

Fundraising tips



Thank you for signing up to take part in Pieta's Tea & Talk Morning, proudly supported by Lyons. To help you to raise a mug, raise hope and raise funds, we've put together some useful hints and tips to make the most of your event.

How It Works

Pick a date:

While World Mental Health Day, Friday 10th October, is our official Pieta Tea and Talk Morning, you can host yours whenever suits you best.

Choose your setting:

Host at home, work, school, your local café – even your front garden. Whether it's a fancy afternoon tea, a morning tea and cake, or a BYO mug situation in the office kitchen, every chat makes a difference.

Make it yours:

Add your own twist – from tea tastings, bake-offs, or biscuit decorating, to poetry readings, live music, or even a kitchen disco. Be as creative or as simple as you like.

Planning your Event

When you register, you'll get your own online fundraising page. Make it personal by adding a photo, sharing your story about why you're hosting, and setting a target to aim for. It's also an easy way for friends and family who can't be there on the day to support your event with a donation.

Once that's ready, the fun part begins – planning your menu! Delicious bakes and treats are always at the heart of a great gathering. Think crowd-pleasers like scones, cupcakes, or biscuits.

Boost your Fundraising

Why not try hosting a quiz, running a raffle or setting up some games for your guests to enjoy. Guests could also donate to your fundraiser by giving a donation towards your refreshments.

If you'd like to go a step further, here are some extra ideas you might try:

- Bake Sale or Treat Table – Set aside a few cakes, biscuits, or jars of jam to sell separately so guests can take something home.
- Conversation Jar – Keep to the Tea & Talk theme by asking guests to donate to pick a question or prompt to spark meaningful chats.
- Match Funding – If you're hosting at work, check if your employer will match what you raise to double your impact.

Spread the Word

Share your fundraising page with friends and family via WhatsApp, Facebook, Instagram, or email – every share helps!

Your support helps fund life-saving, accessible services for people in crisis.

Good luck...
and thank you! 