AKU Society
Coffee Morning
Kit
Organising your Coffee Morning

A coffee morning is a brilliant way to get your family, friends and colleagues together over a cuppa and a cake, to raise money for the AKU Society. This booklet contains all the information you should need for making your event a huge success. Thank you for taking part. Don’t forget to send us your pictures!

Planning the day

The venue: Think about which location would be best to hold your coffee morning in: at home, at work, or even at a local community centre or church hall. It could be useful to ask one or two helpers to assist with setting up, serving and clearing away.

The treats: The crucial part of any coffee morning is the cakes! To help keep your expenses down, you may want to ask your guests to bake something to bring and share, or even ask your local supermarket or bakery to donate some goodies. Buns, cupcakes, tray bakes, fridge slices, homemade biscuits, the list of possibilities is endless!

The date: We hold our annual Garrod Day Coffee Morning on 25th November, when we celebrate the birthday of Sir Archibald Garrod, who discovered AKU back in 1902. On that day we ask our supporters around the country to host a coffee morning for their friends, colleagues and families.

Publicity

- Invite as many friends, family and colleagues as you can!
- Think about spreading the word online, perhaps by creating a Facebook event or use our Twitter handle #GarrodDay #AKUCoffee
- You can also advertise your coffee morning using our AKU poster design included in the fundraising folder.

Keep it safe

- Remember to accurately label food with any ingredients that could cause an allergic reaction. It might be a good idea to write down all the ingredients that go into making your treats and then display them on a note next to each item.
- For any queries on how to follow good practice when selling food visit the Food Standards Agency website.
Raise some money

- Be upfront and let people know that this is a fundraising event, for a brilliant cause. That way your guests will come prepared! You can either set a price for each item, or just ask guests to give as generously as they can.

- Why not add some extra fundraising activities at your event: have a bake-off competition and ask your friends to vote for their favourite cake or you could hold a quiz, a raffle or a second-hand sale.

- You could sell any leftovers for people to take away, so have some sandwich bags to hand.

- You can use the collection box included in this pack to collect your donations, so remember to place it in a prominent place. But don’t worry if your guests don’t have cash on them, as you can direct them to our JustGiving page, www.justgiving.com/alkaptonuria.

After the day

- Total up the amount you have raised and send a cheque made payable to ‘The Alkaptonuria Society’ to 66 Devonshire Road, Cambridge, CB1 2BL, or you can donate the money to us by making a donation on our JustGiving page.

- We would love it if you could take pictures of your event and send them to us! Please give us any feedback on your coffee morning experience.

Spreading awareness

- As well as raising money, your coffee morning is a brilliant chance to raise awareness of AKU. Please distribute the information leaflets provided to help raise awareness.

- This pack also includes extra information on the significance of Sir Archibald Garrod and how he came to discover AKU, as well as details of how the money raised at your coffee morning will make a difference.

And most of all—enjoy yourself
Sir Archibald Garrod was an English physician who first described AKU. On the 25th of November we celebrate Garrod Day as it’s Sir Archibald Garrod’s birthday. We are hosting coffee mornings a day later so everyone can host their own coffee mornings in their workplaces.

Garrod was the fourth son of another renowned physician and was educated at Marlborough College and Christ Church at the University of Oxford. He lacked interest in classics, so he performed poorly at Marlborough College. However, he graduated with a first-class honours degree in natural science in 1878. In 1885 he obtained his Bachelor of Medicine and Master of Arts from Oxford and became a member of the Royal College of Physicians. A very successful education!

During the First World War, Garrod served as a medical consultant to the army, primarily in Malta, and in 1918 he was appointed Knight Commander of the Order of St Michael and St George in recognition of his wartime services. Unfortunately, two of his three sons were killed in action during the war. His third son, Basil, aged 21, died in Cologne during the great Spanish Flu pandemic.

Garrod is best known for his scientific study of inborn errors of metabolism. He had a childhood interest with colour variations and he took particular notice of how the colour of urine changed. Due to this he began to study alkaptonuria. He collected family history information as well as urine from his patients and in 1902, published a paper called The Incidence of Alkaptonuria: a Study in Chemical Individuality. This was the first published account of a case of recessive inheritance in humans. He received honorary degrees from the universities of Aberdeen, Dublin, Glasgow, Malta, and Padua in recognition of pioneering a new field of medicine.
Our Previous Coffee Mornings

On the 25th November in 2015, we launched our first Garrod Day Coffee Morning. We had supporters all over the country hosting their own coffee mornings, and we held our own bake sale and raffle here in our office. It was a great opportunity to raise awareness and money for AKU.

We held our first Garrod Day Coffee Morning in 2015. Patients held their own coffee morning and invited their families and friends along.

Our 2017 coffee morning was a success as well! We sold Rocky Road, vegan flapjacks, a chocolate yule log and lemon cake.

We have had patients, AKU researchers and families hold Garrod Day Coffee Mornings for us all over the world, from here in the UK to Australia.
AKU Bake Off

Here at the AKU Society we have been trialling recipes in preparation for our own Garrod Day Coffee Morning, why not try them yourselves! We’d love you to share your recipes with us too, why not post a photo to our Facebook page or Tweet #GarrodDay #AKUCoffee.

The Lemon Drizzle Cake

You can’t go wrong with the classic lemon drizzle cake. Follow our very simple recipe below, and it’s bound to go down a treat.

Ingredients

- 225g unsalted butter, softened
- 225g caster sugar
- 4 eggs
- Finely grated zest of 1 lemon
- 225g self-raisinng flour

For the drizzle topping

- Juice 1 1/2 lemons
- 85g caster sugar

Method

1. Start by preheating the oven to 180C/fan (160C/gas).
2. Then beat together the butter and sugar until pale and creamy, before adding the eggs one at a time, while slowly mixing through.
3. Sift the flour into the mixture and add the lemon zest and mix it all together.
4. Line a loaf tin with greaseproof paper, spoon the mixture into the tin and level the top. Your cake is now ready to go in the oven!
5. Suggested baking time is 45–50 mins. If you find the top of the cake is darkening, you might want to put some foil over the top to prevent it burning. To make sure it is ready, stick a skewer through the centre of the cake and it should come out clean!
6. While the cake is cooling, mix together the sugar and lemon juice for the lemon drizzle mixture. Prick the cake all over with a fork and drizzle the juice over.
When taking nitisinone, the treatment for AKU, AKU patients have to monitor their protein intake. We therefore decided to make these low-protein fruit and nut bars, recommended by Shirley Judd, a specialist AKU dietitian (2.5g of protein per 57g serving).

**Ingredients**

- 450g stewed eating apples
- 5 tablespoons orange juice
- 225g chopped mixed dried fruits
- 100g chopped mixed nuts
- 75g whole meal self-raising flour

**Method**

1. Preheat the oven to 180C/fan (160C/gas).
2. To stew the apples, peel and core and roughly chop. Add the apples to a pan with 2 tbsp water. Cover and cook over a gentle heat for 10-15 mins, stirring occasionally.
3. Chop the fruit and nuts and add them to a mixing bowl with the stewed apples, orange juice, flour, desiccated coconut and oil. Mix all ingredients together.
4. Spoon into baking tin, lined with greaseproof paper. Smooth out and press down slightly, then bake for 35-40 minutes, until golden and firm.
Final Tips

- **Plan:** Don’t leave all the planning until the last minute. Give yourself enough time to plan the venue, what to bake, who to ask to help. Remember the bigger the coffee morning you are planning the more time you will need to plan and organise the event.

- **Advertise on social media:** Utilise every social media platform you have to shout about your coffee morning. Ask family and friends to share your posts as well to make sure you reach as many people as possible.

- **Make your coffee morning stand out:** Make sure to use our AKU branded cupcake bunting, stickers and posters to attract everyone to your stand.

- **Check out our A-Z Fundraising Ideas booklet:** This has many ideas on how to raise funds for the AKU Society. Alongside hosting the coffee morning you could do one (or more) of these ideas to maximise the amount you wish to raise.

- **Unwanted items:** We have had previous fundraisers sell unwanted items, such as books and children’s toys as well as selling cakes and coffee. A great way to de-clutter your house and raise funds.

- **Organise a float:** Get a coin box ready before your coffee morning with lots of spare change. This means if anyone needs change for a fiver, you have it!

- **Venue & Supplies:** Give your guests room to enjoy their cake and coffee, think about having some comfy chairs and sofas for everyone to enjoy their delicious treats. Don’t forget to brings plates, napkins, cutlery, mugs and coffee supplies.

- **Say thank you:** This is one of the most important things for you to do at the end of your coffee morning. Thank the volunteers, anyone who baked, the guests for coming, anyone who helped make your coffee morning a success.
Your donation could...

**Provide vital information to a patient diagnosed with AKU**
When diagnosed with a rare condition like AKU many patients find it hard to access specialised and accurate information, leaving them uncertain of their future. You could change this by providing a patient with our expert information pack, giving them the knowledge of AKU consultants in their own home.

**Get a home-based exercise kit to a patient who needs it**
AKU destroys patients’ joints and inhibits their mobility. Your gift could cover the cost of a chair-based exercise kit proven to improve mobility, strength and wellbeing.

**Give a patient a one-to-one home support visit**
The expert advice and encouragement of Lesley, our specialist Patient Support Manager, makes such a big difference to patients and their families. You could enable more patients to receive a personalised visit and transform their ability to cope with AKU.

**Help a patient travel to the centre of excellence for AKU**
The National Alkaptonuria Centre is the world’s only expert centre for AKU, providing monitoring, advice and pain management to AKU patients across the country. You can help ensure every patient has access to this life-changing service.

**Give a course of essential hydrotherapy sessions**
You could help a patient manage their symptoms by receiving hydrotherapy which reduces pain, promotes relaxation, mobilises joints and strengthens muscles.

**Cover a place at our International Patient Workshop**
Help an international patient to meet world AKU experts, learn about their condition and share their experiences with other AKU patients for the first time.

**Provide a course of counselling to an AKU patient**
Living with a chronic condition is a mental and physical challenge. It is vital that patients have the necessary support to look after their mental health.

**Run a local AKU patient support and social group**
Having a chance to meet other patients and share experiences in a social setting helps to reduce patients’ sense of isolation and shows them they are not facing AKU alone.