

SHARE YOUR SNAPS WITH #NHSBIGTEA

Join the outpouring of love on social media and share any pictures of your tea party with your friends online. You might just inspire others to host or bring in a few extra donations for our NHS champions.

Also don't forget to add or tag NHS Charities Together to your posts and use our stickers on Instagram. It's vital that every bit of kindness and gratitude is seen and felt by everyone.

PROUDLY PAY IN

Tot up the combined total of your donation form and any other fundraising, and then choose how you want to pay in:

You can [pay in your donations online](#) at nhsbigtea.co.uk.

Or to arrange a [bank transfer](#), please email us at hello@anhsc.org.uk

Or you can make a [cheque](#) payable to "NHS Charities Together" and pop it in the freepost envelope provided, along with your donation form.



MAKE YOUR NHS BIG TEA COUNT - EVERY PENNY IS PRECIOUS.

The money you raise will help care for the wellbeing and welfare of our NHS champions, and the patients they do so much for. So make sure you remind your guests to give what they can to this incredible cause. Here are a few ways to make collecting donations a doddle:

1 Set up an online fundraising page

This will help your guests donate without any cash – and without any faff. This will also let anyone who can't be there on the day donate if they'd like to. It's really easy to get set up – just go to nhsbigtea.co.uk and follow the link.

2 Pop a few quid in the tea tin

Collect cash donations in a secure container and encourage your guests to donate when they arrive.

3 Ask your guests to add Gift Aid

Our donation form is where guests can top up their donations without spending another penny. If your guests fill it in, when they donate cash and send it back to us with the response envelope included, the UK Government will add 25% to their gifts, at no extra cost.

CELEBRATE BEING PART OF A NATIONAL OUTPOURING OF LOVE

You can let your guests know how much you've raised together using our downloadable thank you poster – and share a snap of it online too. Then put your feet up and feel proud of everything you've done for our NHS champions. You definitely deserve another brew.

Thank you so much for showing your love, gratitude and generosity – over tea.



NHS Big Tea is owned by NHS Charities Together (Association of NHS Charities), a charity registered in England and Wales, charity number 1125687, whose registered office is Suite 68, Lake View House, Wilton Drive, Warwick, CV34 6RG.

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HOW TO HOST A TEA PARTY LIKE NO OTHER.



**TIPS, TRICKS AND USEFUL BITS
SO YOU CAN POUR THE PERFECT BREW.**

THERE'S NEVER BEEN A BETTER EXCUSE FOR A BREW

The NHS Big Tea is about so much more than sharing a cuppa. It's a national outpouring of love, thanks, and generosity for the people at the heart of our NHS. The people who go above and beyond to care for us, even in the darkest of times.

By hosting a tea party, you are helping to care for these incredible people when it matters most. So thank you so much for commanding the kettle. Here are some handy tips to help you make your NHS Big Tea the best it can be.

PUT THE BIG DAY IN THE DIARIES

We'll be celebrating the NHS Big Tea at 3pm on the 5th July - the birthday of the NHS. But feel free to choose a different date or time if it works better for you. After all, there's never a bad time to bring people together, share a brew and show an outpouring of love for the NHS.

WHO'S IN YOUR TEA ROUND?

Whether you raise a mug with your nearest and dearest, your work mates, or a local group is completely up to you. After a difficult year, an NHS Big Tea is a lovely way to bring your favourite people together, raise spirits and vital cash, and support our NHS heroes.



WE'LL COME TOGETHER, EVEN IF WE CAN'T BE TOGETHER.

We're looking forward to seeing each other in person for the NHS Big Tea and celebrating with our loved ones at last. But if restrictions change, and we need to host virtually, we'll still make the day just as special.

SPREAD THE WORD AND SPREAD THE LOVE FOR OUR NHS

Let everyone know we're brewing a national thank you by sharing your excitement on social media with [#NHSBigTea](#) and posting your plans in your WhatsApp groups. If you send a lot of emails, why not download our special email signature to help build a bit of buzz for the big day?

Or if you're more of a real-life-rally-er, you can print off our invite poster, and stick it up in pride of place. Simple but effective.

LAY ON A FEW NIBBLES IF YOU LIKE

Get stocked up on all the teatime essentials such as tea, coffee, sugar and a milk of your choosing. Then anything above and beyond that is completely optional! Why not lay on a few treats for the biscuit-lovers or go all out with a buffet? Not forgetting to suggest donations of course! Just make sure you're following the latest Covid-19 safety guidance when it comes to sharing food and drink.



BITS FOR THE BIG DAY

To make your party even more pour-fect, why not download these goodies from our website:

RAINBOW BUNTING

to pour a burst of colour over your tea party.

FOOD FLAGS

to make your spread feel extra-special.

VIRTUAL BACKGROUNDS

to bring a bit of va-va-voom to a virtual tea party.

THE TEA AND TOAST GAME

to get everyone guessing and raise a bit of extra dosh.

THE ALL-IMPORTANT DONATION FORM

to collect donations and make them go 25% further.

Just go to [<URL TBC>](#) to download all of these great goodies.

LET THE FEELINGS FLOW

At the NHS Big Tea, we'll let all the emotions of this year pour out. We'll celebrate the lives saved. We'll remember the loved ones lost. We'll fundraise to show everyone wearing an NHS badge that they're our most precious national treasures.

HOSTING ONLINE CAN BE JUST AS FUN

If you can't get together in person, don't forget that there are many ways to make a group video call on your phone, computer or laptop. Just get everyone together on your preferred platform and get the laughter, love, and energy flowing.

You could brew a game of bingo, or draw each other's pour-traits. Or, for a game that's as easy as A, B, Tea, see how many teabags you can all throw into an empty mug in 30 seconds, and ask for donations to take part. Want to stir it up a bit? Get everyone to do it blindfolded.