



Meals on Wheels  
New South Wales

---

# CUPPA FOR A CAUSE

SUPPORT NSW MEALS ON WHEELS

---

FUNDRAISING GUIDE



---

## HOW IT WORKS

---

Cuppa for a Cause was created to raise money for those in need simply by sharing a tea with friends, colleagues and family. This is a great way to support and fund raise for us. By hosting your own tea party, you're helping older people and younger people with a disability enjoy cups of tea in their own home. All you really need for a great fundraiser is some good ol' fashioned community spirit and your favourite cuppa.

### Step 1



Invite your friends, family and colleagues to your cuppa event by putting up posters or emailing them our very fancy invite.

### Step 2



Earl grey, chamomile and English breakfast – let your guests know the tea's brewing and remind them to bring their donations along to your fundraiser.

### Step 3



Encourage your attendees to bring along freshly baked scones (jam and cream mandatory), a soft sponge cake or their favourite morning tea treat.

### Step 4



Once you've had enough tea for a lifetime and there's no biscuits left to dunk, collect the donations and kindly transfer them via our secure payment gateway.



---

## FUNDRAISING VIRTUALLY

---

### **But first, (virtual) coffee!**

Don't let the pandemic get in the way of connecting with your friends!

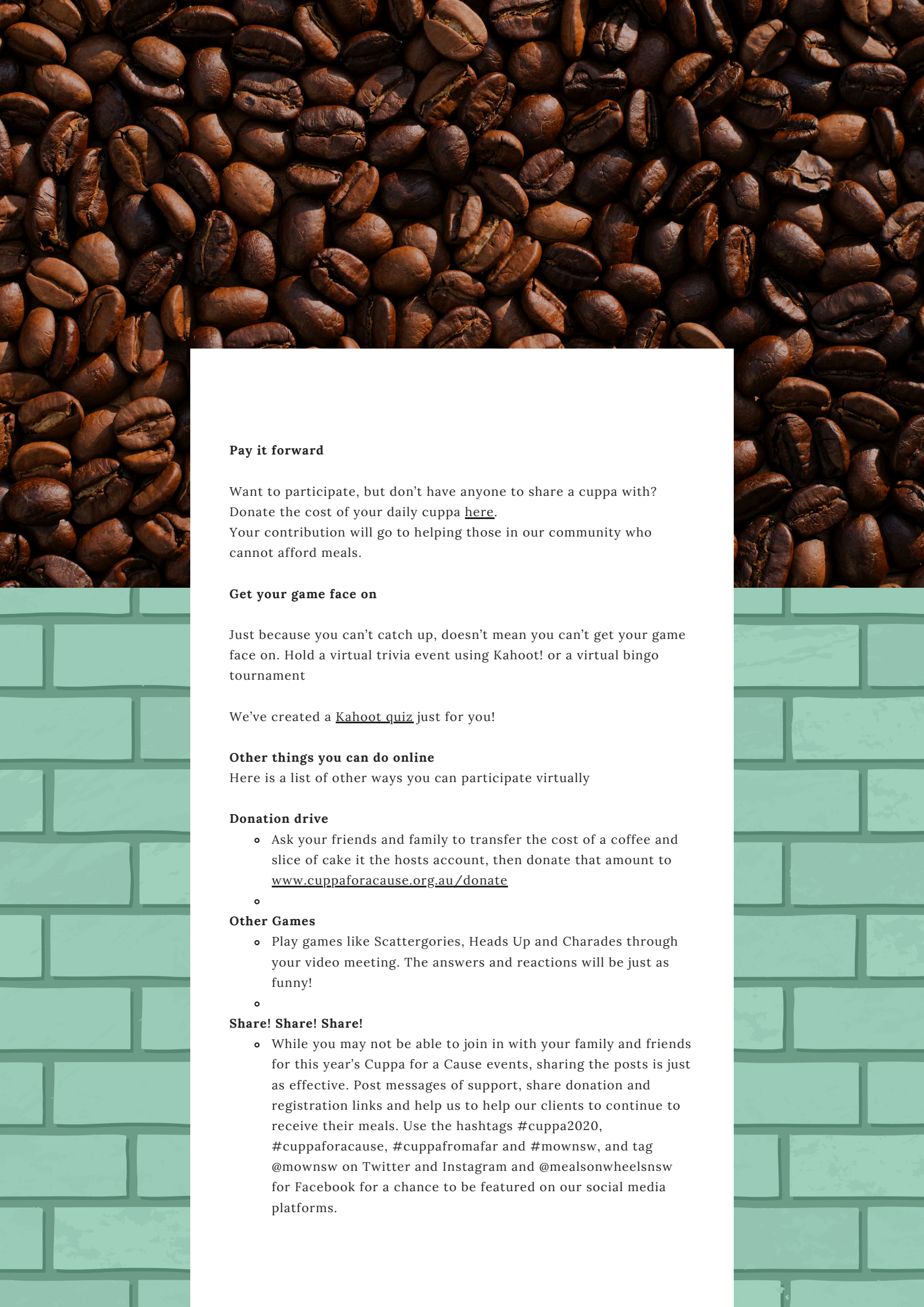
With the current situation surrounding COVID-19, it may be hard to connect with those around us. Cuppa for a Cause is the perfect opportunity to catch up with your team and friends virtually.



### Ways to stay connected

#### **A little 'virtual' tea party won't hurt!**

Connect with your team and friends using an online video calling app, like Zoom, Teams, WhatsApp, or Facetime. Not only will you be able to see everyone but share a virtual tea too!



### **Pay it forward**

Want to participate, but don't have anyone to share a cuppa with? Donate the cost of your daily cuppa [here](#). Your contribution will go to helping those in our community who cannot afford meals.

### **Get your game face on**

Just because you can't catch up, doesn't mean you can't get your game face on. Hold a virtual trivia event using Kahoot! or a virtual bingo tournament

We've created a [Kahoot quiz](#) just for you!

### **Other things you can do online**

Here is a list of other ways you can participate virtually

#### **Donation drive**

- Ask your friends and family to transfer the cost of a coffee and slice of cake to the hosts account, then donate that amount to [www.cuppaforacause.org.au/donate](http://www.cuppaforacause.org.au/donate)
- 

#### **Other Games**

- Play games like Scattergories, Heads Up and Charades through your video meeting. The answers and reactions will be just as funny!
- 

#### **Share! Share! Share!**

- While you may not be able to join in with your family and friends for this year's Cuppa for a Cause events, sharing the posts is just as effective. Post messages of support, share donation and registration links and help us to help our clients to continue to receive their meals. Use the hashtags #cuppa2020, #cuppaforacause, #cuppafromafar and #mownsw, and tag @mownsw on Twitter and Instagram and @mealsonwheelsnsw for Facebook for a chance to be featured on our social media platforms.



---

## FUNDRAISING FROM HOME

---


### Let's get the tea party started!

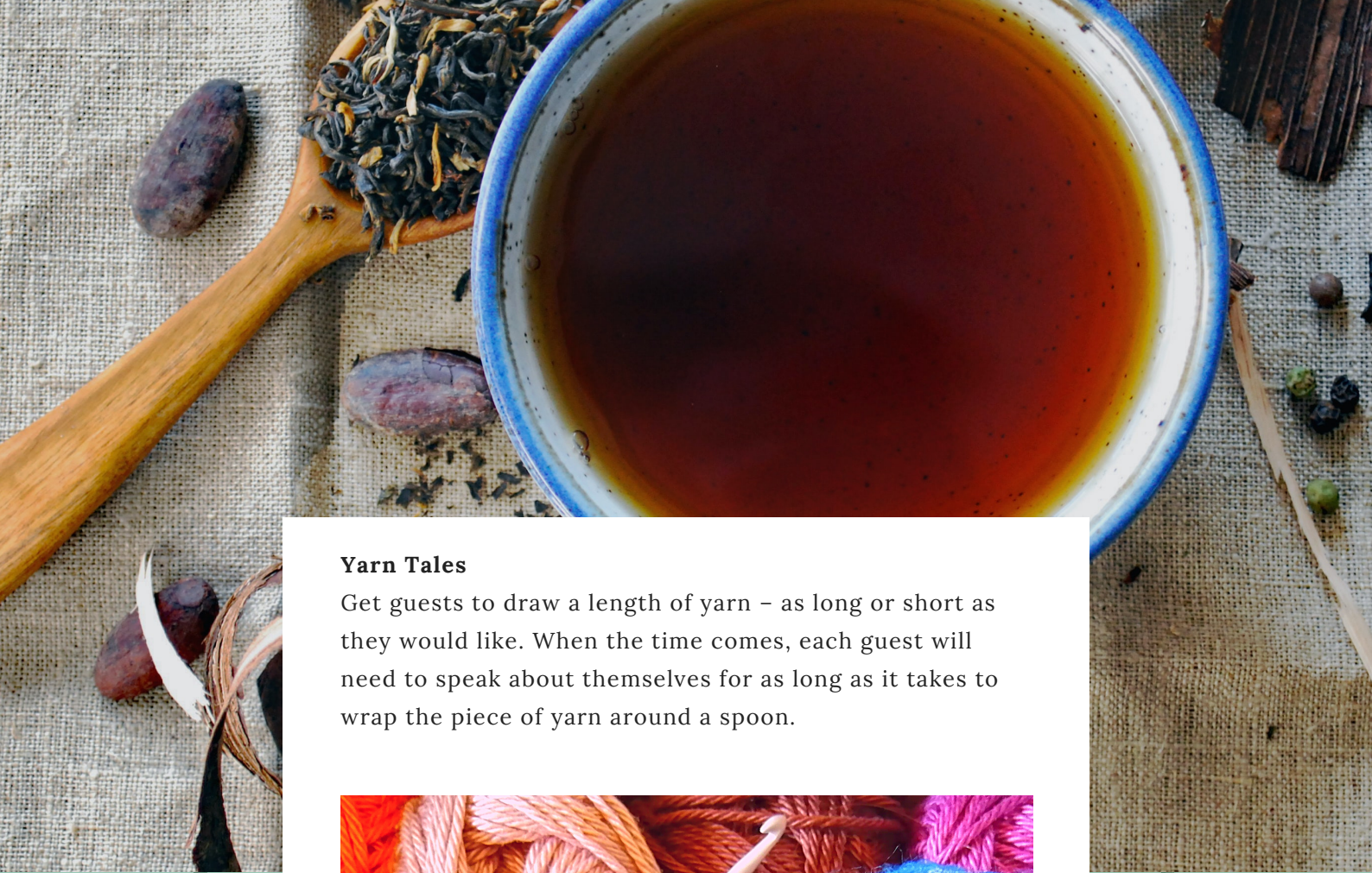
Catch up with your nearest and dearest by brewing a cuppa and sharing a plate. This is the perfect opportunity to share recipes, catch up on gossip and fund raise for Meals on Wheels NSW.

### Party Ideas

#### Great MOW Bake-off

Have all the attendees bake a dessert to be judged. Keep score and whoever wins will receive a prize of the hosts choice (we suggest a small kitchen tool – spatula or decorative spoon).

	<b>APPEARANCE</b>	<b>TEXTURE</b>
	10	10
	<b>TASTE</b>	<b>OVERALL</b>
	10	10



### **Yarn Tales**

Get guests to draw a length of yarn – as long or short as they would like. When the time comes, each guest will need to speak about themselves for as long as it takes to wrap the piece of yarn around a spoon.





---

## FUNDRAISING FROM WORK

---



### **Hump Day=Tea Breaks**

Planning to host 'Cuppa for a Cause' in your office? Whether you decide on a morning or afternoon tea, there is no better time to stop and have a quick chat with your colleagues and fund raise for Meals on Wheels NSW at the same time!



Ways to make the most out of your fundraiser

**Promote, Promote, Promote**

Make sure to invite co-workers to the event and share the event through emails, noticeboards and work networks.



**Dollar Matching**

Get senior management involved by asking them to dollar match the amount fund-raised by staff from the day.



**Fun and Games**

Host raffles, auctions, and other activities throughout the day. Great examples are 'guess the number of sweets in the lolly jar or a tea themed bingo game.





---

## FUNDRAISING FROM SCHOOL

---

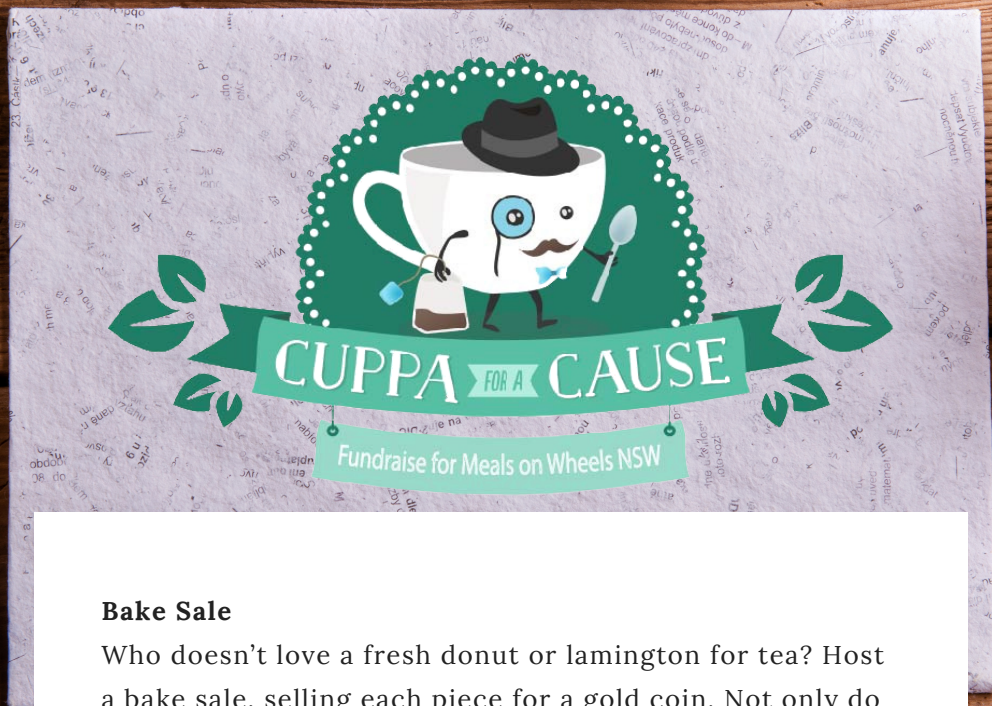
Meals on Wheels was started by the community for the community. The options are endless on how to fund raise at your local school.

Ideas to make the day tea-tastic!

### **Host a Mufti Day**

Mufti days are a great way to get students to participate and fund raise. Get students to dress in a theme of your choice (we suggest a tea party or 'dress as your grandparents' theme!) and donate a gold coin.





### Bake Sale

Who doesn't love a fresh donut or lamington for tea? Host a bake sale, selling each piece for a gold coin. Not only do you get to enjoy a sweet treat, but you'll have fun raising funds.



### Get Art-sy with It!

Feeling creative? Unleash your inner artist by downloading the art activity on [www.cuppaforacause.org.au](http://www.cuppaforacause.org.au) for a chance to be featured on our social media platforms!





Meals on Wheels  
New South Wales

---

# CUPPA FOR A CAUSE

SUPPORT NSW MEALS ON WHEELS

---

FUNDRAISING GUIDE