



'Having been a long-time supporter of Amnesty International UK, I've seen the difference people can make when they join together. I'm proud to be a part of this incredibly powerful movement.'

Mei Giedroyc

Introducing

# AMNESTEA

Get your friends, family, workmates and community together to drink tea, eat cake and raise money for human rights!

The beauty of holding an **AMNESTEA** is that it is simple and fun. Just set yourself a fundraising target, invite guests and raise money through donations for tea and cake.



**AMNESTY**  
INTERNATIONAL





Hold your

# AMNESTEA

**...anytime!** Perhaps on your birthday, Mother's day or even just a random Friday to celebrate the end of a hard week at work! You could even make it coincide with a special day in the human rights calendar: Human Rights Day on 10 December or Amnesty International's birthday on 28 May, for example.

**...anywhere!** For smaller **AMNESTEA** parties simply hold one at home or work. For larger tea parties, you can hire your village hall, community centre or local tea room. There are countless venue possibilities so don't be afraid to ask around!

**...in a group!** Hold your **AMNESTEA** at your local sports club, faith group or book club. You can also host an AmnesTea as part of an existing event such as a local street party or spring fete.

**...with a theme!** For adults, why not host an **AMNESTEA** with a twist? Instead of herbal tea and green tea, serve up G&T's and Long Island Iced Teas. You could even hold a 1950s tea dance with the group from your Swing dance class!

## Publicity

Whatever you decide to do, promotion is key to a successful event. Spread the word to family, friends or co-workers by using the paper invitations provided, or through Facebook and Twitter.

If you're holding an **AMNESTEA** open to the public, get in touch with your local newspaper or radio station. They may be happy to write a feature about it or get in touch for an interview. Use the posters in your pack to advertise in local schools, shops and cafes.



'We held our **AMNESTEA** in the marquee the day after my son's wedding. A local blues trio performed for free, as did a palmist and the Rugby Theatre Singers. The Daventry and Rugby Amnesty Group also sold books. We raised a couple of hundred pounds and the entrance fee included homemade scones and endless cups of tea. It was great fun and we learnt a lot for next time.'

Jane Rendell, Northamptonshire

Your

# AMNESTEA

## checklist

### Before

- Decide on your venue and book if necessary.
- Recruit your **AMNESTEA** team! Get helpers to serve cakes, pour tea and collect donations.
- Spread the word about your **AMNESTEA**! You can order more resources by emailing us at [tea@amnesty.org.uk](mailto:tea@amnesty.org.uk)
- Get plenty of tea and cake! If there are any keen bakers in the family, why not ask them to bake a couple of cakes for you? Local businesses may even be happy to donate tea and cakes to your **AMNESTEA**, so don't be afraid to ask!

### On the day

- Get your cups and saucers ready. Make sure you also have plenty of spoons, forks and plates.
- Appoint someone to be in charge of donations.
- Don't undersell! Asking guests for donations that match the cost of tea and cake in local cafes is perfectly reasonable. Remember, the money is going towards Amnesty International UK's vital human rights work around the world, so don't shy away from encouraging generosity!

- Ask guests to fill out the Gift Aid form to make their donation go even further (we can currently claim up to 25p for every pound donated).
- To raise extra money, hold a raffle or tombola, or combine your **AMNESTEA** with a sale or quiz.
- Take lots of photos!

### After

- Get in touch with all the guests and thank them for coming. Tell them how much was raised in total.
- Send your photos to [tea@amnesty.org.uk](mailto:tea@amnesty.org.uk) and let us know how you got on. We would love to share your stories and pictures on our website or in Amnesty publications.
- Send in the money you raised, using the paying in form in this pack (so we can see your donation is from an **AMNESTEA** event and send you a proper thank you).

### Thank you...

and good luck with your **AMNESTEA**. The money you raise will help us protect individuals wherever justice, fairness, freedom and truth are denied.

