

**ACTION
FOR A-T**

**FUNDING
RESEARCH,
FINDING HOPE**

TAKE TEA FOR A-T



“There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea.”

**Henry James
The Portrait of a Lady**

In June this year we are encouraging as many of you as possible to “Take tea for A-T”. This is something that can take place at anytime and anywhere. All you have to do is bake a cake, put the kettle on and have fun with friends and colleagues.

At School

Why not get your whole school involved. Hold a bake off or a bake sale and bring together staff, children and parents for afternoon tea and fun. Make it part of your Sports Day fun or simply a great excuse to get together.

At Work

Take a break in the afternoon – go on you deserve it! Sell your colleagues some cakes and make a cuppa and get to know each other. Take a trolley around the office and sell cakes for afternoon tea.

At Home

Invite your friends over – bake a cake, bring a cake and pop the kettle on for a good old catch up. Ask your friends for a small donation. Hold a raffle, sell off your remaining cake.

Taking Tea for A-T could not be easier or more fun! Your children will love helping you pop up some bunting and make some cakes, what are you waiting for?

We look forward to hearing all about your baking activities and tea making rituals.

Payment:

After your tea party there are several ways you can hand over the money to the charity. You can either:

- Pay the proceeds via the donate page on our website: www.actionforat.org
- Post a cheque to Take Tea for Action for A-T, Aruna House, 2 Kings Road, Haslemere, Surrey, GU27 2QA
- Hand the cash to your regional fundraiser, who will bank it for you.

Please make sure you reference any payments with ‘Take Tea’.

We hope you will take photos of your tea parties and send them to us. We’d love to see them. You may also like to share your photos with us on,

Facebook

Twitter

Thank you

We are ever so grateful to you for agreeing to host a tea party for us and we will be sending all tea party hosts a free Action for A-T tea towel in the post. Please read on to see how affective all your hard work will be and find some sample recipes for delicious cakes.

Here is a picture of an example of an Action for A-T cookie, made by a clever baker last year



“WE ARE ACTION FOR A-T!”

What is Ataxia-Telangiectasia (A-T)

Ataxia – Telangiectasia is a rare, neurodegenerative, inherited disease causing severe disability that affects young children. Kids are born seemingly normal but peak physically around the age of 5 before slowly losing their physical abilities including the ability to walk, talk, swallow and feed themselves. Mentally they remain unaffected and so they effectively become trapped in a deteriorating body.

On top of the severe physical disabilities children with A-T must face, the condition also attacks their immune system. 1 in 3 children with A-T will develop cancer and many will die from lung disease. More than half will die before they are out of their teens and there is currently no cure and nothing that can slow the condition's progression.

About Action for A-T

Action for A-T's mission is simple, we aim to speed up the process of identifying a cure for A-T or treatments that delay or prevent the disabling effects of the condition. We do this by seeking and funding high quality peer-reviewed medical research both in the UK and around the world.

How will your support make a difference?

£15	Could pay for an hour of a researcher's time in one of our current research projects
£50	Could pay for vital laboratory supplies for use in finding a cure for A-T
£100	Could pay for an hour of research by a post-doctoral researcher

By "Taking Tea for A-T" you will be helping us achieve our mission of finding a cure or treatments for the disabling effects of A-T.



TEA FOR A-T SIMPLE CAKE RECIPE IDEAS

Victoria Sponge Cupcakes Ingredients

- 100g of self-raising flour
- 1 pinch of baking powder
- 100g butter
- 100g caster sugar
- 2 eggs



Buttercream to ice your cupcakes

- 75g of butter
- 150g icing sugar, sieved
- 1 dash milk/water

Method

- 1.** Preheat the oven to 170°C/gas mark 3. Line a cupcake tin with cupcake papers and set aside.
- 2.** In a large bowl, mix the butter and sugar together until light and creamy.
- 3.** Sift in the flour and baking powder, then add the eggs one at a time. Mix the ingredients together until they form a smooth batter - take care not to overmix –
- 4.** Bake the cupcakes at 170°C for 10-15 minutes, until lightly brown and they spring back if you lightly press them with your finger.
- 5.** Leave to cool while you prepare your buttercream icing.
- 6.** Spoon the buttercream icing into a piping back and decorate your cupcakes.

Super Simple Chocolate Cake Ingredients

- 170g unsalted butter, softened
- 170g caster sugar
- 115g self-raising flour or plain flour with a teaspoon of baking powder
- 3 large eggs
- 55g cocoa powder
- Pinch of salt

Buttercream for icing

- 85g unsalted butter, softened
- 185g icing sugar
- 55g milk or dark chocolate



Method

- 1.** Preheat the oven to 190c/170c fan or gas mark 5. Grease and line two 20cm sandwich tins.
- 2.** Put the butter and sugar into a bowl and mix until light and
- 3.** Sieve the cocoa, flour and salt into a bowl and crack one of the eggs into a cup or ramekin. Stirring all the time, add the egg and a third of the flour mixture into the sugar and butter, add the second egg and third of the flour and add the last egg and flour mixture in to the butter and sugar. You should have a smooth thick batter.
- 4.** Put even amounts of mixture into the tins and spread using a knife. Put into the oven and bake for 25 minutes until springy to touch. Take out of the oven at leave to cool.
- 5.** Meanwhile, make the buttercream by melting the chocolate in the microwave or in a bowl over barely simmering water. Leave to cool but make sure the chocolate stays in liquid form. Put the butter into a bowl and add half of the sieved icing sugar and mix. Add the rest of the sugar with the chocolate and stir to combine.
- 6.** Ice your cake and serve with a large cup of Tea!

