



Time for Tea & Scones for TSC

Dear Supporter

11th-17th May 2015 is TSC Awareness Week, which coincides with TSC International Awareness Day on the 15th May Now in its third year and with a new look, we're asking families, companies, community groups and schools to raise money and the profile of this condition by hosting afternoon tea parties, bake sales, tea cocktail parties, picnics and fundraisers.

To make your fundraising as easy as possible, we're including:

1. **5 ideas for fundraising events.**
2. **A basic scone recipe**, you don't have to be Delia to make these!
3. **Poster** so you can tell everyone when your event will happen.
4. **Cake or cocktail flags** to jazz up those delights.
5. **Thank you letter from an affected family.** The affect of TSC on families can be tough to explain. Print this letter so your guests can read one mums story of living with the condition.
6. Stuart Hillard's '**Easy To Make DIY Bunting**' instructions.
7. **A Gift Aid Form** and return slip to make the most of every penny raised, we can claim an extra 25p in every £1 donated.

Please share your preparations, pictures and parties with us on social media using #TeaandScones. We are also looking for TS families to highlight our cause in local and national media. If you'd like to tell your story, get in touch.

As a small charity with enormous ambitions for everyone affected by TSC, you can rest assured that every penny raised will make a significant difference to our work. So, thank you on behalf of the 10,000 people affected by this condition.

Emma Damian-Grint

Community Fundraising & Digital Comms Manager

Want a printed pack sent out to you? Or a collection tin?

Email: fundraising@tuberous-sclerosis.org or Call: 0114 270 1723

Tea and Scones for TSC 2015 Appeal

Name:

Address:

Postcode

Phone:

Email:

I have raised £ and enclose a cheque.

Sorry, I couldn't host an event but would like to make a donation of.....

We would like to keep your contact details on file so that we can keep you up to date of the charities activities.

If you DO NOT want us to keep your details please tick this box []



5 Top Fundraising Ideas

1. Summer garden party

Do you have a large garden or community centre that could host a family friendly summer garden party? Think croquet, games, delicious cakes and tea.

2. Office breakfast

Create a great start to the day with some home baked savoury scones and strong tea to kick start your colleagues day.

3. Tea cocktail party

There's nothing like an evening with a group of friends, supping on tea cocktails with scone based nibbles. Who could refuse that invitation? Watch out for the YouTube video on making Tea Cocktails.

4. Scone bake off

Some people love a competition. For those of you that like your baking, why not host a bake off event?

5. High tea party

Think fine china, world teas, sandwiches and scones to delight and you have the perfect afternoon high tea party.



Time for Tea & Scones

for TSC



Basic Scone Recipe

Grab your pinny, warm that oven and let's get this scone bake on!



Ingredients - Makes 8-12 Scones

- 225g/8oz self raising flour
- pinch of salt
- 55g/2oz butter
- 25g/1oz caster sugar
- 150ml/5fl oz milk
- 1 free-range egg, beaten, to glaze (alternatively use a little milk)

Preparation Method

1. Heat the oven to 220C/425F/Gas 7. Lightly grease a baking sheet.
2. Mix together the flour and salt and rub in the butter.
3. Stir in the sugar and then the milk to get a soft dough.
4. Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm/3/4in thick. Use a 5cm/2in cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
5. Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden.

Leave on a wire rack to cool, serve with jam and cream - and do save some to sell before munching them down!



Donating



Text TEAS01 with the amount you'd like to donate to 70070



Visit www.tuberous-sclerosis.org and click 'Donate'



Send a cheque to: Tuberous Sclerosis Association, Can Mezzanine, 32-36 Loman Street, London, SE1 0EH

Join The Community



www.facebook.com/thetsauk



@UKTSA



TSAssociationUK



#TeaandSCones

Need help organising your event, or just want to talk it through?

Call or email Emma, 0114 270 1723 - fundraising@tuberous-sclerosis.org



Time for **Tea & Scones**
for TSC

We're raising money to support families affected by the rare genetic condition Tuberos Sclerosis Complex

Come & Join Us!
Everyone Welcome



When & Where

Share your scrummy photos using #TeaandSCones
For more info go to www.tuberous-sclerosis.org

Cake Flags



Cut out these adorable flags and stick them to cocktail sticks to make cake or cocktails flags for your Tea and Scones party.





Time for Tea & Scones for TSC

Dear Fundraiser

My husband, Simon, is now 28 years old and was diagnosed with Tuberous Sclerosis Complex (TSC) at 5 months old. As a child he constantly had seizures and had long stays in hospital. By 14yrs he had his seizures under control and was leading a relatively normal life. We met when I was 20 and at that point I knew nothing about TSC, epilepsy or the role this condition would play in the rest of my life.

My beautiful daughter Darcy was born in 2012. I knew immediately something was wrong, she was born with a swollen wrist, then diagnosed with Coloboma (a rare eye condition) and started to develop infantile spasms. It's hard to explain how upsetting and desperate you can be when your child is fitting and so clearly unwell. I begged the doctors to look at her more closely, and repeatedly took her to A&E. Eventually we had the devastating news that Darcy also had TSC.

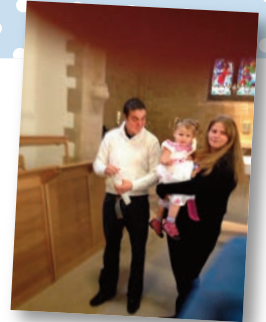
Both Darcy and Simon have tumours in their eye's and brains. This can cause learning disabilities, autism spectrum, epilepsy and sight problems. Simon has tumours on his kidneys and Darcy also has them in her heart and on her skin. The condition and its affects can be numerous and complicated.

When Darcy was diagnosed the doctor handed us a leaflet from the Tuberous Sclerosis Association (TSA). At the time I was numb with shock, I had no understanding of what life would be like for my little girl. Simon had not been receiving regular checks for his TSC and the stress of Darcy being ill set off his own seizures. It was a difficult and confusing time.

The day Darcy was discharged from hospital I rang my regional TSC Advisor. In those first couple of months we spoke weekly or more. I needed help understanding the condition and the support of a knowledgeable friendly ear on the phone. When Darcy's seizures flared up, she got us referred to the TSC Clinic at Alderhey. They got us better care for her locally. The TSC Advisor talked to Simon about his condition and convinced him to look at the TRON drug trial, which he is now taking part in and is seizure free. I've attended the Regional Support Group and made friends with other families affected by this condition. I've been to the Annual Family Day, met experts in the field and have information on the latest research. The greatest thing is I know I am not alone.

This condition can be terrifying, difficult to understand and live with. But, the support I have received from the TSA has helped our family get on with our lives, and I know there is a person that knows us on the end of the phone whenever I need help, advice or to vent my frustrations. Thank you for hosting a fundraising event so that other families, just like mine, get the lifeline when they need it most.

Jessica Holt, 29 years old
From West Yorkshire





Easy To Make Bunting

- designed and made by Stuart Hillard

Hi, I'm Stuart Hillard from the Great British Sewing Bee. Below is a set of instructions of how to make stunning bunting.

You will need:

- Offcuts of bright and beautiful cotton fabrics for the front of the bunting flags
- Coordinating plain/solid fabric for the back of the bunting flags
- Ready made wide bias tape or extra fabric to make your own

Let's get started!

1. Make a template out of cardboard. Draw a rectangle 18cm x 22cm then find the centre of one short side. Draw lines from the centre point up to the top corners and cut on these lines to make a tall triangle.
2. Use your template to cut as many bunting fronts and backs as you want!
3. Pair up one front and one back, right sides together. Pin.
4. Sew along the two long edges on a sewing machine with a straight stitch or by hand using a short running stitch... leave the top (short) edge open.
5. Turn through to the right side and press.
6. Make lots!
7. Fold the bias tape in half and press or make your own from 10cm strips of plain fabric. If you make your own tape just fold the strip in half and press then fold the raw edges in towards the centre crease. Finally fold the strip in half.
8. Position your first bunting flag inside the tape, get the short raw edges of the bunting right up against the fold of the tape and pin.
9. Position your next flag leaving a 5cm gap...keep going!
10. Sew along the tape close to the lower edge catching the bunting and the front and back of the tape. Use a straight stitch on your sewing machine or a hand running stitch.

You're done! Get that bunting strung up in your garden, lay the table, make scones and a big pot of tea and show your support for everyone affected by TSC.

Thank you!
Xxx Stu



Are you a UK Taxpayer?

giftaid it

If so, you can use Gift Aid to make your donations go further by completing this declaration. If you Gift Aid your donation, the charity will continue to receive an additional 25p. Please complete the form below and return it to us with your donation. [Thank you for your support.](#)

Charity Name: **Tuberous Sclerosis Association**

Amount £ **Date** / /

Tick all that apply

I would like to Gift Aid this donation

I would like to Gift Aid all future donations until further notice

I would like to Gift Aid all previous donations for the charity's current financial period and the previous six

Name **Surname**

Address

Postcode **Tel** **Email**

Signature

To qualify for Gift Aid, you must pay an amount of UK Income Tax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year (currently 25p for each £1 given)*. Tax year is 6 April one year to 5 April the next.

Data Protection: In accordance with the 1998 Data Protection Act, the Tuberous Sclerosis Association (TSA) would like to use your details to keep you informed about our work and send you further appeals for help. If you do not wish to receive further updates or information from the TSA please tick here

Thank you for your support – it is greatly appreciated

Please return to :
Tuberous Sclerosis Association, Can Mezzanine, 32-36 Loman Street, London, SE1 0EH



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