



# FACE EQUALI-TEA

# How to hold a **FACE EQUALI-TEA** party

1

Pick a date and location or video call

2

Invite your friends, family or colleagues to take part and give a donation. Use our invite to spread the news

3

Bake your cakes or get those sweet treats ready. To impress your guests we recommend our butterfly cake recipe and use the cake toppers provided in the pack.

You could even make it a competition - donate to enter and hold your own 'bake off'!

Everyone bakes the same recipe and the creation that most looks like the picture wins, or decide on your own categories such as 'most want to eat' or 'best themed cake' and use social media to ask your friends to vote for the winner

Too busy to get baking? Decorating shop bought biscuits can be just as fun!  
Download our stencil on page 8

4

Decorate your location and have the conversation starters ready

5

Welcome your guests and enjoy your break!

6

Thank your guests and then tell us how it went.

Post your Face Equali-tea break photos on social media tagging Changing Faces



To make a donation visit:

[www.changingfaces.org.uk/donate](http://www.changingfaces.org.uk/donate)

or text **FACEEQUALITY £5** to **70085** to donate £5

or contact the Fundraising Team by emailing [fundraising@changingfaces.org.uk](mailto:fundraising@changingfaces.org.uk)



## How we spend your donations

£5

£5 could buy glitter and stickers for one of our fun, confidence-boosting workshops for young people with visible differences.

£10

£10 could buy the chance for a person to share their concerns about their appearance - often for the very first time - by calling our free Information and Support line.

£20

£20 could help us run a special session in a school to help young people and teachers understand what it is like to live with a visible difference.

£30

£30 could help pay for one of our specialist counselling sessions, giving people with visible differences tools to manage their feelings, cope in social settings, or key transitions like starting a new job.

# Spread the news

Let everyone know you are taking part by posting on social media tagging Changing Faces. Right click on the image below to save an invite to share – you can edit the invite to include your name!



WE'RE HOLDING A

**FACE**   
**EQUALI-TEA**  
**FUNDRAISER FOR CHANGING FACES!**

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**JOIN US FOR TEA AND CAKE**

at: \_\_\_\_\_ on: \_\_\_\_\_



# Conversation Starters

**These conversation starters may help you encourage a discussion about visible difference.**

Changing Faces looks to celebrate and raise awareness of living life with a visible difference. Friends, family, neighbours and colleagues might not have thought about some of the challenges people with a visible difference can face.

**When was the last time you talked about your appearance with someone else?**

**Have you seen anyone with a visible difference in the media, maybe in an advert or on a TV show or film recently?**

**Is there anything you don't feel comfortable doing because of the way you look?**

**Does appearance matter?**

**More people than ever are using video calls now, how are you finding them?**

**What could you do to support someone with a visible difference?**

# Make your own bunting



# Make some butterfly cakes

## Ingredients:

110g butter, softened

110g caster sugar

2 eggs

1 tsp vanilla extract

110g self-raising flour

½ tsp baking powder

1 tbsp milk, plus 2 tbsp  
if needed, to loosen the  
buttercream

Strawberry jam (optional)

Icing sugar (optional)

Sprinkles (optional)

## For the buttercream

300g icing sugar

150g butter, softened

2 tsp vanilla paste

## Method:

1. Heat the oven to 180C/160C fan/gas 4. Line a cupcake tin with 10 cases.
2. To make the sponge, tip the butter, sugar, eggs, vanilla, flour, baking powder and milk into a large mixing bowl and beat with either a hand whisk or electric mixer until smooth, pale and combined.
3. Divide the batter between the cases and bake for 15 mins until golden brown and a skewer inserted in the middle of a cake comes out clean. Leave on a wire rack to cool.
4. While the cakes are cooling, make the buttercream by beating together the icing sugar, butter and vanilla until pale and fluffy. Mix in the extra milk if the icing feels too stiff.
5. Once the cakes are cool, use a sharp knife to slice off the tops, then cut the tops in half. Pipe or spread the buttercream on top of the cakes, then gently push two semi-circular halves into the buttercream on each cake, doing this at an angle to look like butterfly wings.
6. You can serve the cupcakes at this stage, or decorate them with a little blob of jam in the centre and a scattering of icing sugar or sprinkles, if you like.



# Pistachio, raspberry and rose friands

**Junior Bake Off star (and YouTube sensation) Nikki Lilly shares one of her favourite recipes.**



*"I've always been a fan of middle eastern flavours and use rose water and pistachios a lot in my baking while at home and when I was on Junior Bake Off. These friands are often found in French patisseries and are such beautiful and elegant little cakes, perfect for afternoon tea. I like to think of friands as a muffin taken to the next level, they are lighter, fluffier and more flavoursome but also surprisingly easy to make. If you want to bake something that has the wow factor, look no further! The rose flavour always makes me feel nostalgic and reminds me of the rose ice cream I fell in love with when I was little on holiday. This recipe is simply, THE BEST."*

## Ingredients:

200g butter

85g plain flour sifted

85g ground almonds

100g pistachios

200g icing sugar

5 large egg whites

1 tsp rose essence/water

A handful of raspberries

You will need a well greased non stick friand or muffin tin and a food processor.

## Method:

1. Preheat the oven to 160 fan/180 degrees Celsius/ gas mark 4.
2. Grease the muffin/friand tin with butter
3. Melt the butter in a small saucepan and set aside to cool.
4. Place sifted flour and ground almonds into a large bowl
5. Place 85g of the pistachio nuts and icing sugar in a food processor and blitz until they resemble fine crumbs and then add to the bowl with flour and almonds and mix well together.
6. Roughly chop the remaining pistachios
7. Lightly whisk the egg whites and pour into the nut and flour mixture along with the melted butter and mix well. Finally add 1 teaspoon of rose extract and stir in well.
8. Divide the mixture evenly into the prepared muffin/friand tins. Lightly push two or three raspberries into each friand and scatter with the chopped pistachios.
9. Bake in the oven for 20-25 minutes until the friands have risen and are light and springy to the touch.

# Create your own cake toppers

Get creative with  
your cakes by using  
our cupcake flags!



1

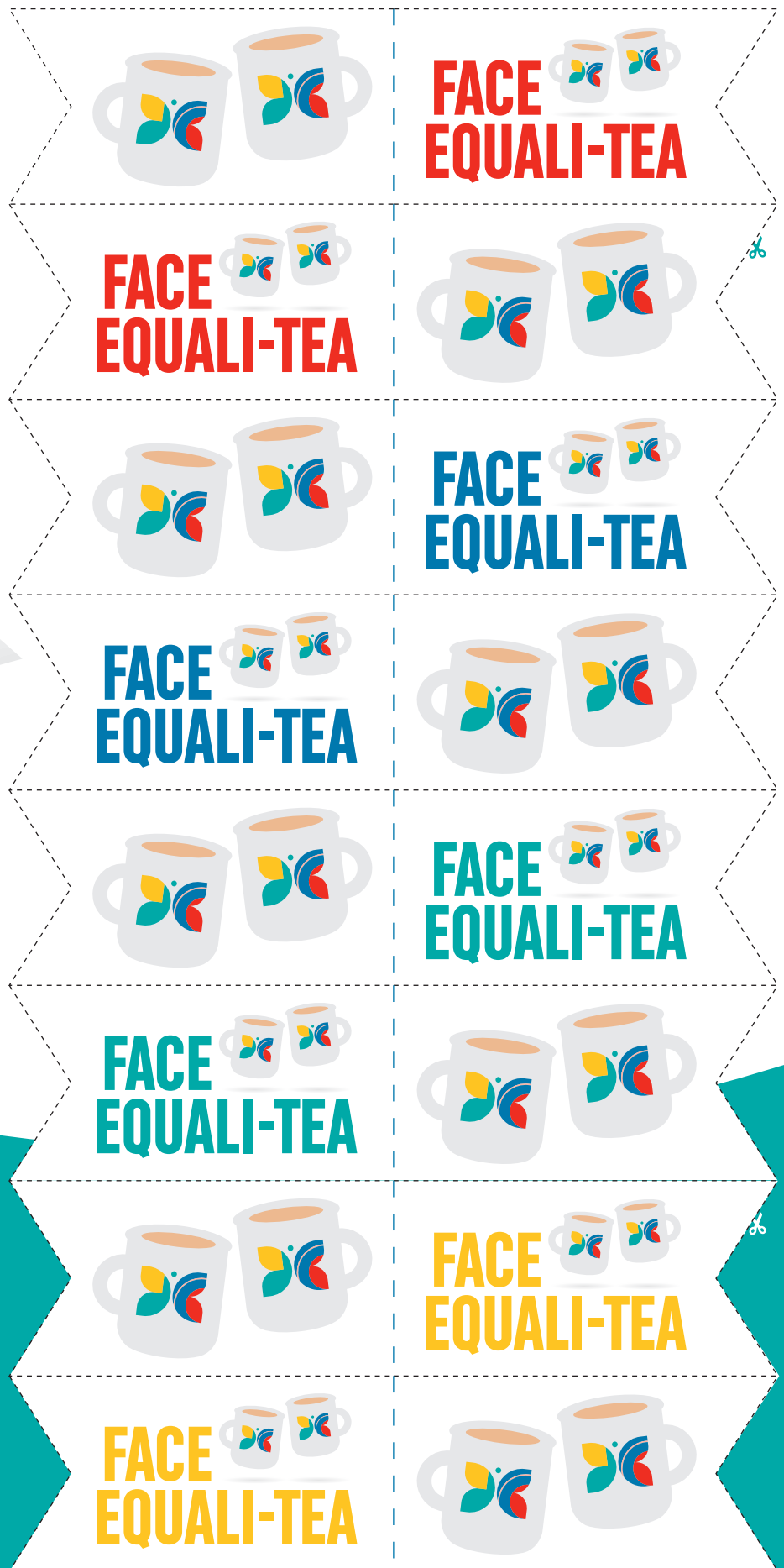
Simply cut out these flags,  
fold down the middle.

2

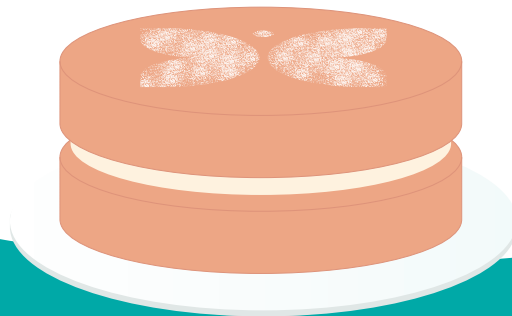
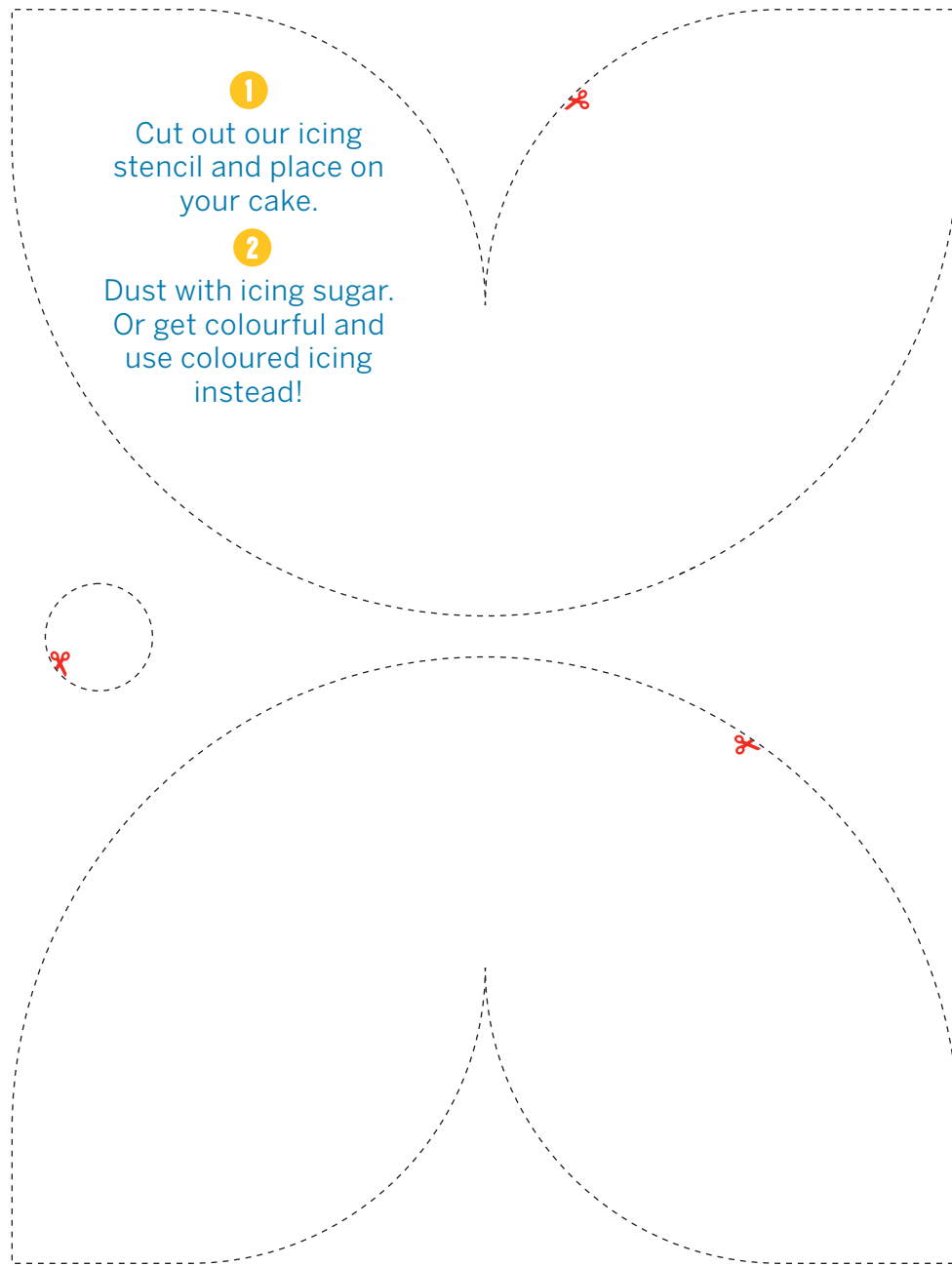
glue sides together with  
a cocktail stick in between.

3

Insert into each cupcake  
before serving



# Butterfly cake stencil



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or contact the Fundraising Team by emailing **[fundraising@changingfaces.org.uk](mailto:fundraising@changingfaces.org.uk)**