



Bake a Wish



Parents And Children Together

Thank you for deciding to take action to raise money for children, women and families in Reading and the Thames Valley. We hope you enjoy your fundraising activities.

Together we can change lives by building and nurturing adoptive families and empowering women, children and parents to rebuild after trauma and embrace a positive future.

Why we are needed

- There are currently 2,580 children in England waiting to be adopted - a 22% increase from the previous year
- Shocking figures reveal that more children could suffer domestic abuse than start primary school in England and Wales this year
- Reading has areas of deep deprivation: 10 areas in the city are in the most deprived 20% nationally, and 2 are in the most deprived 10%

What we do

PACT runs an [adoption service](#) for the children who will otherwise wait longest: children who are over three-years-old, children of black, mixed and minority ethnicities, brothers and sisters and children with additional needs. We find, train, prepare and support people from across southern and central England who would like to become parents through adoption.

[Bounce Back 4 Kids \(BB4K\)](#) is a support recovery programme developed by PACT that uses therapeutic techniques to support children who have survived or witnessed domestic abuse. Support is tailored to be responsive to the needs of families and can include individual support, groupwork, online workshops and courses, play therapy, other therapeutic sessions, access to wellbeing newsletters and a private Facebook group.

[Alana House](#) is a women-only community project that uses a holistic and trauma-informed approach to support and empower women facing multiple disadvantages. Last year, the highest needs of women at the time they came to us were: mental health (80%), experience with domestic abuse and rape (68%) and finance, debt and benefits (56%). Alana House offers a confidential, women-only, non-judgemental space and welcomes all women who feel they need help, support and advice.

What we achieved in 2024-2025

- We placed 84 children with 55 loving, permanent adoptive families
- We directly supported 158 children recovering from the impact of domestic abuse
- We supported 242 women experiencing multiple disadvantages

What your donation can support

- **£100** could help support children who have experienced trauma and abuse to understand their feelings and begin their journey to recovery
- **£50** could help give adoptive parents access to support and advice wherever they are in their adoption journey
- **£20** could enable women to access life-changing therapy, helping them overcome multiple disadvantages such as homelessness and substance abuse
- **£10** could be used to buy essentials for women leaving an abusive relationship, such as food or clothing
- **£5** could buy craft materials to allow a child affected by domestic abuse to express their feelings

In the fundraising pack you will find

- A guide to running a 'Bake a Wish' fundraising event
- Three delicious recipes from our Alana House cookbook
- Cake signs (foldable and not foldable versions)
- A PACT price list and poster for you to personalise to promote your event

Best of luck, and please get in touch with us if we can be of any more assistance.
Warm regards,



Stephanie

Stephanie Harvey | Corporate Partnerships Executive (she/her)
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A step-by-step guide to fundraising for your workplace

Thank you for deciding to take action to raise money for children, women and families in Reading and the Thames Valley.

Together we will change lives by building and nurturing adoptive families and empowering women, children and parents to rebuild after trauma and embrace a positive future.

1 Decide what you are going to do. We know a bake sale is always popular and we have included three recipes for inspiration for you for our 'Bake a Wish' activity. Other ideas could be:

- A raffle or lucky dip
- Guess the number of sweets in the jar
- A quiz night
- A sponsored activity – commit to covering a distance together as a team

If you have any other ideas or need some inspiration, please get in touch.

2 Decide when you are doing it and what people will need to know in advance, and start promoting through: emails, messages, posters (we have one you can use), your intranet, in any communal areas and talk to your internal comms team to find out how they can support you.

3 Set up your way of collecting donations. We can provide you with branded buckets if you are collecting cash or you can set up a fundraising page [here](#).

4 Remind people when the date is approaching, share stories of our work – you can use stats from this pack, case studies from our website or ask us to send you updates.

5 Hold your event - use the kit we provide if you are running a bake sale.

6 Take photos and share on your social media, not forgetting to tag us at [@pactcharity](#).

7 Thank everyone and bank the money. If there is any cash to be paid in, we will give you the bank details. Please do tell us when it's finished so we can ensure we show our appreciation.

You've been a part of rewriting the futures of the children, women and families we work with.

Chocolate hedgehogs

As seen in the Alana House cookbook



V Vegetarian

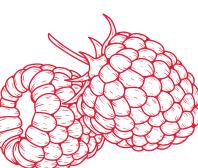
10 Serves

L 60 minutes



Ingredients

- 150g soft margarine
- 3 eggs
- 150g granulated sugar
- 150g self raising flour
- $\frac{1}{2}$ tsp baking powder
- 25g butter
- 200g icing sugar
- 20g cocoa powder
- 2 tbsp milk
- chocolate flakes
- 20 edible eyes or silver balls
- 10 raspberries



How to make

Preheat the oven to 180°C and line a muffin tin with cupcake paper cases.

Beat the soft margarine with the sugar until it has a creamy texture. Add the eggs one at a time, beating well after each egg. Sieve flour and baking powder into the mixture and fold gently in with a metal tablespoon.

Put a spoonful of the mixture into each paper case in the tin, and bake for 10–15 minutes until golden and firm.

Leave on the side to cool. To make the icing, heat the butter in a small pan and stir in the cocoa powder until smooth. Remove from the heat and pour into a mixing bowl. Gradually add icing sugar, beating well all the time. Add milk if the mixture is stiff.

Take the cakes out of their paper cases and, to make the hedgehog shape, cut the side into a pointy nose.



Heat a knife and a spatula with hot water, and spread the chocolate icing over the cakes. If the icing is difficult to spread, dip the knife back into the hot water. Use a fork to 'fluff' the icing until it looks roughened.

Cut chocolate flakes into a suitable length, and lay or press them into the icing to create spikes. Use edible eyes or silver balls to create eyes, and a raspberry to make the nose.

Malteser millionaires biscuit

As seen in the Alana House cookbook



Vegetarian



Serves 8



2 hours 30 minutes



Ingredients

- 600g malted milk biscuits
- 450g unsalted butter

For the filling:

- 3 tbsp caster sugar
- 4 tbsp golden syrup
- 397g condensed milk
- 300g Malteser spread or chocolate spread
- 200g milk chocolate Maltesers



How to make

Line a 23cmx23cm tin with greaseproof paper and set aside.

Blitz 600g biscuits in a food processor to a small crumb, and add 250g melted butter. Mix until combined, then place mixture in the tin. Press down firmly with a fork.

In a large saucepan, add 397g condensed milk, 200g butter, 3 tbsp sugar and 4 tbsp golden syrup and melt on a medium heat until the sugar is dissolved, stirring frequently.

Turn the heat up high and let the mixture come to a boil.



Heat for 5-7 minutes stirring constantly – be careful as the mixture is very hot. Remove from the heat when the caramel has changed to a slightly darker golden colour and has thickened to a soft fudge texture.

Pour the caramel onto the biscuit base and leave to set for 1-2 hours on the side or in the fridge. Melt 200g milk chocolate carefully down in the microwave or in a bain-marie. In a separate bowl, heat 300g Malteser spread for 30 seconds so that it softens.

Mix the two together and spread on top of the caramel. Sprinkle some whole and crushed Maltesers over the mix and set on the side or in the fridge. Once set, cut up into squares and serve.

Rock cakes

As seen in the Alana House cookbook

V

Vegetarian

12

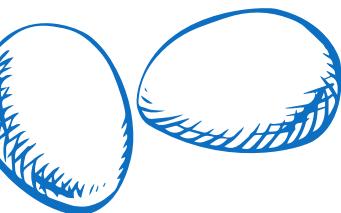
Serves

L

30 minutes

Ingredients

- 1 egg
- 225g self raising flour
- 75g soft margarine
- 75g caster sugar
- 100g sultanas
- 1 tbsp demerara sugar
- Milk



How to make

Preheat the oven to 170°C and line a baking tray with greaseproof paper.

Put the self raising flour and caster sugar into a bowl, and rub in the margarine until the mixture resembles breadcrumbs.

Crack an egg into a separate bowl and beat it. Add the beaten egg to the mixture along with sultanas and combine into a stiff dough.

If the mixture is too dry, add a splash of milk.

Place 12 rough heaps of mixture on the lined baking tray, sprinkle each with demerara sugar, and bake for 15–20 minutes.

Serve fresh from the oven.



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could buy craft materials to allow a child who has been affected by domestic abuse to express their feelings

Price list



I love baking with my children, it's such a fun activity with a treat at the end of it.



- Jemma, Alana House service user



