

Socially distanced Tea & SCones for TSC

It's important that **you** make sure that your event complies with social distancing guidelines in your area. There are different guidelines in place for each region, including the number of people who can meet up and where and what represents a safe distance to stay apart.

So, please check the rules for **your** area on **your** event date.

How to hold a socially distanced Tea & SCones for TSC event

1. Arrange where you will hold the event
2. Set the date
3. Invite your family and friends
4. Bake (or buy) refreshments
5. Ask for a donation
6.and enjoy the get together!



Socially distanced Tea and SCones ideas

Garden party

Have a small garden party, complete with 'afternoon tea' in support of the TSA!



Picnic in the park

Don't have a garden to host your event? Meet your friends in a local park for a Tea & SCones for TSC picnic!

At work

Already going into work with social distancing measures in place, have a social distanced tea break in aid of the TSA!

While walking

Organise a BYOT (Bring-Your-Own-Thermos) Coffee morning walk, asking for the equivalent cost of a coffee and pastry if they were purchased in a café.



Neighbours

Have a cuppa and a catchup with your neighbours and donate a few pence over the fence.



Got family in isolation?

Take Tea & SCones to your loved ones with doorstep deliveries and video chat, while you share the yummy treats



www.tuberous-sclerosis.org

@UKTSA

www.facebook.com/thetsauk

www.linkedin.com/company/tuberous-sclerosis-association/

Tips on how to stay safe

Face coverings

Face coverings can help to protect each other and reduce the spread of viruses, in particular if you are in an enclosed space or anywhere where you will come into contact with people you do not normally meet.

Go cash-free

Try to avoid exchanging physical cash where possible. For example, use your [JustGiving page](#) to accept donations and go cashless. Or ask supporter to donate using the Tea & SCones text to donate number.

Hand washing

It's important for you and your guests to maintain good sanitation practices. This includes regularly washing hands for 20 seconds using hand sanitizer where soap and water aren't available. Provide your guests with hand sanitiser if you can.

Good sanitation is particularly important when exchanging or sharing items such as serving utensils, money or even cakes!

Safe and legal fundraising

However you choose to fundraise, please make sure it's legal and safe. There is further advice on legal and safety issues available at tuberous-sclerosis.org/safety.

By taking part in fundraising for the TSA, you are agreeing to [the terms and conditions for in aid of fundraisers](#).

Text **TEAANDSCONES** to
70085 to donate £5

Texts cost £5 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £5 but do not wish to receive marketing communications, text
TEAANDSCONESNOINFO to 70085.

Thank you for taking part!

Please contact the fundraising team with any questions at fundraising@tuberous-sclerosis.org. Remember to share your event photos with us on social media using the **#TeaAndSCones2021**



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