



HEAR THEIR ROAR

ROARING TEA PARTY

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CONTENTS

Page 2 – Contents

Page 3 – What we do

Page 4 – Fundraising for us

Page 5 – How we use the money

Page 6 – Step by step guide to your event

Page 7 – How to pay the money in

Page 8 – Gift aid form

Page 9 – Sponsorship form

Page 10-12 – Roarsome Lemon Meringue Biscuits

Page 13 – Thank you message





WHAT WE DO

We focus on three key programmes where we feel our experiences and capabilities can be leveraged to create the greatest impact in the communities with whom we work. These support the promotion of the UNCRC Article 19 which is our focus.

1. Supporting: Emotional Wellbeing in Disadvantaged Communities

Through our projects in this area it has been clear there is a breakdown of relationships and communication between Children and Young People and their communities leading to a deficit in emotional connections which is being played out in abusive expression.

Through this programme we undertake sessions with all sections of the community to help transform their view of communication and relationships.

We find our support is heard and understood and with the communities underlying desire for change we are able to make relationships grow. This demonstrably leads to less abusive consequences, be that corporal punishment or the neglect which stems from giving in to circumstance.

2. Engaging: Children and Young People with Social Care Needs

Children and Young People have unexpressed thoughts and feelings which play out in challenging behaviours. They are living with adults who are not able to correctly parent or look after them. This is damaging and in many cases abusive.

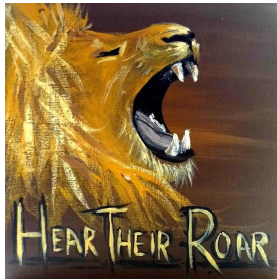
We connect Children and Young People in the first instance by using play, the underlying principle of UNCRC article 31, then moving into workshops focusing on understanding their emotions and ability to communicate. This becomes much more powerful in combination with work in the area of emotional wellbeing of the community as it feeds on the improvement in relationship and communication with the adults.

Children and Young People who have been through our projects feel better equipped emotionally to understand and cope with the challenges of life.

3. Empowering: Non-Violent Resistance and Tools to Support Change

Corporal punishment, escalatory relationships and communication, lack of human connection between adults and Children and Young People can be abusive and damaging but is normalised into the community.

We advocate the use of NVR as it empowers adults to take control of an escalating situation in a way that is not harmful to the child. It reduces escalation, it strengthens relationships, builds communication and has practical tools to manage Children and Young Peoples challenging behaviour. As NVR becomes an effective and embedded cultural norm abusive and disconnected relationship diminishes as a result. This impact is seen as a reduction in harm to Children and Young People and improvement in emotional wellbeing for all in the society.



FUNDRAISING FOR HEAR THEIR ROAR

We are a small charity and we depend on the fundraising efforts of our big hearted fundraisers to continue the work we do to serve the young people who need us.

YOU the fundraiser are fundamental in Hear Their Roar and we will do everything possible to help support, encourage and invest in you and your efforts.

We are so excited for your Roaring Tea Party.

CHARITIES WHO HAVE ENGAGED US



Every photo in this pack is of a child we have worked with. They are the reason we do everything we do and they are the heart of Hear Their Roar!





HOW WILL THE RAISED MONEY BE USED?

100% of public donations is used to fund our projects out in Africa.

- 1.** Every penny you raise and every penny people donate to you will go towards a) the cost of sending a team of facilitators who all have had emotional health training out to the young people we serve and b) on the resources we take out for the adults we work with.

- 2.** Every project costs about £2000 per facilitator and around £1000 for the resources we take. So your fundraising is so imperative to the projects Hear Their Roar is able to deliver to the most disadvantaged young people.

- 3.** We link with other charities and organisations and go out to them and the young people they work with.





STEP BY STEP GUIDE

So you are ready to go. We are so excited to champion you in your fundraising. Here is a step by step guide to have the best time!

1. HOLD A TEA PARTY OR HAVE A BAKE SALE

- ❖ Invite your friends and family for a tea party or take baked goods into work
- ❖ Whip up some yummy treats
- ❖ Have friends and family make donations at the tea party or sell your creations at work!
- ❖ Tell us all about it so we can celebrate with you

2. SET YOURSELF UP FOR DONATIONS

INTERNET DONATIONS:

Givey is our preferred giving site.

www.givey.com/heartheirroar Click this link and send your donation this way!

INTERNET BANKING: Or pop donations straight into our bank!

3. SOCIAL MEDIA

- ❖ Send us photos and videos so we can celebrate your achievement
- ❖ Add yourself to the Roaring Tea Party event in the Facebook page!
- ❖ Blog & post on your social media to get lots of interest in your tea party or bake sale
- ❖ #HearTheirRoar #RoaringTeaParty

4. DAY OF YOUR ROARING TEA PARTY

- ❖ HAVE LOADS OF FUN!
- ❖ ENJOY YOURSELF

5. AFTER YOUR EVENT

- ❖ Get in touch and let us know how it went ... and relax – YOU DID IT! Then look forward to us sending you an HTR bag for life as a thank you! 😊



HOW TO PAY YOUR MONEY IN

Well done for achieving your fantastic fundraising event

1. GIVEY. www.givey.com/heartheirroar Pop donation into our Givey site and it will automatically send any money to Hear Their Roar bank account – simples!

2. ONLINE. This is the best way to send any cash. You can scan and email sponsorship and gift aid forms to fundraising@heartheirroar.co.uk

Use online banking to send money to

Hear Their Roar

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3. IN PERSON. Hand any cash and sponsorship and gift aid forms to a Hear Their Roar representative in person.





HEAR THEIR ROAR GIFT AID FORM

Boost your donation by 25p of Gift Aid for every £1 you donate. If you're a UK taxpayer, using Gift Aid means that for every £1 you give, **Hear Their Roar** can claim another 25p from HM Revenue and Customs. Gift Aid is reclaimed by **Hear Their Roar** from the tax you pay for the

current tax year. Your address is needed to identify you as a current UK taxpayer.

Please tick all that apply.

☐ I am donating £_____ to **Hear Their Roar** and would like to Gift Aid this donation.

☐ I want to Gift Aid **all future donations** I make to **Hear Their Roar** until further notice.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

My details are:

Title or Name of Organisation	
First Name	
Surname	
Address & postcode	
*EMAIL FOR NEWSLETTER	

Signature _____

Date ____/____/____

Please let us know straight away if you: want to cancel this declaration or change your name or home address or no longer pay enough tax on your income and/or capital gains to cover the tax we reclaim. **Higher rate tax payers:** If you pay income Tax at the higher rate or additional rate you can claim additional tax relief by including all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.



SPONSORSHIP FORM

giftaid it

Full Name or Organisation	Address & Postcode	£p	Gift Aid	Collected



Ingredients for biscuits

175g cold butter
250g plain flour
100g icing sugar
Zest of 1 lemon
2 tea spoon of fresh lemon juice
1 egg yolk

Method for sandwich biscuits

1. Combine the cubed butter and flour, ideally using a food processor or electric hand whisk.
2. Add the egg yolk, lemon zest and juice and bring together into a dough, do not knead the dough as this would result in a tough biscuit (top bake off tip!)
3. Wrap in Clingfilm and refrigerate for 20 minutes
4. Roll out the dough onto a surface that's lightly dusted in flour
5. Cut out biscuits using a serrated edged pastry cutter
6. Using a smaller circular pastry cutter cut the middles out of half of the biscuits
7. Preheat the oven to 180c
8. Place the biscuits on a baking tray and put in the refrigerator for 15 minutes
9. Bake for 15 minutes until lightly golden

Method for kids lion biscuits

1. Combine the cubed butter and flour, ideally using a food processor or electric hand whisk.
2. Add the egg yolk and lemon zest and juice and bring together into a dough, do not knead the dough as this would result in a tough biscuit (top bake off

Ideas for decorating the children's lion biscuits

Large white chocolate buttons make a great face, you can use edible pens or icing pens to draw faces

Using melted white chocolate as a base on the biscuit cover the lions mane in popping candy. This looks fantastic but also will make your

tip!)

3. Wrap in Clingfilm and refrigerate for 20 minutes
4. Roll out the dough onto a surface that's lightly dusted in flour
5. Cut out biscuits using a serrated edged pastry cutter
6. Preheat the oven to 180c
7. Place the biscuits on a baking tray and put in the refrigerator for 15 minutes
8. Bake for 10-15 minutes until lightly golden
9. Allow to cool on a wire rack
10. Decorate!

biscuits roar (ok well crackle..) when you eat them

Strawberry laces cut into equal short lengths can be arranged around the large chocolate buttons to create a mane

The leftover butter cream from the sandwich biscuits can be piped to create a mane

White chocolate with a drop of yellow food colouring can be painted on or swirled on as a mane

Get creative and show us your own 'roarsome' designs



Filling for sandwich biscuits

Baking can be lots of fun, but we don't always have lots of time so we came up with three options for the filling depending on your baking confidence and available time. All 3 options are delicious and even the 'star baker' option is actually pretty straight forward, if a little more time consuming.

For each option pipe the butter cream in a ring around the outside of the base biscuit, fill the central area with lemon curd and top with the 'ring biscuit'.



Option 1- Star Baker

White chocolate Italian meringue butter cream and homemade lemon curd

Italian Meringue buttercream

3 large egg whites, 200g caster sugar, 75g water, 200g butter, Zest of 1 lemon, 150g white chocolate

Method

1. Melt the white chocolate (I usually do this in the microwave, do this at 20 second increments, mixing between each heating)
2. Combine the water and sugar in a heavy bottomed saucepan and heat on the stove top on a high medium heat, with a sugar thermometer clipped in
3. Heat until it reaches 121 degrees c (this will take around 10 mins; the sugar mixture will be bubbling and beginning to turn a light caramel colour)
4. Get the egg whites into a free standing mixer with the whisk attachment and whisk until they are stiff and trebled in volume
5. Once the sugar is 121c carefully add to the egg whites whisking on a medium speed throughout
6. Whisk the mixture until it cools to room temperature, be careful when testing this as the bowl will get very hot after you add the molten sugar
7. Add in the butter a bit at a time, this will deflate the mixture a little at first
8. Stir in the melted chocolate and turn up the speed one final time and whisk until thick and creamy (around 30 seconds)
9. Store in the fridge

Option 2- Just a hint of Mary Berry

Simple white chocolate butter cream and homemade lemon curd

Microwave Lemon Curd

85ml Lemon juice, Zest of 1 lemon, 110g caster sugar, 55g butter, 2 eggs

Method

1. Combine the juice, zest and sugar in a microwavable bowl
2. Heat in the microwave for 30sec
3. Stir and add in the butter
4. Whisk the eggs well
5. Pass the eggs through a sieve and add into the lemon juice, butter and sugar mixture
6. Microwave at 30sec intervals, stirring between each until the curd has thickened to the consistency of yogurt
7. Leave to cool in the fridge

Option 3- I just want to eat some biscuits!

Buy the Lemon Curd in a jar, and use the simple butter cream recipe- Trust me they will still be delicious

Simple White Chocolate Buttercream

125g room temperature butter, 125g icing sugar, 100g white chocolate

Method

1. Melt the white chocolate (I usually do this in the microwave, do this at 20 second increments, mixing between each heating)
2. Combine the butter and sugar and beat until smooth and creamy (this is easiest with an electric hand whisk)
3. Mix in the white chocolate and beat again until smooth and fluffy



THANK YOU FROM HEAR THEIR ROAR

We are super excited for your ROARING TEA PARTY event and we are seriously committed to supporting you.

If you have any questions please do get in touch with our fundraising team.

fundraising@heartheirroar.co.uk

07708779474

Thank you for choosing us and thank you for making our projects happen!

MEGAN AND THE WHOLE OF HEAR THEIR ROAR TEAM

