

Scleroderma and Raynaud's UK is the only charity dedicated to improving the lives of people affected by Scleroderma and Raynaud's.

We exist to improve awareness and understanding of these conditions, to support those affected, and ultimately to find a cure.

## Cosy Up with a Coffee!

During Raynaud's Awareness Month we are calling on everyone affected to unite and create a world where there is much greater awareness and understanding of the two conditions and their impact, a world where diagnosis happens earlier and much better treatment and care is available to everyone who is affected.

By hosting a Cosy Up with a Coffee event you are helping to raise vital funds this February.

If you have any questions about your event or would like further support then please get in touch with us on 020 3893 5993.

Thank you for hosting a cosy up with a coffee event.

By uniting as a whole community we can make a huge difference for people living with Raynaud's this Raynaud's Awareness Month!



# A cosy cake recipe to make your event even more spectacular!



Thank you for organising an event to support us this Raynaud's Awareness Month. We want to make sure you have a wonderful time while raising funds and awareness so we have put together a quick guide to a stress free and successful event!

## 1. Find a date and venue

Decide on a date during February that works best for you and organise somewhere comfy to cosy up! This could be at your home, at a local coffee shop; at a community centre or anywhere else you are able to find!

## 2. Invite everyone

Friends, family, colleagues, neighbours, entire organisations even: if you know anyone at the WI, get them all down! Send out an email, make some phone calls or put up a poster to get your community gathered around.

## 3. Cake and drinks

Buy it from a shop, bake some yourself, or ask your guests to contribute cake as well as their presence!

## 4. Ask for money

It's simple. Just ask your guests to make donation for their coffee and cake. You can also have a lot of fun raising money with competitions and raffles at your event.

## 5. Make it look great

Find posters and materials in your pack to make your Cosy Up event something to remember! You can also download additional materials on our website: [www.sruk.co.uk/cosy-up-with-coffee](http://www.sruk.co.uk/cosy-up-with-coffee)

# Victoria Sandwich

## Ingredients:

- 4 free-range eggs
- 225g/8oz caster sugar, plus a little extra for dusting the finished cake
- 225g/8oz self-raising flour
- 2 tsp baking powder
- 225g/8oz baking spread, margarine or soft butter at room temperature, plus a little extra to grease the tins

## To serve:

- Good-quality strawberry or raspberry jam
- Whipped double cream (optional)

## Method:

- Preheat the oven to 180C/350F/Gas 4. Grease and line 2 x 20cm/8in sandwich tins.
- Break the eggs into a large mixing bowl, then add the sugar, flour, baking powder and baking spread. Mix everything together until well combined. The finished mixture should fall off a spoon easily.
- Divide the mixture evenly between the tins: use a spatula to remove all of the mixture from the bowl and gently smooth the surface of the cakes.
- Place the tins on the middle shelf of the oven and bake for 25 minutes.
- The cakes are done when they're golden-brown and coming away from the edge of the tins. Allow to cool in their tins for five minutes. Then turn the cakes out onto a cooling rack.
- To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam. If you want to, you can spread over whipped cream too. Top with the second cake, top-side up. Sprinkle over the caster sugar.

Please make sure to clearly label any cakes containing allergens that you make at home. Ensure you keep a clean and hygienic environment while baking.