Huntington's Australia

High Tea 4 HD

EVENT KIT

REGISTER NOW

www.huntingtonsaustralia.au/hightea4HD

TABLE OF CONTENTS

INTRODUCTION 02

10 EASY STEPS TO HOLD A HIGH TEA 03

DELICIOUS RECIPES 04





Get your friends together, enjoy some delicious treats, and make a real impact!

Host a High Tea 4 HD during HD Awareness Month in May (or any time that suits you) and turn your gathering into a fundraiser for Huntington's Australia.

It's a simple, fun, and meaningful way to show your support.

Ready to make a difference? We'd love to have you on board!

10 EASY STEPS TO A SUCCESSFUL HIGH TEA



1. REGISTER
Provide us with all the details of your event so we can send you the fundraising kit that will help make your High Tea 4 HD a huge success. This can be done online or by sending a completed registration form back to us.

2. GUEST LIST
Think about who you might like to invite, how many people you can accommodate, and use our special poster or personally invite them with a paper invitation.

3. INVITE
Invite family, friends, work colleagues, and associates. High Teas aren't just for ladies—everyone can tag along!

4. SOCIAL MEDIA
Set up a Facebook group for your event attendees and share your invitation across social media to generate excitement.

5. PLAN
Plan the day with decorations, food, and tea. Think through recipes, location, timing, and the order of events. Your High Tea can be fancy or simple, whatever works best for you.

6. FUNDRAISE
Donations can be made directly to your online fundraising page before and during your High Tea. You can create your page on Share the link when inviting guests so they can donate in advance. All donations over $2 are tax-deductible.

7. MERCHANDISE
You can request merchandise on consignment, allowing you to return any unsold items. We offer blue and purple lapel pins for $3 each, pens for $5, water bottles for $10, and caps for $15. To request a consignment pack, email us at fundraising@huntingtonsaustralia.au and let us know how many items you need.

8. AWARENESS
Share about Huntington's disease at your event. Raising awareness is just as important as fundraising.

9. CLICK, CLICK, SHARE
Take photos and videos at your event and share them on social media to raise awareness. Send your best moments to Huntington's Australia so we can share them too!

10. THANK YOU
Follow up your event with a big thank you to attendees. Encourage them to keep supporting Huntington's Australia. Visit our website to learn more about ongoing ways to help.

DELICIOUS RECIPES FOR YOUR HIGH TEA

To help you get started, here are some of our favourite recipes from our staff, including some swallow-friendly options for our HD community:



CHOCOLATE CHIP COOKIES

a recipe suggested by Kate, NDIS Support Coordinator NSW
Read more

20 servings

100g unsalted butter, slightly softened
125g golden caster sugar
1 large free-range egg
½ teaspoon vanilla extract
200g self-raising flour
1 pinch of fine sea salt
100g quality chocolate (use a mixture of milk and dark, if you like)

- Preheat the oven to 170°C/325°F/gas 3. Line two baking sheets with greaseproof paper.
- Beat the butter and sugar in a large bowl until pale and creamy. Crack in the egg, add the vanilla and mix well. Sift in and fold through the flour and salt. Roughly chop and stir in the chocolate.
- Roll tablespoons of the dough into balls and place onto the lined trays. Cover and chill in the fridge for 15 minutes.
- Flatten the balls slightly with your fingers, then place in the hot oven for 10 to 12 minutes, or until lightly golden (make sure you don't overdo them – the chewier the better). Leave to cool completely, then serve with a glass of cold milk.

SHORTBREAD

a family recipe from Maggie, HD Specialist WA

8 oz butter
4 oz caster sugar
4 oz cornflour
8 oz plain flour
pinch of salt

- Cream butter and sugar till light and fluffy.
- Sieve dry ingredients and gradually add to mixture.
- Knead until smooth. Press into two 6-inch round tins, mark into wedges, and prick with a fork.
- Bake in a slow oven (approx. 20-30 minutes) until lightly browned.
- Re-cut the wedges and dredge with caster sugar.
- Leave until cold and remove from tins.

AVO-COCOA PUDDING

a dysphagia friendly recipe suggested by Monica, Team Leader, Community Programs
Read more

Banana
Ripe avocado
Milk (or coconut milk)
1-2 tsp cocoa or raw cacao powder
Honey (or a sweetener such as stevia or monkfruit powder) to taste

Blend all ingredients together and enjoy!

NO-BAKE RICE BUBBLES MARS BAR SLICE

a recipe suggested by Cathy, Fundraising & Events Coordinator
Read more

1 Mars Funsize Sharepack (12 pieces) OR 4 x 47g Mars bars
90g unsalted butter or margarine
3 cups Kellogg's Rice Bubbles
200g chocolate or choc melts

- Line a 28cm x 18cm slice tin with baking paper
- In a medium saucepan, add butter and roughly chopped Mars Bars. Stir over a medium-low heat until melted and combined.
- Place Kellogg's Rice Bubbles into a large heatproof bowl. Add Mars Bar mixture, stir until combined. Press mixture firmly into tin using the back of a spoon.
- Place chocolate in a medium heatproof bowl. Place bowl over a medium saucepan of simmering water (don't let water touch the base of the bowl); stir until chocolate is melted and smooth. Spread evenly over the cooled slice. Refrigerate for approx. 2 hours or until set before cutting into small pieces.

OUR HIGH TEA POSTER

Need an invite? Download our High Tea poster and send it to your friends!



REGISTER YOUR HIGH TEA

High Tea 4 HD

Online:
www.huntingtonsaustralia.au/hightea4hd

Mail:
Send your completed form to:
Huntington's Australia
PO Box 178, West Ryde, NSW 1685

Email:
fundraising@huntingtonsaustralia.au



Date of your proposed High Tea _____

Approx. number of guests

Please send me the High Tea Kit

First name Surname

Mailing address

Suburb State Postcode

Email

Tel Mobile

Happy High Tea!

Huntington's Australia