



**Give a Hand week**  
24 October - 30 October 2016

**Stroke**  
association

# FAQs

## Pre sign up

### What is Give a Hand & Bake?

Give a Hand is our way of supporting stroke survivors who face a daily struggle to rebuild their lives and honouring those who have lost a loved one to stroke. The money you raise will help thousands of stroke survivors get the treatment they need and the lifelong support they deserve.

### How can I support Give a Hand and Bake?

There are lots of ways you can get involved:

1. Like then share our social media posts on **Facebook** and **Twitter**
2. Give postcards to your friends, family and colleagues and ask them to help you to place them in your local community
3. If you're hosting a Give a Hand event, remember to use the poster in the pack to let everyone know when and where it is.
4. Set up an online donations page at **www.justgiving.com** and remember to sign up to the event at **stroke.org.uk/giveahand**

### I have never baked before, can I still take part?

Absolutely, it doesn't matter if you are a baking novice or a star baker, everyone is invited!. We have easy recipes that anyone can follow to whip up some cupcakes.

### How can I sign up?

Signing up is simple- just go online and register at **stroke.org.uk/giveahand** or email your contact details to **GiveaHand@stroke.org.uk** and we can sign you up!

### I don't have internet access – is there a phone number I can call?

You can contact us on **0300 330 0740** to sign up to Give a Hand and Bake.

### How will the money be spent?

It is only through the generosity of our incredible supporters that we can be there for people living with the devastation stroke can bring. Your support helps fund:

- Pioneering preventative and rehabilitative **stroke research**.
- Our **Life After Stroke Services** across England, Wales, Scotland and Northern Ireland.
- Our **Life After Stroke Grants** which help support stroke survivors experiencing financial hardship.

### When is Give a Hand Week?

Give a Hand Week runs between 24-30 October 2016.

### What if I can't take part during that week?

You can host your event on any date that works for you and a hungry group of friends. The main thing is to have fun and help raise funds for stroke survivors so we can help them get the best treatment and lifelong support they deserve.

### **I'm not keen on baking. Can I do something else?**

We would love everyone to do a baking event, however if baking isn't your thing, then why not ask someone else to host a Give a Hand and Bake event and you can help gather the troops. You could even buy some cakes to contribute and have a competition to see if people can taste the difference between shop bought and home cooked, with those taking part making a donation to your event.

Of course if you'd like to make a **donation** or **raise money** another way for the Stroke Association, we'd be hugely grateful!

### **I have never fundraised before, is there any support?**

Yes, our handful of ideas pack is full of hints and tips on how to make your event a success. Along with a sponsorship form, collection box and weekly emails you will have the tools and support to make your event a sweet success. If you need any advice, feel free to email us at **GiveaHand@stroke.org.uk**

## **Post sign up**

### **Can I request some more materials?**

Yes, simply complete the order form you received in your welcome email then post it to the address on the order form or email it to **GiveaHand@stroke.org.uk**

### **Who should I invite?**

Why not invite friends, family, neighbours and work colleagues? It's a great opportunity to catch up with people you haven't seen in a while. If you're hosting your Give a Hand and Bake event at work, why not invite people you don't usually have a chance to talk to? It's a great way to get to know other colleagues and what better excuse then over a slice (or two) of cake.

### **My pack hasn't arrived yet. What should I do?**

We will send your pack within 10 working days of signing-up, but you don't have to wait until then to get started - you can download materials online at **stroke.org.uk/gah-order-more** and get the ball rolling. If your pack hasn't arrived after 10 working days, please email us at **GiveaHand@stroke.org.uk** and let us know so that we can send another pack out in the post.

### **Where should I host my event?**

The easiest place is at home, the staff room or canteen at work or school, or a local community hall, but why not find somewhere more unusual to entice even more people to come along?

### **How much should I ask for donations?**

Why not ask £2 for a slice of cake plus £1 for a tea or coffee? Nobody can resist an elevenses or afternoon treat. You can also plan some extra activities to raise even more funds. How about guess the number of sweets in a jar? Oh, and make sure to use the scratch card in the pack!

## **After your event**

### **How do I send my donations in?**

- **Online:** visit **stroke.org.uk/gah/sponsorship** and make your donation by debit or credit card
- **By phone:** make your donation by debit or credit card by calling **0300 330 0740**
- **By post:** send your donation to: Give a Hand Donations, Stroke Association, 1 Sterling Business Park, Salthouse Road, Brackmills, Northampton NN4 7EX (please do not send cash in the post).

### **How do I feedback any comments?**

We would love to hear how you get on, or any thoughts you have about Give a Hand and Bake. Simply email **GiveaHand@stroke.org.uk** with your comments and contact details and we will be sure to get back to you!