



freedom  
4girls

# Coffee Morning Pack

# How to set up your coffee morning.

Choose the perfect location to hold this exciting event. This could be in a local church, your living room, a garden, or in the work staff room.

Print off our printable's and display them so your guests can be informed about our great charity and understand how to donate to us.

Let people know in good time! Send our invites to them asap and display posters around.

Invite a range of people!  
This could be an old group of friends, work colleagues etc. the more the merrier

Select a lovely range of cakes, biscuits , hot and cold drinks. We have a range of ideas and recipes for you in this pack.

Think about how you will raise money. For example, will you pay for entry, take donations or have specific prices ?

# What you might need

A Kettle, for making teas and coffees



Hot & Cold drinks- Its good to have a mixture to cater to everyone attending.

Music - a speaker, radio, live?



Sugar, spoons, napkins, cups, mugs and those little things to make your event complete.

**Decorations!**  
We have printables and you may also want to get table cloths, balloons. streamers etc.

**CAKES!!!  
BUNS!!!  
BISCUITS!!!**

Homemade or bought.

# Fun Hints & Tips

Play some fun games

Make a funky playlist

Hold some funny competitions

Host a competition for the best bake

Advertise your event on  
social media and tag us  
[@freedom4girls](#)



# Sharing your event



Facebook



Instagram



Twitter



LinkedIn

**People need to know your event is happening to make it a success!**

Set up a **Facebook** event and invite all your family and friends - they can also share your event with their network and you can keep your Facebook page updated with information and photos of what's to come!

**Instagram** stories and posts are a great way to spread the message. Include all the important information on your posts like dates and times, and ask your friends to share your post.

**Make sure to tag freedom4girls in your social media posts.**

# Recipes

We have sourced some great recipes from different websites that you could replicate.

A lot of our team members have made cakes from BBC Good Food .  
They have a range of recipes for you to choose from:

<https://www.bbcgoodfood.com/recipes/collection/classic-cakerecipes>



Have you heard about that old school granny cake?

<https://bakingwithgranny.co.uk/recipe/school-cake/>

This cake is amazing and fun to make.

Have a look at the link!

You may have some family recipes too!



# Every donation counts!

With your donations we are able to:

- Campaign for menstrual equity.
- Run donation stations that provide a choice of free period products to those most in need.
- Work with a network of voluntary, statutory and private sector agencies to supply those in need with access to free period products.
- Deliver a menstrual health education programme that focuses on empowering young people, reducing stigmas and developing their confidence and comfort around menstruation.
- Commission environmental impact reports of period poverty in Leeds and share the results of this research to help shape policy for those affected by period poverty.



# How your money will make a difference

£25 can provide 3 period packs for the less fortunate

£70 can provide 2 education sessions for members  
from our vulnerable communities

£150 can provide fuel to deliver period products to  
people in need, over 3 days

£500 can provide 2 classrooms of girls in Kenya with  
reusable period packs lasting up to 5 years

# How to return your funds

Donate or set up your own fundraising page



Thank you for raising money for Freedom 4 Girls. There are a number of ways that you can return your funds:

Send us a cheque to:  
Freedom 4 Girls UK  
1177566  
15 Roundhay View,  
Leeds LS8 4DX

Bank transfer:  
Freedom 4 Girls UK  
Registered Charity 1177566  
20- 76-92  
13577295

Schools and under 18's can use this link here:



# Get in contact!



[www.freedom4girls.co.uk](http://www.freedom4girls.co.uk)



[freedom4girls](https://www.instagram.com/freedom4girls)



[freedom\\_4\\_girls](https://twitter.com/freedom_4_girls)



[freedom4girls](https://www.facebook.com/freedom4girls)



[Freedom4girls UK](https://www.linkedin.com/company/freedom4girls-uk)



[info@freedom4girls.co.uk](mailto:info@freedom4girls.co.uk)





**Thank you for choosing to fundraise for Freedom 4 Girls!**

Our charity's missions and aims are to support those who menstruate by challenging the stigmas, taboos and gender inequalities associated with menstruation through education, provision of menstrual health management solutions and actively being at the forefront of the wider campaign against period poverty. Thanks to the support of people like you, we are able to do our best to fight period poverty and to educate people around the world.

**In this pack you will find various templates and printables to help make your event extra special.**

**Love from F4G**

**download our coffee  
morning printable pack for:**

Donation form

Poster template

Decorations and props

Certificates

Leaflet to display