



# Bake the World a Better Place

## Monday 13<sup>th</sup> May – Friday 18<sup>th</sup> May 2024





### Mental Health Awareness Week

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.

**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 Week.**

**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:

-  **Get creative** and ask your team to invent their own recipes, prizes for originality!
-  **Bake the World** Give a theme your baking using recipes from Across the World
-  **Healthy cakes** Create your own healthy cake using dried fruit and granola
-  **Savory Bake** Don't fancy cake? Have a sandwich sale, or design a quiche

ARCHITECTS  
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SOCIETY



#### 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 and join our ABS Bake the World a Better Place campaign page!

**If you need any support, get in touch with us at [events@absnet.org.uk](mailto: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.