

the
BIG
pancake
party

PARTY PACK

EVERYTHING YOU NEED TO THROW A
FLIPPING FANTASTIC PARTY!

**TOGETHER
NETWORK**⊕



It's Pancake!

Thank you so much for signing up to take part in the Big Pancake Party - together we can make a real difference to the lives of thousands of people experiencing food poverty.

The chief pancake flippers here at the Church Urban Fund who coordinate the Big Pancake Party are on hand with expert pancake advice. You can get hold of us by telephone, email or good old-fashioned letter using the details here - we can help you with things such as ideas for fundraising, providing extra resources, recipes for unusual pancakes or any other questions you have. We're happy to help, just drop us an email or give us a call. Don't forget, if you've got fun plans for your Pancake Party, or photos of the Party itself, make sure you send them our way so we can share them more widely.

Thanks so much once again for getting involved, we hope your Party goes well and you have a stack of fun!

Best wishes,

The Big Pancake Party Planners



Or you can get in touch on:

0207 898 1091 / holly.adams@cuf.org.uk



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You'd better believe we're ending food poverty

In our latest research about food poverty, we found that 1 in 8 adults in Britain worries about being able to afford food. In 2019 food banks reported record highs in the numbers of people using their services, and a staggering three million children were said to be at risk of hunger over the summer holidays.

Here at the Church Urban Fund, we supported over 200 projects in 2019 helping to tackle food poverty through our core programme, the Together Network. We ran holiday-hunger programmes in five different areas of England, feeding thousands of children every summer holiday who otherwise would go hungry without their school meals. To hear more about how one of these projects is changing lives, check out Sian's story on page 6.

Alongside our holiday hunger work, we support a whole host of other kinds of projects fighting food poverty, including advocacy work addressing the root of the issue. In Lancashire the prominent #DarwenGetsHangry campaign championed a group of girls, food poverty experts by experience, resulting in wide coverage for them at various conferences across the UK and in the media. The girls successfully raised the profile of child poverty and hunger and have grown immensely in confidence. In Newcastle the Together Network has campaigned for fairness across the school meal system so that children attending from the poorest households are not disadvantaged. So far, their efforts equate to a phenomenal £20,000 per year being redistributed back to families.

We're working hard to end hunger in England, but there is still so much more to be done. Every penny raised by the Big Pancake Party will help us at the Church Urban Fund to continue our mission – thanks for getting involved.

**OVER
200**

projects in 2019

We're supported by Church Urban Fund to tackle food poverty through the Together Network.



**TOGETHER
NETWORK** ⁺

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5 AREAS

**in England covered
by holiday-hunger
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”

SIAN'S STORY

The summer holidays: six joyful weeks of fun-filled days. Except for millions of families in Britain this is not the case. It's shocking, but the reality looks much bleaker, with recent reports estimating that a staggering three million children in Britain are at risk of going hungry during the school holidays without school meals.

For Sian, a mum in her thirties in Middlesbrough, the six weeks of summer holidays put enormous pressure on her finances. Sian says: 'Money really is our biggest obstacle - we struggle for meals over the holidays, and it's so hard to find cheap ways to keep your children entertained.' But in 2019 Sian discovered Feast of Fun, which changed everything.

Feast of Fun, run by Church Urban Fund's Together Network in the north east, supports over 1,500 children, young people and families area over the school holidays by offering fun activities, healthy food and family outings in 23 locations in the Middlesbrough, Redcar and Cleveland. When Sian first took her kids along to the

nearest Feast of Fun, she was blown away. 'I've been shocked at how generous it's been. I expected that they would scrimp and save. But there's been food for the kids, food for the parents and still there's enough left over for us to take some home.... it's been a godsend. I would not have had any food today if I had not come here'.

Through campaigns like the Big Pancake Party your support is helping us to increase our holiday hunger provision in Middlesbrough and beyond – with Feasts of Fun supported by the Together Network stretching from the North East to the South West in Plymouth. Thank you for helping us end hunger and transform lives.



Four steps to planning a Pancake Party

1

Plan your party

Decide on a venue: it could be your home, your school, your workplace, your church or another location. As long as there's somewhere to make a pancake it really is up to you! Decide on a date and time: Shrove Tuesday this year is 25th February, but if you think another date would suit you better, then there's no reason you can't hold it on another day and have pancakes for breakfast, lunch or dinner – the choice is yours.



2

Invite the party-goers

Invite family, friends, neighbours, colleagues... the more the merrier. You can use our Big Pancake Party posters and invitations as well as other methods – we think a good old fashioned personal invitation usually works best. People of all ages are welcome to take part in the Big Pancake Party; whether you hold a 'Pancake-Party-Games' night for children and young people, or a classy 'Pancakes and Prosecco Party' for grown-ups – we've got ideas and resources for you.



3

Make the biggest difference you can

Every penny you raise at your Big Pancake Party goes to the Church Urban Fund's Together Network and could help feed hungry children at holiday-hunger schemes, or could help set up a new Community Fridge. That's why it's important that – as well as having fun at your party – you raise some money too and together we can make a difference to the lives of hungry families all over the country. You can simply ask for donations, or you can be more creative: check out pages 8 and 9 for some fundraising Tips.



4

Have fun and eat stacks of pancakes!



All you've got to do now is don your aprons and get flipping! Don't forget to check out the Big Pancake Party Recipe Book for some interesting international recipes! Oh, and pop your party photos on social media using the hashtag **#bigpancakeparty**.

Don't forget to check out our website: www.bigpancakeparty.org.uk for other resources and get even more inspiration for your Party!

FUNDRAISING TIPS

The **Big Pancake Party** is all about changing lives by trying to end hunger in this country... while having some fun along the way! Here are some ideas for fundraising at your Party:

1

Ask for donations

Put out a bowl for donations and use our donations bowl place mat, downloadable from the resources section of the website. Ask your guests to give what they can afford for the pancakes they eat.



2

Hold a raffle at your party

Ask local businesses to contribute prizes, or ask your guests to bring prizes, for the raffle. You can buy a book of raffle tickets from most stationary shops, and then just nominate somebody to sell them at your Party.



3

Turn your old recipe books into cash!

Ask your guests to bring any recipe books they don't want any more and set up a book-sale stall. One cook's trash is another cook's treasure!





4

Something for the grown-ups?

Turn your party into a Pancake and Prosecco party with fizz and delicious pancake themed canapes! You could ask guests to pay for their ticket and set an evening-wear dress code. Check out pages 14 and 15 for ideas!

5

Pancakes on demand!

If you're holding your Party in an office or campus, you could advertise delivery pancakes available! Set up one person cooking the pancakes to order and another person on foot or on a bike delivering them fresh and steaming to the whoever ordered them around the office or across the campus. You could charge £3 a pancake and £1 per topping with delivery free!



6

Putting the fun in fundraising!



There are loads of other ways you can raise money at your Party. You could ask guests to pay to play 'guess how many smarties are in the Nutella jar' and the closest guess wins the jar. Or set up a game of 'toss the pancake' and for 50p a go guests get a frying pan and have to toss a pancake onto a target – anyone who hits the target gets a small prize. Or there's always the trusty Tombola!

FUN & GAMES

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These suggestions for games are a big hit with the younger pancake-lovers, and even some grown-ups too! Whether your party is a school, a church youth group, a Girls Brigade, a Scout troop or another gathering of young people, these Pancake Party Games are for you!

1

Pancake Treasure Hunt

Hide the different ingredients and toppings around your venue, then send your children and young people out to look for them. Depending on their age, you could split participants into teams to make it more of a competition. (It is advisable to leave eggs in their egg box!).



2

Pancake Relay



Like a normal relay race, but with runners flipping pancakes as they race! You will need two frying pans and a pancake (or tortilla wrap is sometimes easier) per team. Separate each team into two halves, placing one half at each end of the room. Participants need to run to each end of the room and pass the pancake to the next runner, either by tossing the pancake into the next frying pan or passing it carefully.



3

Pancake Obstacle Race

Set up an obstacle race in your venue, this should include lots of overs, unders and throughs! Split participants into teams and race through the obstacle course holding a frying pan with a pancake in it. The first team through the course wins (points could be deducted for any dropped pancakes!).

4

Pancake art!

Have you heard of Pancake Art, the creative cooking craze gripping the nation? If you search for Pancake Art on the internet, you'll get the idea. The artist uses coloured batters to draw an image on to a pan which is then cooked and flipped to reveal a pancake with an amazing design on it.

A slightly easier way to do this is to use baking paper and draw a design using a pencil. Make a thick pancake batter and divide it into small bowls - add different food colouring to each bowl, then put each coloured batter into a piping bag. Flip the baking paper over so the pencil design is face down but visible through the paper, then pipe the design onto the paper using the different coloured batters. Be sure to fill in the whole pancake shape with batter so there are no holes. Then lift the whole thing and put it in a frying pan, so the paper is between the pan and the batter. Leave for a few minutes and then once the batter has begun to cook, flip it, so the paper is on the top. Cook for a few minutes more and then remove from the pan. Carefully peel the paper off immediately while it is still hot. You could get the children to draw and pipe their designs and then a grown up could do the cooking. You could vote on the best batter-work!



Resources for Churches

BIBLE STUDY NOTES

If you're holding your Pancake Party at your church, you might want to use the following Bible study notes in a service or with a youth group. These notes are not intended to be a fully formed session, but rather a springboard into your own discussion on the theme of hunger and provision:



- We can understand hunger both spiritually and physically. There are examples of both in the Bible.
- When Jesus says in Matthew 25:35: 'For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me' we know he is talking about physical need, and how we meet those needs for others.
- But when Jesus says 'I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst' in John 6:33-35 we know he is talking about spiritual hunger.
- Unpack what the difference is between spiritual and physical hunger. When was the last time you were physically hungry? Has being physically hungry ever had a real impact on your life? Do you ever think of yourself as being spiritually hungry? How does it feel?
- Read John 6:1-11. What stands out to you about this passage? What does it tell us about hunger? What does it tell us about provision? What does it tell us about giving?
- The boy's lunch was made up of Eastern loaves, which were thin and small, like a cracker. Around the Sea of Galilee salting and preserving fish was a big industry and the fish would have been about the size of small sardines. The child's whole lunch was barely enough for one hungry boy.
- Jesus understood the needs of the crowd and understands our needs now – our hunger.
- This is interpreted as a miracle of multiplication; Jesus takes a small boy's offering and multiplies it to feed all who've gathered. But we can also think of this as a miracle of generosity – when one person bravely offers all they have, who knows how much more might be offered. How can we participate in a miracle of generosity today?
- How can we feed the hungry physically? How can we feed ourselves and others spiritually? What small thing can we offer to God this week – perhaps at the Pancake Party – for Him to magnify?



PRAYER CARD

Research shows that 1 in 8 British adults worry about being able to afford enough food. The Big Pancake Party raises funds to tackle food poverty, and this prayer could be used at a service or Party focusing on this issue.

Lord, we know your provision is bountiful, but because of injustice many go hungry.

We pray for those who struggle to feed themselves and their families. We hold them up to you: their health, their wellbeing, their finances, their challenges.

We ask: give food to the hungry, and give those of us with food a hunger for justice.

We give thanks for the work of charities and their staff and volunteers who feed the hungry Through food banks, holiday hunger schemes, community fridges and other projects.

Bless and resource the work of the Church Urban Fund's Together Network as they follow your call and pursue your Kingdom.

Guide us to be people of compassion and action and help us to respond with love and care, as you do, to all people who do not have 'enough'.

Amen.

"For I was hungry and you gave me something to eat."
— **Matthew 25:35 (NIV)**

The Big Pancake (& Prosecco*) Party!

Some parties are for children and some are at churches – but for grown-up party-goers looking for something a bit boozy, these recipes are for you. Please eat and drink responsibly!



FOOD: Pancake toppings for grown-ups

Irish Cream Pancakes – Whip 300ml double cream with 100ml Baileys and top your pancake with this and fresh fruit (also delicious with Nutella!).



G&T Pancakes – In a pan, boil the juice of 1 lemon and 1 lime, 3tbsp sugar and 3tbsp gin for three minutes and then drizzle over pancakes.

Prosecco Chocolate Pancakes – put 150ml double cream and 25g butter in a saucepan and heat until simmering. Take off the heat and add 150g chocolate chips – stir until the chocolate has melted. Slowly add 50ml prosecco and mix. Lather onto pancakes and enjoy!

(*If Prosecco isn't your tiple of choice, do feel free to substitute with another beverage - we just liked the alliteration!)

DRINKS: Pancake Prosecco Cocktails

We know pancake flavoured cocktails doesn't sound like something you'd find in a swanky bar, but don't worry they really are delicious....

Lemon & Sugar – Mix 50g white sugar with a few drops of yellow food colouring until evenly coloured. Rub the rim of each glass with a cut lemon and then roll the rims of the glass in the yellow sugar to coat. Pour 1 measure of lemoncello and 1 measure of fresh lemon juice into each glass and top with prosecco. Garnish with a curl of lemon peel.

Almonds & Chocolate – Mix 50g finely crushed almonds with 10g of dark cocoa. Rub the rim of each glass with a slice of banana and roll the rims in the nuts to coat. Pour 1 measure of stout (like Guinness, or another more chocolatey variety) into the glass with 1 measure of chocolate liqueur (like crème de cacao, or Godiva liqueur) into the glass and then add a splash of prosecco. Garnish with curls of chocolate.

Blueberry – Heat 100g white sugar with 125ml water and 140g blueberries in a pan – transfer to a blender and puree. Leave to cool. Pour one measure of puree into each glass and top with prosecco. Garnish with frozen sugar coated blueberries.

Cheers!

Insta-Pancake:

Don't forget to post photos of your pancakes and parties on social media using the hashtag **#bigpancakeparty**



Ways to return the money you raised

- Making a payment online using this link:
http://bit.ly/pancakeparty_funds
- Sending us a cheque made payable to 'The Big Pancake Party' using the Freepost envelope in your pack.
- Calling us on 0207 898 1091 and making a payment over the phone. Please mention that it is related to Big Pancake Party.



A young boy wearing a tall white chef's hat and a white apron is smiling broadly while cooking. He is holding a large metal bowl. In the background, another person is visible, holding a stack of money. The entire scene is overlaid with a semi-transparent orange filter. In the top right corner, there is a yellow circular graphic containing the text 'the BIG pancake party'.

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THANK YOU

**FOR BEING A PART OF THE BIG PANCAKE PARTY AND
HELPING US IN OUR FIGHT TO END FOOD POVERTY.**

TOGETHER NETWORK⁺

Together Network, Church House,
27 Great Smith Street, London, SW1P 3AZ.

The Together Network is a key programme of the Church Urban Fund.
Registered Charity number: 297483



Registered with
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