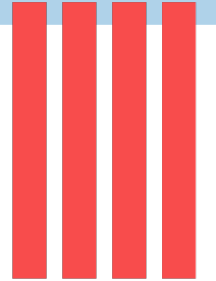




Bake the World a Better Place

Wednesday 17th May 2023

ARCHITECTS
BENEVOLENT
SOCIETY



Bake The World a Better Place is a time to take a break, eat some cake and connect with your peers and colleagues during Mental Health Awareness. We know life is busy and can be difficult. Finding time for ourselves and to talk to those we work with can be hard to fit in.

This Mental Health Awareness Week is focusing on Anxiety in all its many forms, and we are encouraging you to organise a cake-related event to raise awareness of how ABS can support you and your teams whilst fundraising to support our Mental Health and Wellbeing Support Services.

Feeling stuck? Why don't you try:

- Design your own recipe competition – get creative and ask your team to invent their own recipes, prizes for originality!
- Around the World in Cake – find unique recipes from around the world to theme your baking
- Healthy cakes - theme your event around healthy cake recipes like granola bars or fruit cakes
- Not-cake bake – don't fancy cake? Have a sandwich sale, make your own pie, or design a quiche
- Cake or biscuit decorating competition or just simply come together to get creative.



Collecting your donations

Just Giving

Just Giving is a simple and familiar way for people to donate to your event.

You can set up a page quickly, following their steps and making sure you choose 'Architects Benevolent Society' as your chosen charity.

Use the ABS QR code

The QR code below is to gather sponsorship donations for Bake the World a Better Place 2023. You can print it off and ask people to scan and donate securely.

If you need any support, get in touch with us at events@absnet.org.uk

Your donation makes a huge difference.

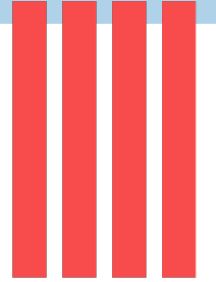
- **£20** could go towards an annual student membership of AUK (actual cost £30)
- **£50** could go towards one month's running cost for email support (actual cost £77.11)
- **£100** could cover the cost of one hour of therapy for someone struggling with their mental health.



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We are fundraising for ABS and their mental health support services.

Architects Benevolent Society offers confidential advice, support and mental health support alongside their welfare partner AnxietyUK, to the architectural community and their families in times of need.



ABS helpline 020 3918 8588
ABS email help@absnet.org.uk

