

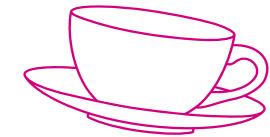


Your recipe for
a perfect fundraiser...





Let's get this par-tea started!



Welcome to your Tartan Tea Party booklet – filled with all the essentials you need to host a tea-riffic event!

By popping on the kettle and getting your brew crew together, you are helping the 1 in 5 people in Scotland affected by chest, heart and stroke conditions and Long Covid.

Our friendly fundraising team are on hand to help you at every step of the way. You can contact them by emailing fundraising@chss.org.uk or calling 0131 297 2750.

Every day in Scotland

31 will people have a **stroke**



16 people will be diagnosed with **heart failure**



32 people will have a **heart attack**



1 in 15 people will struggle to breathe because of chronic **chest illness**

Brewing up your event plans

Let's get you ready for your Tartan Tea Party! Here's a checklist of some things you might want to consider when planning and preparing for your party.

1. Set a date and time for your event

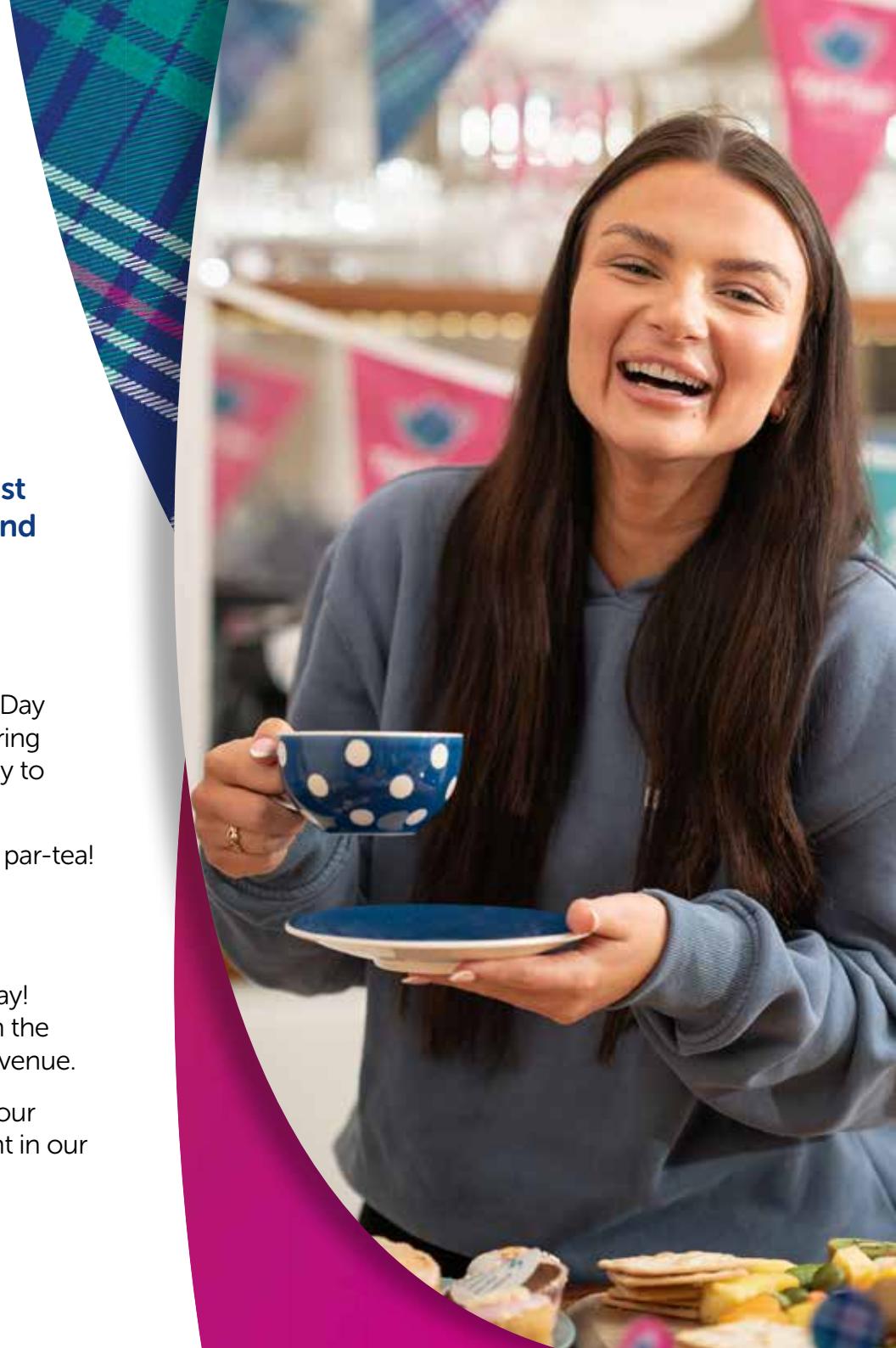
Whether you want to host your party on our official Tartan Tea Party Day (21st May) or choose a date that suits you and your guests best, securing a date early amongst your family, friends or colleagues is the best way to ensure everyone can join the celebrations.

Once you've chosen your date, let us know when you're planning to par-tea!

2. Choose your venue

The special thing about your Tartan Tea Party is you can do it your way! Depending on the size of your event, you might choose to host from the comfort of your own home, your workplace, a community space or venue.

When choosing a venue remember to make sure it's accessible for your guests. We have more info on creating an accessible & inclusive event in our FAQs on our website. Visit www.chss.org.uk/tartan-tea-party





3. Raise a brew and some money too!

Make donating as easy as one click for your guests by setting up your own JustGiving page.

It's quick and easy and makes it really simple for your guests to donate. Even those who can't attend your tea party can still give to show their support.

Visit www.justgiving.com/chss to set up your fundraising page. **You can create a QR code on your JustGiving page**, so that your guests can donate with it.

You also have the ability to have a poster created for your fundraising page and print it off with a QR code using Justgiving.

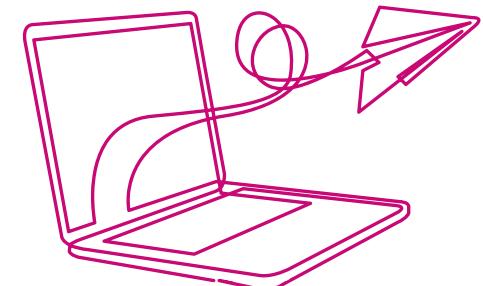
There's more info on how to do this our FAQs page on our website.

Make your page yours!

Personalising your page is a piece of cake – and it can make a huge difference to your fundraising efforts.

- **Share your story:** Let others know what inspired you to host a Tartan Tea Party!
- **Set a fundraising target** to inspire your supporters.
- **Upload a photo:** nothing says personal like a picture of you!

If you need any help, contact our fundraising team on fundraising@chss.org.uk



Remember to include a link to your **fundraising page** when you're inviting your guests so that even if people can't make it, they can still choose to donate to support your event.





4. Invite your guests to par-tea!

Once your date and venue are secured, spread the word amongst your friends, family, colleagues or local community. You'll find a poster and invite within our pack that you can use to help get the date in everyone's diary.

Here's a few ideas of different ways you can invite your guests:

- **Set up a Facebook event**
- **Put up our event poster and send out invitations**
- **Set up a WhatsApp group**
- **Email your colleagues**



Remember to take great care when preparing, storing and displaying food. Check out our FAQ's page for more information. Visit www.chss.org.uk/tartan-tea-party

5. Plan a brew-tiful menu

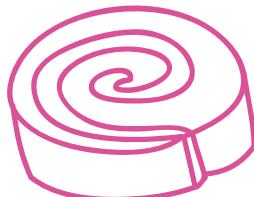
Now on to everyone's favourite bit – the menu! Whether you plan to bake and make your menu from scratch or buy bites from the shop, it's a good idea to plan your menu in advance.

Scottish-themed treats: Put the tartan in Tartan Tea Party with a spread of Scottish-themed treats – think shortbread, scones and tablet. You can download recipe ideas from our website at www.chss.org.uk/tartan-tea-party

Healthier Choices: As a health charity, we love to see healthy choices on the menu! Why not try some of our lighter recipes included in the pack? You could swap out sugary bakes for chocolate-covered strawberries or try something unique like a chocolate beetroot cake for a delicious twist.

Dietary requirements: It's a good idea to include gluten-free, dairy-free, nut-free and vegan options to ensure everyone can enjoy the treats. You could ask your guests about dietary requirements in advance. Remember to clearly label all food items with ingredients and potential allergens.





6. Spread the word about your brew-lliant event!

Here's some tips to help you promote your event and raise as much money as you can for Chest Heart & Stroke Scotland's vital Community Healthcare Support Service.

Download our resources to promote your event. You'll find resources in your pack but also online at www.chss.org.uk/tartan-tea-party

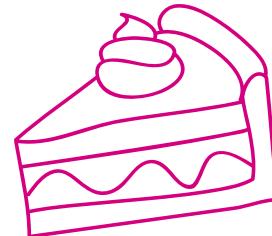
Share your event on social media. Tag us @CHSScotland and hashtag #TartanTeaParty

Reach out to your local newspaper.

Set up a group chat or event page and keep your guests updated

So go on – let the world know about your brew-lliant plans! The more you spread the word, the more support you'll bring in to make a real difference.

Top tips to make your event a piece of cake!



Ready to make your Tartan Tea Party a huge success? Here are our top tips to help you host an unforgettable event. **We be-leaf in you!**

- **Gather your brew crew:** Remember, many hands make light work! Don't be afraid to ask friends and family to pitch in and help make your tea party a true team effort.
- **Connect with other hosts:** Join our [Tartan Tea Party Facebook group](#) where you can talk to other hosts to share ideas!
- **Make your cuppa count:** Add a little extra fun (and fundraising) to your Tartan Tea Party with some games.

You can invite guests to make a small donation to join in the games, with all proceeds going towards making sure there's no life half lived in Scotland.



Here's some fun game ideas:

Raffle: Hold a raffle with small prizes like tea blends, baked goods, or gift cards. Guests can purchase tickets to participate, and all proceeds go toward your fundraising.

Bake Competition: Host a bake-off where guests can pay to enter their bakes. Get everyone to taste-test and vote on their favourite.

Tea Party Quiz: We've included a ready-to-use quiz in your pack for a bit of light-hearted competition. Get everyone involved and see who's the top tea buff!

Guess the Tea Bags: Fill a jar with tea bags and have guests guess the number for a small donation. The closest guess wins a prize!

Best Dressed Tartan Competition: Encourage guests to show up in their best tartan attire. Crown the most stylish guest and award them with a prize!

Tea Tasting Challenge: Set up a tasting station and challenge guests to guess different tea flavours. It's a great way to explore new teas and add some excitement!



Your Tartan Tea Party Checklist



Before your event

- Set a date and time for your event
- Choose your venue
- Set up your JustGiving page
- Invite your guests
- Plan your menu
- Promote your event

On the day

- Decorate your space
- Prep your food and drinks
- Welcome your guests
- Make sure your guests know how to donate
- Tell your guests why you're hosting a Tartan Tea Party
- Snap some pictures at your event
- Enjoy a cuppa, some cake and have fun!

After your event

- Thank your guests for coming and their contributions
- Send in your donations
- Pat yourself on the back – you've done it!



Visit www.chss.org.uk/tartan-tea-party. Check out our FAQs on our website for more information to help you plan a successful, safe and legal event.

Wrapping up the party – after your event

Thank-brew: Thank your guests for coming along to your Tartan Tea Party!

Pay in your donations: The money on your JustGiving page will be sent to us automatically so you don't need to do anything. If you have any other donations, you can pay them:

- **Online** – www.chss.org.uk/tartan-tea-party/
- **Phone** – 0131 225 6963
- **Bank transfer**

Sort code: **83-51-00**

Account Number: **00126003**

Please quote your unique reference ID number on your bank transfer.

You can find this on your welcome letter or contact us if you need more help.

- **Cheque** – You can send a cheque to our head office:
Chest Heart & Stroke Scotland, 2nd Floor, Hobart House,
80 Hanover Street, Edinburgh EH2 1EL
- **Money Box** – Ask us to send you a Bank Giro to pay cash directly into the bank.
Email fundraising@chss.org.uk

And finally celebrate what you've accomplished! You're making a real difference to people living with chest, heart and stroke conditions and Long Covid.



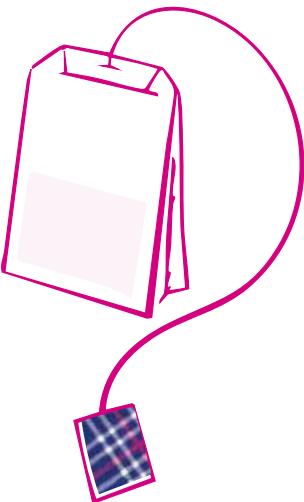


Never underestimate the power of a cup of tea!

By getting together and putting on the kettle, you're making a real difference to the **1 in 5 people in Scotland who are living with chest, heart and stroke conditions and Long Covid.**

Every penny you raise will allow us to reach even more people who desperately need our help through our Community Healthcare Support Service.

Every day people in Scotland feel scared and alone after having a stroke, heart attack or being diagnosed with a chest or heart condition or Long Covid. But our **amazing healthcare team, support coordinators and volunteers are here to make sure no one has to recover alone.**



It's thanks to your incredible support
that we're able to help people in Scotland to
manage their conditions and live their lives to the full.

You're helping people like Michael

Michael had a stroke at the age of 30. He knows just how important our vital support services can be to someone's recovery.

“Nothing can prepare you for how hard recovery after stroke is.

“Tim and Chest Heart & Stroke Scotland changed everything. Tim gave me hope. And he gave me confidence for the first time since the stroke.

“I know how lucky I am that people like you help make such a vital service possible for me.”

WE CAN'T HELP PEOPLE LIKE MICHAEL
WITHOUT PEOPLE LIKE YOU.



NO LIFE HALF LIVED

Chest Heart & Stroke Scotland
2nd Floor
Hanover House,
80 Hanover Street
Edinburgh, EH2 1EL

Tel: 0131 225 6963

www.chss.org.uk



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How your fundraising helps

£50

could help train a volunteer kindness caller to make sure there is always someone at the end of the phone for people in need of help.



£100

could fund 10 calls to our Advice Line team who can support anyone worried about or struggling with the effects of chest, heart or stroke conditions or Long Covid.



£250

could give 12 people one hour of vital one-to-one support through our Community Healthcare Support Service to help them live their lives to the full.



£350

could mean that we can support 7 people to attend an online support group for 3 months, helping them to cope with the emotional and physical impact of their condition.





TARTAN
TEA PARTY

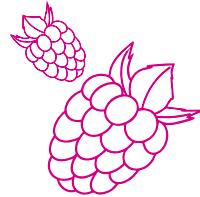
Recipes



Chest
Heart &
Stroke
Scotland



Raspberry Ripple Shortbread



Ingredients:

For the shortbread

- 1 cup (225g) unsalted butter, softened
- 1/2 cup (100g) granulated sugar
- 2 cups (250g) all-purpose flour
- 1/4 cup (30g) cornflour
- pinch of salt

For the raspberry ripple

- 1/2 cup (120g) fresh or frozen raspberries
- 2 tbsp granulated sugar
- 1 tsp lemon juice

NOTES:

"This twist on traditional Scottish shortbread adds a bright, fruity ripple for a perfect balance of richness and tanginess. Enjoy with tea or as a sweet treat any time of day!"

RECIPE BY: Mearns After School Care
Crookfur Primary School, East Renfrewshire

Instructions:

- 1. Make the Raspberry Ripple Sauce** – in a small saucepan, combine the raspberries, sugar, and lemon juice. Cook over medium heat, stirring occasionally, until the raspberries break down and the mixture thickens (about 5–7 minutes). Strain the mixture through a fine-mesh sieve to remove seeds (optional). Let the sauce cool completely.
- 2. Prepare the Shortbread Dough** – preheat your oven to 150C/ 130C (fan). Line a baking sheet with parchment paper. In a large mixing bowl, cream the softened butter and sugar together until light and fluffy. Sift in the flour, cornstarch, and salt. Mix until the dough comes together. It will be crumbly at first but should form a soft dough when pressed.
- 3. Incorporate the Raspberry Ripple** – divide the dough into two portions. Spread one portion on a clean surface or parchment paper. Drizzle about half the cooled raspberry sauce over this layer, then gently press the second dough portion on top. Drizzle the remaining raspberry sauce over the top layer, and use a butter knife or skewer to swirl the sauce gently into the dough for a marbled effect.
- 4. Shape and Bake** – lightly flour a surface and roll out the dough to about 1/2-inch (1.25 cm) thickness. Cut the dough into classic shortbread shapes, such as rectangles or rounds, using a cookie cutter or knife. Transfer to the prepared baking sheet. Chill the shaped dough in the refrigerator for 15 minutes to help retain the shape. Bake in the preheated oven for 25–30 minutes, or until the edges are just lightly golden.
- 5. Cool and Serve** – allow the shortbread to cool on the baking sheet for 5 minutes before transferring it to a wire rack to cool completely.



Isle of Rum Rainbow Trifle

Ingredients:

- shortbread
- raspberries
- peaches
- tangerines
- jelly
- Scottish honey
- pink whipped cream
- Scottish tablet pieces
- marshmallows
- sprinkles
- dash of whisky (optional)

NOTES:

"Children will enjoy creating their own layers, while the Scottish shortbread touch adds tradition that everyone can appreciate. This trifle is easy, fun and brings a festive, tartan-inspired look to any gathering."

Instructions:

1. Layer crumbled shortbread and tablet with whipped cream, fruit and a swirl of honey.
2. Repeat layers, topping with marshmallow and sprinkles.
3. For extra flair, you can substitute the marshmallows and sprinkles for another drizzle of honey. A small amount of whisky can be added to one of the cream layers.



RECIPE BY: Edwin Lewis & Zak Murphy,
Rum Primary School & Nursery



Banana Cinnamon Loaf

Ingredients:

- 200g plain flour
- 1 tsp bicarbonate of soda
- 1/2 tsp of salt
- 1/2 tsp baking powder
- 3 large bananas
- 150g caster sugar
- 1 egg
- 75g melted butter
- 1-2 tsp cinnamon

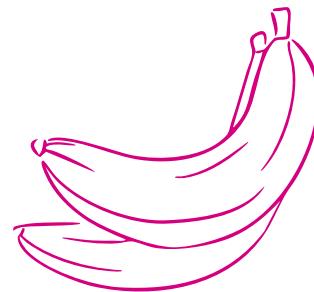
NOTES:

"It's a comforting slice of yumminess! You can have it for breakfast or as a sweet treat. It is easy to make and plus it gets you to use your old bananas and not throw them out."

RECIPE BY: Max Tibbs,
St. Roch's Secondary School, Glasgow

Instructions:

1. **Bowl 1** – put flour, baking powder, bicarbonate of soda, salt, and cinnamon into one bowl and stir together.
2. **Bowl 2** – mash the bananas together with a fork, add in the sugar, eggs and melted butter.
3. **Mix bowl 1** – Add the dry mixture into bowl 2 and stir until all the ingredients are mixed together.
4. Line a loaf baking tray with grease proof paper and pour in the mixture.
5. Place in the oven at 180C/ 160C (fan) for 50-55 minutes. Test with a tooth pick and make sure the stick comes out clean.
6. Bring out and let cool before decorating.
7. We use icing sugar mixed with a little water to make an icing. Drizzle over the cooled cake and grate some orange zest over the top. But you can decorate using anything you prefer.
8. If you would prefer banana muffins – then spoon the mixture into muffin cases and bake at 180 degrees for 25-30 minutes.



Little pittas and butterbean dip

Ingredients:

For the pittas

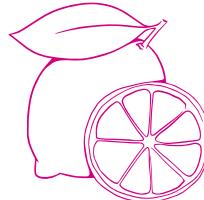
- 200g strong white flour
- 200g plain white flour
- 7g (1 teaspoon) salt
- 7g sachet fast-action yeast (make sure it's in date!)
- 270g tepid water
- More flour, for dusting

For the dip

- 1 tin of butter beans (or cannellini beans, chickpeas)
- 2 Tbsp extra virgin olive oil
- 2 garlic cloves
- Juice from half a lemon
- Some parsley or coriander to sprinkle (optional)
- Fresh chilli (optional)
- More oil, for drizzling
- Salt and pepper, to taste

NOTES:

"This is a great introduction to the 'no knead' method of making bread "



Instructions:

1. Start by making your pittas. In a large bowl, weigh both flours. With your fingers, rub in the salt at one edge of the bowl, and the sachet of dried yeast on the opposite side. Try to keep the yeast and salt apart, as the salt can stop the yeast working.
2. Add the water to your dry ingredients, and mix everything together until it forms a dough (use your dough to mop up any flour sticking to the side of the bowl). Cover your bowl with a plate or a damp tea towel and rest in a warm place for about 30–40 minutes, or until a bit puffy.
3. Wet the fingertips of one hand, and forcefully grab one side of the dough and fold it in half inside the bowl. Don't worry about it sticking. Turn the bowl a quarter turn, and repeat until you have removed most of the air. Cover your bowl again, preheat your oven to 220°C/gas 7 and rest the dough for another 40 minutes to an hour. If you want to do this the day before, you can even stick it in the fridge and leave it overnight.
4. Turn your dough out onto a lightly floured surface and, using floured hands, roll into a long sausage. Chop the dough into eight equal pieces. Take each piece and, using a rolling pin, roll them out with more flour until they are about half a centimetre thick. You should be able to fit all eight pittas on two large baking trays – no need to grease or line them!
5. Bake the pittas for 5–10 minutes depending on how soft or crisp you like them, or until they have puffed up into balls and are just blushing with a light golden colour. As they cool, you can make your dip. If you want to keep them and warm them up later on, I recommend using the toaster or wrapping all of them, stacked, in some crumpled, damp greaseproof paper and sticking them in a hot oven for 10 minutes.
6. The dip is easy. First, crush or chop your garlic and put it in a frying pan with your oil. Heat over a low heat for about 2–3 minutes until the garlic starts to bubble but doesn't brown. Turn off the heat.
7. Drain your tin of butter beans and reserve the liquid. Stick the beans in a food processor, along with half the liquid, the oil and garlic and lemon. Blitz until smooth. Be generous with salt to season, and add more of the bean juice if it's too thick for you. Sprinkle with chopped herbs, chilli and more olive oil to serve.

RECIPE BY: Dr James Morton



Carb free Savoury muffins

Ingredients:

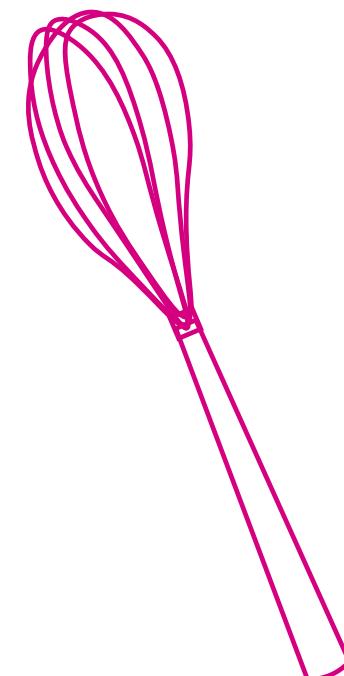
- 6 eggs
- 200g ground almonds
- 60g porridge oats
- 60ml milk
- 50g butter (melted and cooled)
- 0.5 tsp baking powder
- 0.5 tsp bicarbonate of soda
- 0.5 tsp dried chilli flakes
- 1 tsp cayenne pepper (or more if you like a kick)
- 1 red pepper (finely diced)
- 5 spring onions (finely sliced)
- large handful of garden peas (or a finely diced courgette)
- 1 pack of feta (crumbled)

NOTES:

"Delicious on their own, with soup, for breakfast, lunch or a snack. I've not found a single person who doesn't love them! And all carb free."

Instructions:

1. Pre-heat the oven to 200°C /180°C (fan).
2. Fill a muffin tin with 12 muffin cases.
3. Break eggs into a large bowl and mix with a fork or whisk.
4. Add ground almonds, oats, milk, cooled butter, baking powder, bicarbonate of soda, chilli and cayenne. Season with salt and pepper. Mix well.
5. Lightly mix in the diced veg and feta. Gently combine well.
6. Divide across the muffin cases, sprinkle pumpkin and sunflower seeds on top and bake for 15 mins.



Gingernuts

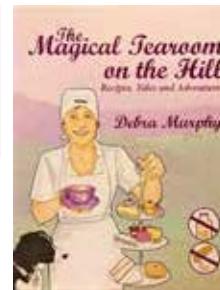
Ingredients:

- 250g Stork block
- 150g golden syrup
- 700g gluten free self-raising flour
- 2 pinches of salt
- 1 tsp xanthan gum
- 400g caster sugar
- 4 tbsp ground ginger
- 2 tsp bicarbonate of soda
- 2 free range eggs

NOTES:

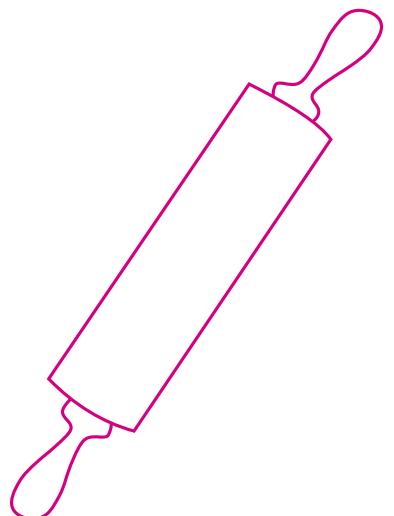
Gluten Free & Dairy Free
Makes around 60 biscuits

RECIPE BY: Debra Murphy,
author, former tea room
owner and baker



Instructions:

1. Put the Stork and golden syrup in a pan and gently melt on a low heat on the hob. Allow to cool slightly.
2. Put the flour, xanthan gum, salt, sugar, bicarbonate of soda and ginger into a large bowl and mix until well combined.
3. Add the slightly cooled golden syrup mixture and the beaten eggs. Mix until you have a soft dough.
4. Empty the dough onto your worktop and divide into four equal portions (around 400g each).
5. Shape each portion into a roll about 15 cm long and wrap in cling film. Pop the dough rolls into the freezer for about half an hour to firm up.
6. Pre-heat oven to 180°C/160°C fan oven and line several baking trays with parchment paper.
7. Take the dough from the freezer and remove the cling film.
8. Slice each roll into 1cm portions and place on the baking trays, pressing down gently. Remember to leave space between them as they will grow in the oven.
9. Bake in the pre-heated oven for 15 minutes for a chewy biscuit or 20 minutes for a crunchy biscuit.
10. Remove from the oven and transfer carefully to a wire rack to cool completely.
11. Take a seat, relax and enjoy one or two with a steaming cup of tea.



Vegan Chocolate Traybakes

Ingredients:

- 170g coconut oil
- 4 tbsp golden syrup
- 1 pack biscoff biscuits
- 3 bars Lindt vegan milk chocolate

Instructions:

1. Melt coconut oil and combine with golden syrup.
2. Crush up the biscoff and combine with coconut oil and golden syrup.
3. Grease a tray with coconut oil and press the mixture to create the base.
4. Leave to cool in the fridge for a few hours.
5. Melt chocolate to cover the top.
6. Once the base has become more solid, pour the chocolate over the base and spread evenly.
7. Return to the fridge to cool.
8. Once cool, cut into bite size pieces.

NOTES:
Dairy Free

RECIPE BY: Mark Rose (CHSS Staff)



Cranberry and white chocolate flapjacks

Ingredients:

- 250g butter
- 100g demerara sugar
- 200g golden syrup
- 250g rolled oats
- 75g plain flour
- 100g dried cranberries
- 100g white chocolate (chopped)

Instructions:

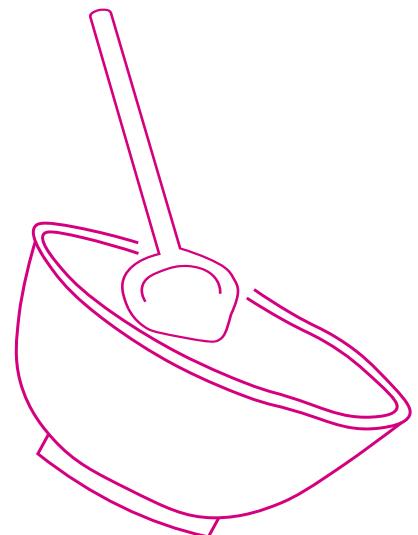
1. Pre-heat oven to 170C/150C (fan). Line a 23cm/9" square tin with greaseproof paper.
2. Melt the butter, sugar and golden syrup in a large pan over a low heat until the butter and sugar are completely melted.
3. Add the rolled oats, flour and cranberries to the pan and stir together well.
4. Spread the mixture evenly into the prepared tin. Bake for 30-35 minutes until golden. Leave to cool for a few minutes then mark into 16 squares - but don't cut all the way through. Allow to cool in the tin completely.
5. Melt chocolate in a bowl (set over a pan of gently simmering water and leave until melted, stirring frequently).
6. Drizzle the chocolate over the flapjacks and chill.
7. Once cool, cut into bite size pieces.

NOTES:

Makes 16 squares.

'It's delicious - with a few healthy ingredients mixed with some treats! Always very popular.'

RECIPE BY: Tracey Stronach



Mint Aero Brownies

Ingredients:

- 200g dark chocolate
- 200g unsalted butter
- 3 large eggs
- 275g caster sugar
- 100g plain flour
- 50g cocoa powder
- 1 tsp peppermint extract
- 200g chocolate chips
- 200-300g Mint Aero (freeze for 1 hr if possible)

Optional decoration

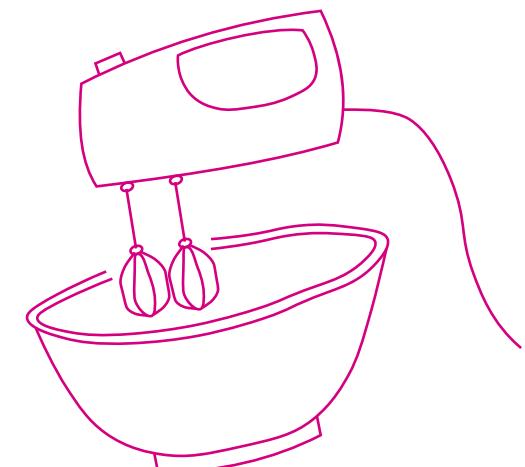
- 50g milk chocolate
- 50-100g Mint Aero chopped

NOTES:

"My boys love Mint Aeros and brownies! This combination is a big hit in my house."

Instructions:

1. Preheat your oven to 180C/160C (fan) and line a 9x9" baking tin with parchment paper.
2. Melt together your dark chocolate and unsalted butter until smooth in the microwave or in a bowl over a pan of simmering water.
3. Leave to cool for a few minutes
4. Using an electric whisk/stand mixer, whisk your eggs and sugar together for 5 minutes or so on high speed, or until the mixture has doubled in volume, is a lot paler, and leaves a trail for a few seconds when you lift the whisk out.
5. Pour in the chocolate/butter mix and peppermint extract and fold through very carefully. Add in the flour and cocoa powder and fold through carefully again. Add in the Mint Aero and chocolate chips and fold in. Pour the mixture into the tin!
6. Bake in the oven for 25-30+ minutes. Sometimes it can take longer. Leave to cool in the tin!
7. **To decorate your brownies if you fancy it...** melt your chocolate and drizzle over the brownies, and add sprinkle over chopped pieces of Mint Aero! Then, if you want, put them in the fridge for a couple of hours to help 'set' them, and then enjoy!



Empire Biscuits

Ingredients:

- 250g butter (room temperature)
- 100g caster sugar
- 1 free range egg
- 1/2 tsp vanilla extract
- 450g plain flour (plus extra for dusting)

For the topping

- 250g icing sugar
- 3 tbsp full-fat milk (optional)
- Scottish raspberry jam, for spreading
- glacé cherries, halved, or sugared gem sweets

NOTES:

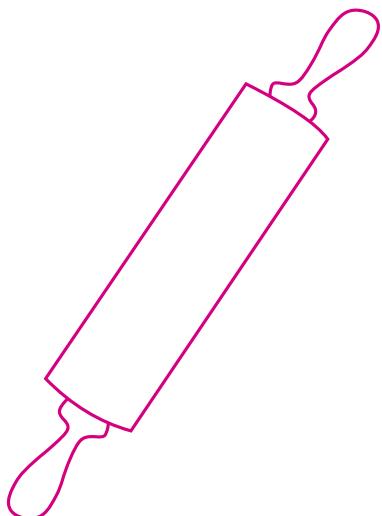
Residents at Murrayside Care Home made these delicious 'Murrayside Empire Biscuits' as a fun baking activity for their Tartan Tea Party.
"We loved doing the Tartan Tea Party."

RECIPE BY:

Murrayside Care Home - Care UK

Instructions:

1. Place the butter and caster sugar in a large bowl and cream together until smooth and light in colour. Mix in the egg and vanilla extract. Sift in the flour in small batches and mix well until combined.
2. Lightly flour a work surface and roll out the dough to a 1cm/1/2in thickness. Use a round plain or fluted biscuit cutter to cut out the biscuits – the smaller the cutter, the more biscuits you will have, just make sure you cut out an even amount. Roll any offcuts of dough back together and cut out some more biscuits. Place the rounds on baking trays, leaving at least 3cm/1/2in space between biscuits as they will spread in the oven. Pop in the fridge for at least 1 hour to firm up.
3. Preheat the oven to 180C/160C. Fan/Gas 4 and bake for 10–15 minutes or until baked through but not bronzed. Leave to cool on a wire rack completely.
4. To make the topping, place the icing sugar in a bowl and gradually mix in the milk, if using, or a few tablespoons of water to make a thick glossy icing. Spread the icing on half of the biscuits and spread 1 tablespoon of jam on each of the remaining biscuits. Place the iced biscuits on top of the biscuits with jam. Top each biscuit with half a glacé cherry or a gem sweet.





TARTAN

TEA PARTY

Chest Heart & Stroke Scotland

2nd Floor
Hanover House,
80 Hanover Street
Edinburgh, EH2 1EL

Tel: 0131 225 6963

www.chss.org.uk



Registered with and regulated by the Office of the Scottish Charity Regulator (no SC018761), Chest Heart & Stroke Scotland is a wholly Scottish charity.
It also operates as CHSS and is registered in Scotland as a company limited by guarantee, no SC129114.



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Tea Party Quiz



1. Which country is the world's largest consumer of tea per person?
a) China b) Turkey c) India
2. What type of tea is traditionally used to make a classic British "cuppa"?
3. Which biscuit was officially voted the UK's favourite dunking biscuit in multiple surveys?
4. Which Scottish city is home to the world-famous tea brand Brodies?
5. What sweet treat, often served at Scottish tea tables, is traditionally made with oats, syrup and ginger?
6. Which Scottish island is known as the "Tea Garden of Scotland" for its experimental tea growing?
a) Skye b) Mull c) Arran d) Lewis
7. In Japan, the traditional tea ceremony is known as what?
a) Chado b) Matcha-do c) Sencha-ryu
8. Which country famously drinks "chai" – a tea brewed with milk, spices and sugar?
a) Morocco b) India c) Sweden d) Greece
9. What is the name for a group of people who gather specifically for afternoon tea?
a) A brew crew b) A tea circle c) A kettle club
10. According to etiquette, which should be added first when making tea properly?
a) Tea b) Milk c) Sugar d) It's an age-old debate - no one agrees!
11. How many cups of tea are estimated to be consumed in the UK every single day?
a) 50 million b) 100 million c) 150 million
12. Which Scottish city famously hosts the "Auld Lang Syne" tea dance each year?
13. Which tea is known for turning blue - and then purple - when lemon is added?
a) Early Grey b) Butterfly Pea Tea c) White tea d) Mint tea
14. Afternoon tea became fashionable in Britain in which century?
a) 14th b) 16th c) 19th d) 20th
15. Tie-breaker question - first to shout out wins
What innovation was introduced in the UK by Tetley's in 1953?

ANSWERS: (1) B) Turkey (2) Assam (3) Digestive (4) Edinburgh (5) Parliament Cake (6) C) Aran (7) A) Chado (8) B) India (9) B) A tea circle (10) D) No one agrees
(11) B) 100 million (12) Glasgow (13) B) Butterfly Pea Tea (14) C) 19th Century (15) Teabags

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Colour me in....



Word Search

Name: _____

G	B	W	F	O	S	C	O	T	L	A	N	D	B	I	C	W	V
B	P	A	E	B	E	F	S	Z	I	S	N	O	U	P	T	C	F
Q	M	M	T	N	I	V	F	S	V	U	A	N	N	W	E	A	W
H	L	T	A	B	A	S	I	L	T	R	E	A	T	S	M	K	P
U	O	E	R	K	L	T	C	L	U	N	W	E	I	J	E	E	J
Z	O	A	T	G	S	J	Q	U	T	G	D	R	N	P	U	G	U
K	G	P	A	X	R	A	E	S	I	N	K	G	G	F	C	J	V
N	O	O	N	N	Q	V	U	M	D	T	X	C	F	R	C	P	Y
H	A	T	J	A	E	Q	C	C	F	H	S	W	Q	F	M	U	F
L	D	D	B	Q	W	Y	Y	K	E	N	A	C	U	P	E	R	H
K	S	D	U	P	Q	I	A	O	C	R	R	P	A	R	T	Y	U
R	Q	V	Y	R	H	E	N	V	N	V	E	M	Y	R	R	Y	D



Find the following words in the puzzle:

Words are hidden ↑↓ and ↘

BISCUITS

BUNTING

CAKE

CUP

PARTY

SAUCER

SCOTLAND

TARTAN

TEAPOT

TREATS



How many teacups?

Guess how many teacups are in the rectangle below and help to raise vital funds for Chest Heart & Stroke Scotland.



How to play:

Make your guess count and help the 1 in 5 people in Scotland living with chest, heart and stroke conditions and Long Covid.

We suggest a voluntary donation of £2 per guess. There are no limits - multiple guesses are encouraged.

Names and totals can be written on a separate sheet. Once everyone has had a go it's time to announce the lucky winner!

Donate online
and make your
cuppa count:
scan the QR
code, or visit



chss.org.uk/ttp-personal-donations

Answer: 55

Let's
par-tea!

You're invited to a **Tartan Tea Party**. Together, let's raise a brew and some money too for Chest Heart & Stroke Scotland!

When:

Where:

RSVP:

More info:



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You're invited to a **Tartan Tea Party**. Together, let's raise a brew and some money too for Chest Heart & Stroke Scotland!

When:

Where:

RSVP:

More info:



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Let's par-tea!

Join us for a Tartan Tea Party
to raise vital funds for
Chest Heart & Stroke Scotland.

Make your cuppa count and help the **1 in 5 people**
in Scotland living with chest, heart and stroke
conditions and Long Covid.

When:.....

.....

Where:.....

.....



Donation Form

Boost your guests' donations by 25% with Gift Aid

***Host Name:**

***Tea Party Date:** _____ / _____ / _____

**please fill in these details before asking for any donations*

Every £20 funds one hour of essential support to help someone live their life to the full.

If I have ticked the box headed 'Gift Aid', I confirm that I am a UK Income or Capital Gains taxpayer and that I have agreed to the Gift Aid statement below**

Make your gift go further with Gift Aid**

If you tick the box below Chest Heart & Stroke Scotland will receive a further 25p for every pound you give. We need your name, home address AND postcode to claim Gift Aid.

SUB
TOTAL :



If you would like hear about Chest Heart & Stroke Scotland and how your donations make a difference, tick the box above.

GRAND
TOTAL:



Please return to:

Please return to:
Chest Heart & Stroke Scotland
2nd Floor, Hobart House
80 Hanover Street
Edinburgh EH2 1EL

****If I have ticked the box headed 'Gift Aid', I confirm that I am a UK Income or Capital Gains taxpayer and that I have agreed to the Gift Aid statement below.**

Gains taxpayer and that I have agreed to the Gift Aid statement below.
Gift Aid: I have read this statement and want Chest Heart & Stroke Scotland (CHSS) to reclaim tax on the donation detailed above, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

scan the QR code, or visit
www.chss.org.uk/tp-personal-donations
and make your cuppa count.



Date donation given to Charity / /

*Home Address:

*Postcode:

**please fill in these details before sending in your form*

How to pay in your fundraising

1. By Cheque/Credit/Debit Card

Please make cheques payable to 'Chest Heart & Stroke Scotland' and send to our head office: Chest Heart & Stroke Scotland, 2nd Floor, Hobart House, 80 Hanover Street, Edinburgh, EH2 1EL. Don't forget to send us this form along with your cheque, with your details completed below:

Amount raised and being donated: £.....

I enclose a cheque made payable to: Chest Heart & Stroke Scotland
 Please debit my Visa (not Electron) / MasterCard / AMEX / CAF CharityCard / Maestro / Solo card with the amount stated.
(Please delete as appropriate)

Credit Card No

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Expiry Date

--	--	--	--

Issue No (Maestro)

--	--	--

I do not require a thank you

Date

X	/	/
---	---	---



3. Online

Simply scan the QR code provided or go online to donate at:

www.chss.org.uk/ttp-host-collected-income

4. Other ways to pay

- At the Bank: If you would like to pay in your cash fundraising at a RBS branch, please contact us and we will send you a **pay in slip**: fundraising@chss.org.uk
- Bank Transfer: Please refer to the information in your Booklet
- Online: Simply scan the QR code provided, or go online to donate using your credit or debit card at www.chss.org.uk/ttp-host-collected-income
- JustGiving: The money on your JustGiving page will be sent to us automatically so you don't need to do anything.

2. Your Details

Name:

Group / Organisation: ..
(if applicable)

Address:

City: Postcode:

Tel. No:

Email:

Thank you for your contact details. We may contact you again by post or phone to keep you informed about the impact of your support, our work and to let you know about other opportunities to get involved.

Please let us know if you're also happy to hear from us by email and text.

Yes I'd like to hear from you by email
 Yes I'd like to hear from you by text

We promise to keep your details safe and never sell or swap them with anyone. Our privacy policy explains how we keep this promise. If you don't want to hear from us, or change your mind about how we contact you, email fundraising@chss.org.uk or call **0131 297 2750**.



How your fundraising helps

£50

could **help train a volunteer kindness caller** to make sure there is always someone at the end of the phone for people in need of help.



£100

could fund **8 calls to our Advice Line team** who can support anyone worried about or struggling with the effects of chest, heart or stroke conditions or Long Covid.



£250

could give **12 people one hour of vital one-to-one support** through our Community Healthcare Support Service to help them live their lives to the full.



£350

could mean that we can **support 7 people to attend an online support group for 3 months**, helping them to cope with the emotional and physical impact of their condition.



"I self recovery wasn't just possible but was happening."

WE CAN'T HELP PEOPLE LIKE MICHAEL WITHOUT PEOPLE LIKE YOU.

Michael had a stroke at the age of 30. He knows just how important our vital support services can be to someone's recovery.

"Nothing can prepare you for how hard recovery after stroke is. Tim and Chest Heart & Stroke Scotland changed everything. Tim gave me hope. And he gave me confidence for the first time since the stroke. I know how lucky I am that people like you help make such a vital service possible for me."



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X
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In accordance with the Data Protection Act we retain your details on our fundraising database so that we can keep you informed of the work of the charity. We do not (and will not) share this information with anyone else. If you would like your details removed from our database please write to us at the address shown on this letter requesting this. You can view our privacy statement at www.chss.org.uk

Bunting

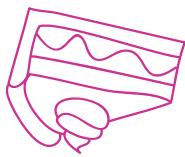


Cut out and then fold the flap along the dotted line.
Place a long length of string under the flap and glue down.
Repeat to make a string of bunting.
Please ensure adult supervision if children are involved in creating/handling this bunting

www.chss.org.uk



NO LIFE HALF LIVED



This product contains:

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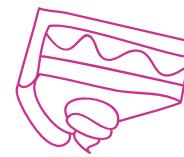
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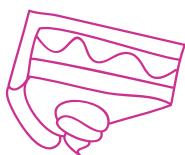
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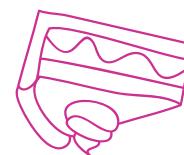
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This product contains:

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TARTAN TEA PARTY

Your Fundraising Goal:

£ _____



Donate
here!



What's your Tea-Total?

The money you raise will help make sure there is no life half lived in Scotland. **Never underestimate the power of a cup of tea.**

£50 could help train a volunteer **kindness caller** to make sure there is always someone at the end of the phone for people in need of help.

.....

£100 could fund **8 calls to our Advice Line team** who can support anyone worried about or struggling with the effects of chest, heart or stroke conditions or Long Covid.

.....

£250 could give **12 people one hour of vital one-to-one support** through our Community Healthcare Support Service to help them live their lives to the full.

.....

£350 could mean that we can support **7 people to attend an online support group for 3 months**, helping them to cope with the emotional and physical impact of their condition.

Set a goal and keep track of how much you've raised at your tea-riffic Tartan Tea Party!



Thank You!

You've brewed up something incredible to help the 1 in 5 people in Scotland living with chest, heart and stroke conditions and Long Covid.

Your generosity helped raise

£

to help make sure there is no life half lived in Scotland.

   @CHSScotland @CHSScotland @chsscotland

www.chss.org.uk

Chest
Heart &
Stroke
Scotland



←
Donate here!



scan the code, and make your cuppa count.