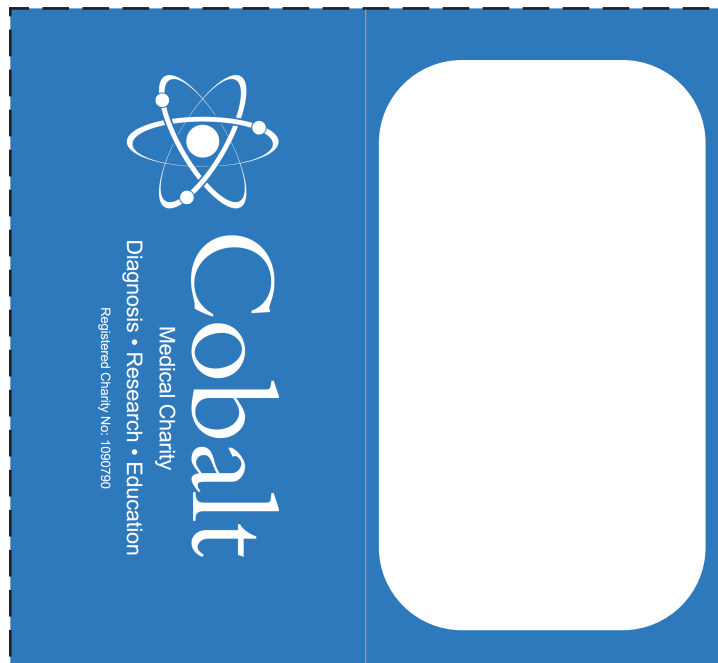
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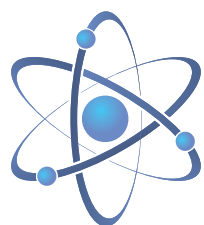
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Cake labels



Cut and fold them to create little stand up labels





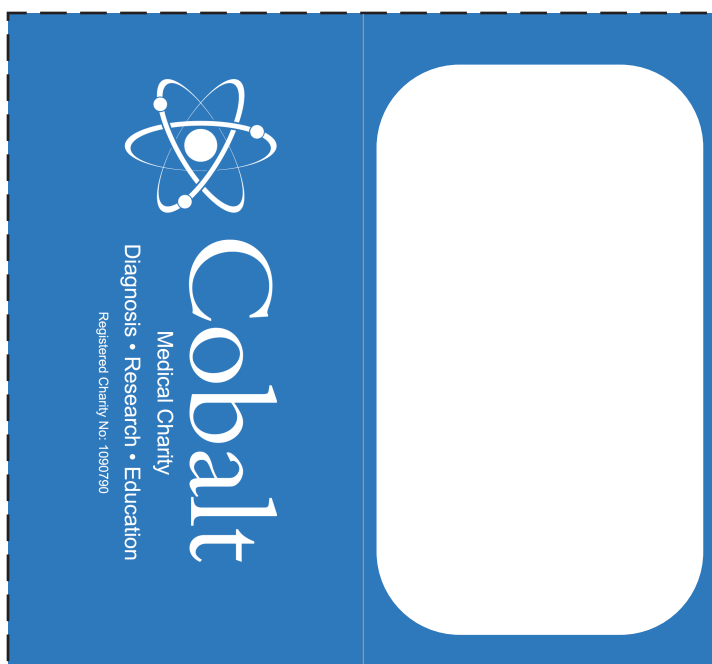
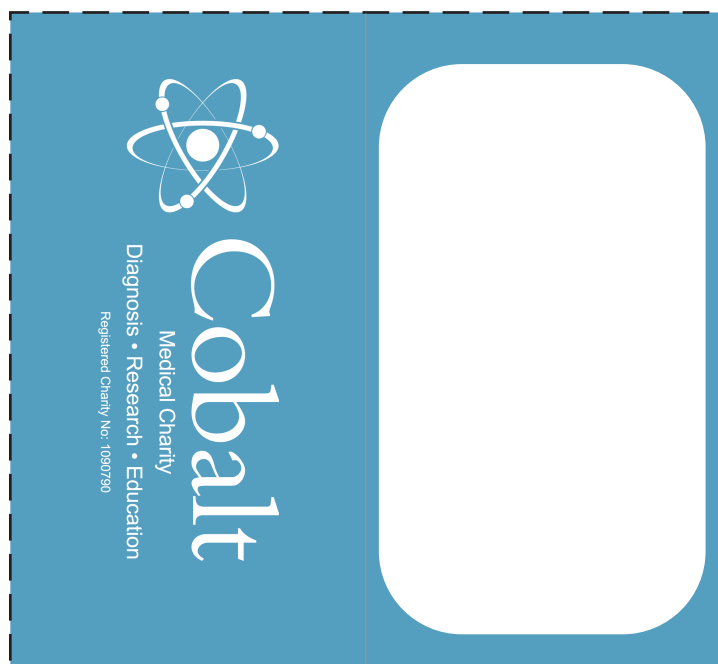
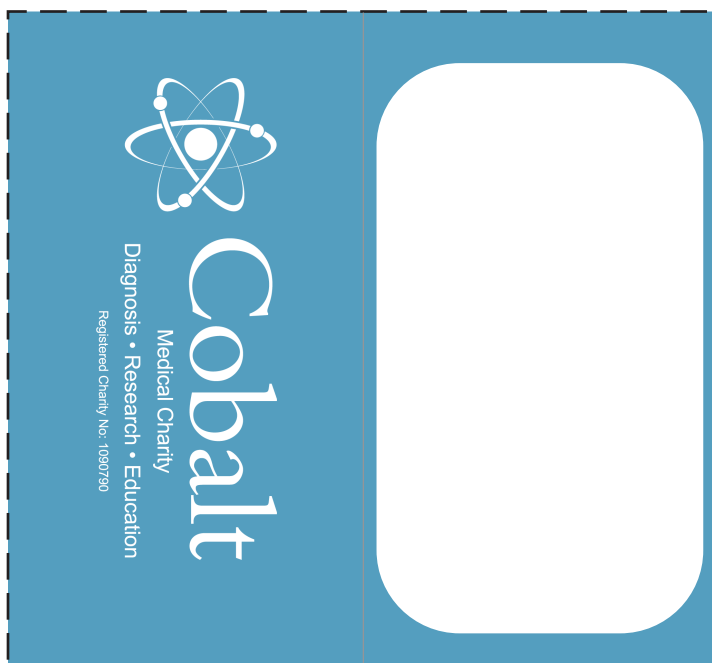
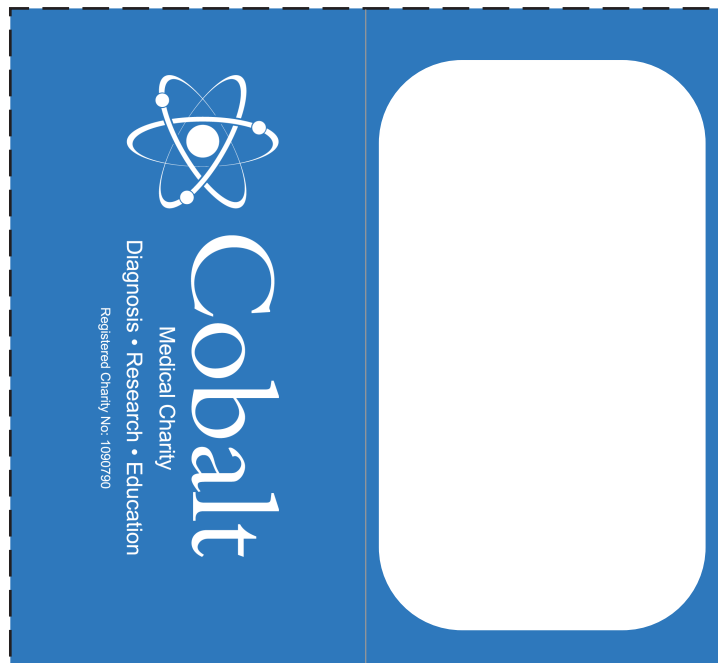
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Join us for coffee and
make it count for cancer



Date: _____

Time: _____

Location: _____

RSVP: _____



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Top Tips

Below are a few ideas which may help you organise your coffee morning for cancer

1. Think about what you can combine this with at school, work or in your community. Is there something else going on that you can combine your event with?
2. With food and drink involved, please remember to ensure basic hygiene is followed.
3. Let people know about your event - There are things in this pack to help you with this. Maybe share your invite on social media, facebook groups are a fantastic way to advertise your event! You can even use pages in this pack to create your own poster!
4. Be mindful of allergies! We would recommend a poster saying we cannot guarantee that items have not come in contact with allergen. On the cake labels provide you can even state the ingredients.
5. Why not consider other ways of boosting your funds? Such as a simple raffle on the day, name a teddy or guess the amount of jelly beans in the jar! You could even contact us and sell some Cobalt cards!





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Every donation helps

We strive to ensure every patient has access to the latest diagnostic equipment when they need it.

We need to raise £1 million each year through fundraising, events and donations to support the work of the charity.

Diagnosis - we use the latest technology to improve image quality, patient comfort and reduce scan times.

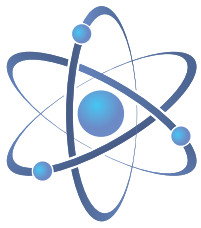
Research - we are contributing to over 50 research studies in the fields of cancer and dementia to support patients now and in the future.

Education - we deliver training for medical professionals to share research findings and best practice.

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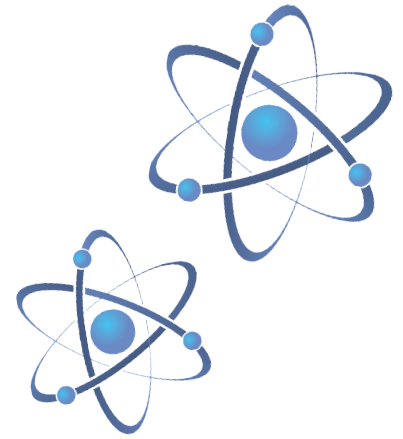


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Paying in your Coffees that Count for Cancer proceeds

To pay by cheque, please complete this form and send it to Cobalt, Linton House, Thirlestain Road, Cheltenham, GL53 7AS. Cheques should be payable to Cobalt.

To pay by cash, please complete this form and take it with your cash to Cobalt, Linton House, Thirlestain Road, Cheltenham, GL53 7AS.

To pay by BACS or debit/credit card please call 01242 535922 Or donate at www.cobalthealth.co.uk/donate. If you are donating online, please specify your reason for your donation.

Organisation name _____

First name _____ Surname _____

Address _____

Phone _____ Email _____

Cash total _____ Cheque total _____

Total amount _____ Date paid _____

Thank you so much for your support, Cobalt relies on the generosity of the local community.

We'd love to tell you more about how we care for patients across Gloucestershire & beyond - and how you can help. How would you like to hear from us?

☐ Post ☐ Email ☐ Phone ☐ No further contact

Please tick the appropriate box(es)

Your details are held securely and not shared with third parties, except for essential payment processing. To change the way we contact you, call 01242 535922 or email fundraising@cobalthealth.co.uk - Our privacy policy is on our website.

