



Stop for a coffee, paws for some cake, share a story with friends old and new



Dear

Thank you for choosing to host a coffee morning in support of Medical Detection Dogs! I'm sure it will be paw-some!

A coffee morning is a lovely way to bring people together, stop for a cuppa and a chat; share a story; enjoy some cake; all while raising funds to support the work our amazing dogs do to save lives.

Your coffee morning can be as big or a little as you want it to be as every pound you raise and every minute of your time really will make a difference. Enclosed you will find some of our favourite recipes (including one for four-legged friends), some helpful tools to let people know about your event and information about what to do when you have completed your coffee morning.

Activity ideas! We've noted a few below but keep an eye on our website in case more pop up.

- Baking competition
- Guess the number of dogs game
- Quick Quiz
- Raffle or Tombola
- Selling crafts

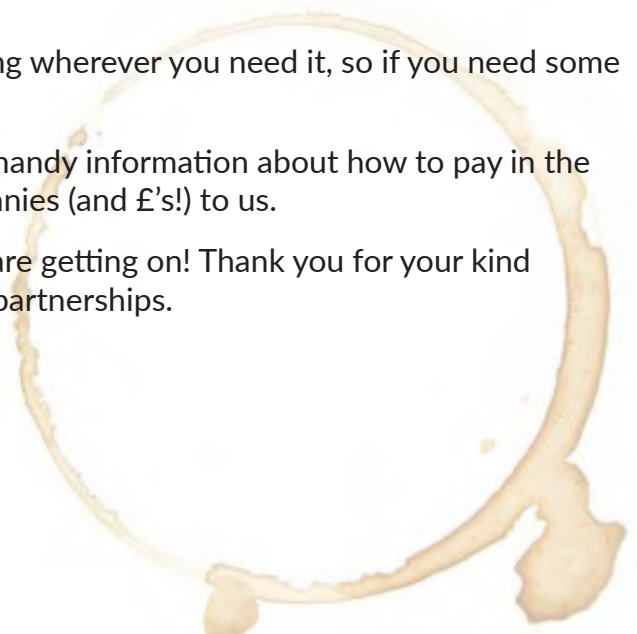
We would be delighted to assist you in your fundraising wherever you need it, so if you need some help, please don't hesitate to get in touch!

After all the fun has finished, we have included some handy information about how to pay in the funds you raise, so you can send the all-important pennies (and £'s!) to us.

And don't forget to keep us up to date with how you are getting on! Thank you for your kind support and helping us continue to create life-saving partnerships.

Warmest wishes,

On behalf of the Community Fundraising Team



HOW YOU ARE HELPING OUR DOGS SAVE LIVES

Medical Detection Dogs trains dogs to save lives using their amazing sense of smell.



Bio Detection Dogs

Our pioneering work is focused on understanding how these highly trained disease detectors could expand the world of diagnosis through the recognition of volatiles. We are confident that dogs will be able to help scientists and medics develop faster and cheaper ways to detect diseases, such as cancers, neurological diseases and bacterial infections much earlier than is currently possible.

The dog's nose is the best bio-sensor we know of. Our 2014 research indicated that our dogs were capable of detecting tiny traces (around one part per trillion – the equivalent of one teaspoon of sugar in two Olympic sized swimming pools) of the odour created by different diseases.



Medical Alert Assistance Dogs

Our Medical Alert Assistance Dogs support people with complex health conditions when they are in danger of having a potentially life-threatening medical episode so they can take necessary action and prevent hospital admissions.

Using their amazing sense of smell, they are trained to detect minute odour changes emitted prior to an emergency and give their client a 5 to 10 minute warning.

Find out more on our website
www.medicaldetectiondogs.org.uk

Why our work is so important...

The UK has one of the worst cancer survival rates in Europe – because of late diagnosis. At Medical Detection Dogs we believe our research will help early diagnosis improve in the future.

Jessica's favourite Red velvet cake

Jessica is one of our volunteer socialisers and looks after puppies from 8 weeks old to around a year old.

Recipe can be found at

www.bbcgoodfood.com/recipes/1912636/red-velvet-cake

For the sponges

- 300ml vegetable oil, plus extra for greasing
- 500g plain flour
- 2 tbsp cocoa powder
- 4 tsp baking powder
- 2 tsp bicarbonate of soda
- 560g light brown soft sugar
- 1 tsp fine salt
- 400ml buttermilk
- 4 tsp vanilla extract
- 30ml red food colouring gel (we used Dr Oetker – a natural liquid colouring will not work)
- 4 large eggs

For the Icing

- 250g pack slightly salted butter, at room temperature
- 750g icing sugar
- 350g tub full-fat cream cheese
- 1 tsp vanilla extract



Method

1. Heat oven to 180C/160C fan/gas 4. Grease and line the base and sides of two 20cm cake tins with baking parchment – if your cake tins are quite shallow, line the sides to a depth of at least 5cm.
2. Put 250g flour, 1 tbsp cocoa powder, 2 tsp baking powder, 1 tsp bicarbonate of soda, 280g light brown soft sugar and 1 tsp salt in a bowl and mix well. If there are any lumps in the sugar, squeeze these through your fingers to break them up.
3. Mix 200ml buttermilk, 150ml oil, 2 tsp vanilla extract, 100ml water and 15ml food colouring in a jug. Add 2 eggs and whisk until smooth. Pour the wet ingredients into the dry and whisk until well combined. Pour the cake mixture evenly into the two tins, and bake for 25-30 mins, or until risen and a skewer inserted into the centre comes out clean. Cool in the tins for 10 mins, then turn out onto a wire rack, peel off the baking parchment and leave to cool.
4. Repeat steps 1 and 2, so that you have four sponge cakes in total. These sponges can be made up to three days ahead and will stay moist if wrapped in cling film, or you can wrap well and freeze for up to two months.
5. To make the icing, put the butter in a large bowl and sieve in half the icing sugar. Roughly mash together with a spatula, then whizz with a hand mixer until smooth. Add the cream cheese and vanilla, sieve in the remaining icing sugar, mash together again, then blend once more with the hand mixer.
6. To assemble the cake, stick one of your sponges to a cake stand or board with a little of the cream cheese icing. Use roughly half the icing to stack the remaining cakes on top, spreading a generous amount between each layer. Pile the remaining icing on top of the assembled cake, and use a palette knife to ease it over the edges, covering the entire surface of the cake. Tidy the plate with a piece of kitchen paper. Store leftovers in the fridge for up to 2 days, but bring back to room temperature for an hour or so before eating.

Val's favourite Chocolate Tiffin

Val is one of our refreshments volunteers and often provides delicious cake for events and meetings.

MAKES 16 pieces

PREPARE 20 minutes + Chilling

- 50g cocoa powder
- 300g digestive biscuits
- 175g leftover dried fruits (I like a mix of currants, raisins and glacé cherries)
- 150g butter
- 125g golden syrup
- Pinch of sea salt
- 75g dark chocolate
- 75g milk chocolate



Method

1. Grease and line a 20 x 20 cm baking tin with baking parchment. Crush the digestive biscuits to crumbs, either using a food processor or a bowl and wooden spoon. You're looking for a rubbly mixture with a few pea-sized pieces of biscuit remaining to give the tiffin some texture. Combine the crumbs with the cocoa powder and dried fruits - roughly chop any larger pieces of fruit so they combine well.
2. In a small pan, melt the butter and golden syrup together until smooth. Add a pinch of sea salt and then pour into the dry ingredients. Stir together until everything is really well mixed, tip into the lined tin and use a spatula to press the mixture firmly into an even layer. Chill for 20 minutes.
3. Meanwhile, melt both chocolates together in a bowl over a pan of simmering water until smooth. Pour the melted chocolate over the chilled base and tilt the tin to get an even covering, then chill for around 30-60 minutes, until firm. Slice into squares and store in an airtight container for up to 2 weeks.

V. Per Serving 1145kJ/274kcal/15.1g fat/8.3g saturated fat/30.9g carbohydrate/21.2g sugars/1.8g fibre/2.8g protein/0.6g salt

Bumper's favourite Homemade peanut butter dog treats

Ingredients

- 140g whole wheat flour
- 110g natural peanut butter*
- 85g mashed banana or unsweetened apple sauce
- 60ml chicken stock
- A cookie cutter (bone-shaped to make it even more appetising!)

*No added sugar or XYLOTOL (this is toxic to dogs and a common sweetener)

Bumper is one of our incredible Bio Detection dogs who helped us achieve our Guinness World Record and can detect Parkinson's disease.



We advise that treats are given in moderation and are not a replacement for the dogs complete diet.

Method

1. Preheat the oven to 170 degrees/gas mark 4. In a bowl, mix together the flour, peanut butter, and either the apple sauce or mashed banana until all the ingredients are combined. Press the dough into a ball and roll out with a rolling pin until it is roughly half a centimetre thick.
2. Place the cut-out shapes onto an ungreased baking tray and put in the oven for around 18 minutes, or until golden brown. Keep the biscuits in an airtight container for your pooch to enjoy either as training treats or when he's been a super good boy!

(Recipe and images from Homemade Dog Treat Recipes | Canine Cottages)

GUESS THE NUMBER OF DOGS

How to play

Can you see the drawing with a few dogs in it?
Take a good look and see if you can guess how
many dogs are in that image - no cheating!

When you are ready, write down your name and
guess on the sheet provided.

If you are the closest to the answer provided
with your host's fundraising pack, you will win
the prize noted on your sign up sheet.

We ask for a suggested donation of £1.50 to
take part. The winner will be announced at the
end of this event.





How many dogs are in this picture?

Write your guess below to win the prize of



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Name: Sample name.....
Guess: 123.....

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How many dogs are in the picture game?
Guesses continued!



Name: Sample name

Guess: 123

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Answer is
170 dogs

COFFEE MORNING

IN AID OF MEDICAL DETECTION DOGS

Stop for a coffee, paws for come cake and share a tail
with friends old and new!



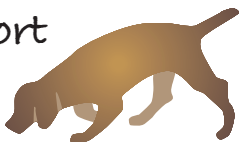
Date

Time

Where

Proud to support

**Medical
Detection Dogs**



Patron: HRH The Duchess of Cornwall



www.medicaldetectiondogs.org.uk



MedicalDetectionDogs



medicaldetectiondogs



MedDetectDogs



medicaldetectiondogs

3 Millfield, Greenway Business Park, Winslow Road, Great Horwood, Milton Keynes, MK17 0NP | 01296 655888

Registered Charity in England and Wales No. 1124533 and in Scotland No. SC044434



Registered with
**FUNDRAISING
REGULATOR**



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You are invited to take part in a **coffee morning**
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Place:

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CAKE TOPPERS

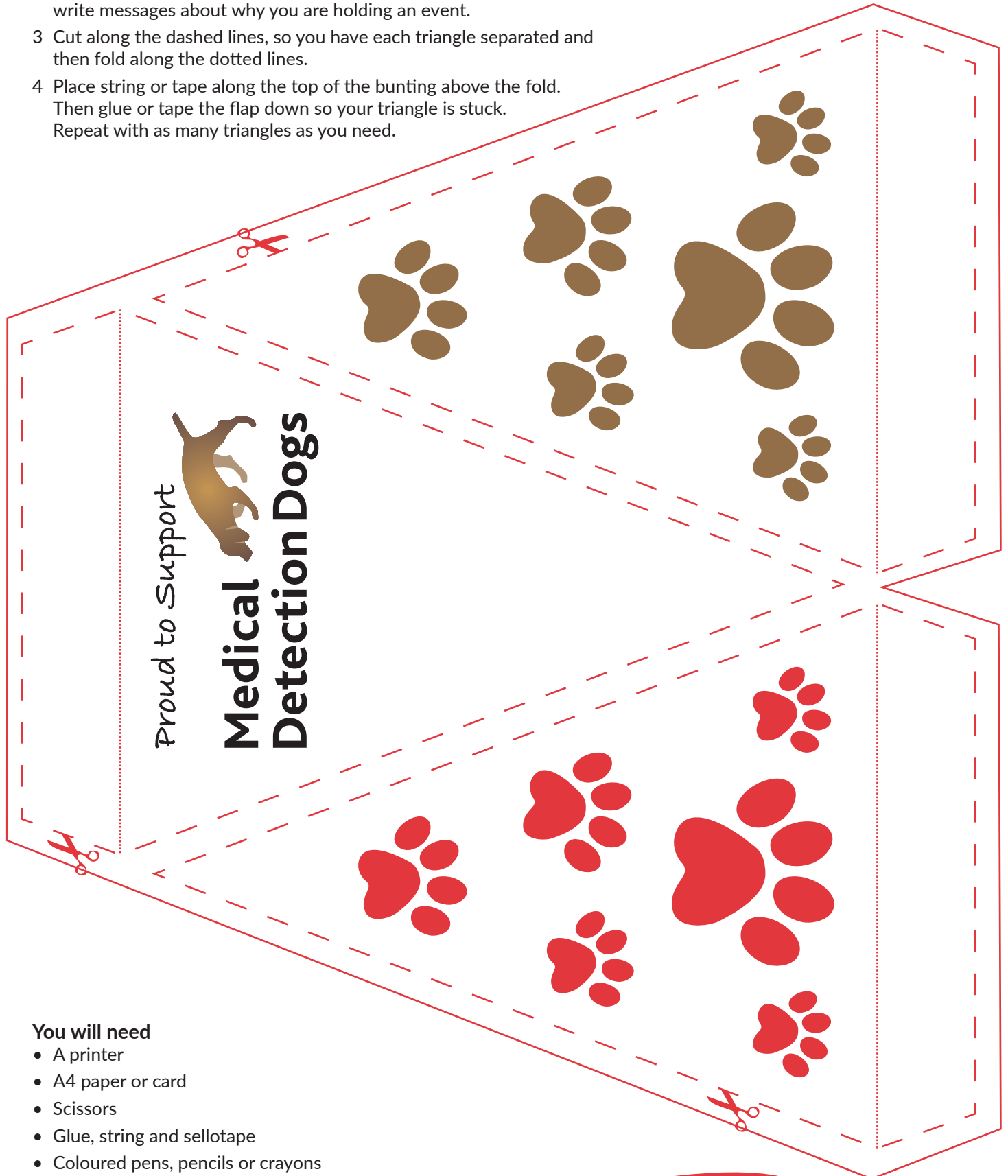
Use these tags to price up your cakes. Attach them to cocktail sticks and pop them on top. Don't forget to add any ingredients to the back for people with allergies



BUNTING

Instructions

- 1 Print this page out as many times as you need it. You can print it out in colour or in black and white, onto plain paper or card.
- 2 Colour in or paint the bunting as bright as you like, you can even write messages about why you are holding an event.
- 3 Cut along the dashed lines, so you have each triangle separated and then fold along the dotted lines.
- 4 Place string or tape along the top of the bunting above the fold. Then glue or tape the flap down so your triangle is stuck. Repeat with as many triangles as you need.



You will need

- A printer
- A4 paper or card
- Scissors
- Glue, string and sellotape
- Coloured pens, pencils or crayons

Paying in form



Thank you for your support

To return the money you have raised please complete this form and send to: **Medical Detection Dogs, 3 Millfield, Greenway Business Park, Winslow Road, Great Horwood, Milton Keynes, MK17 0NP.**

PLEASE COMPLETE FUNDRAISER DETAILS IN BLOCK CAPITALS

Title: Forename: Surname:

Address:

.....

.....

..... Postcode:

Telephone/Mobile: Date of birth (if under 18):

Signature of Parent/Guardian if fundraiser is under 18:

Type of event Cash Donations £

Date of event Online Donations £

Total £

WAYS TO PAY IN YOUR MONEY Select one of the following ways to send the money you have raised (please don't send cash in the post)

☐ **ONLINE FUNDRAISING PAGE** ☐ JustGiving £

☐ Virgin Money Giving £

☐ **CHEQUE** (payable to Medical Detection Dogs enclosed) £

☐ **BANK TRANSFER** Barclays Bank plc Account name: Medical Detection Dogs £
Account number: 60095443 Sort Code: 20-05-03 Please let us know what reference
you have given your donation by emailing operations@medicaldetectiondogs.org.uk
or calling 01296 655888.)

Signature: Today's Date:

MAKE YOUR SPONSORSHIP GO FURTHER

Don't forget to send us your sponsorship form so that we can claim an extra 25 percent on your qualifying Gift Aid sponsorship money.

Jess & Douglas

MAKING THE MOST OUT OF LIFE...



Jess and Medical Alert Assistance Dog, Douglas

Jess decided to buy a puppy in the hope that he could be trained under the Medical Detection Dogs' own dog scheme, to help her live a better life while coping with PoTS* and MCAS. These conditions along with other problems meant her health was rapidly deteriorating.**

She and her partner, Rob, chose a Retriever/Labrador cross hoping he would have the right attitude for training.

They knew they had made the right choice when on the day he came home, he broke off playing, sat on Jess' lap and stared at her.

"Approximately 30 seconds later I fainted," says Jess. "That was a pretty good indication that he was to be a good fit"

Douglas, now 3, has proved to be an excellent alert dog. "He is a superhero" says Jess. "He can let me know when I'm about to faint, so I can ensure I get myself into a safe position and also 20-40 minutes before I have a Mast cell reaction"

However, Jess admits that having a puppy is hard and jokes about never having another. She says she had to be trained to recognize that Douglas was alerting her. "I've had to learn how to read him like a book, as his way of telling

me I'm not well is so subtle. The average, passer-by would not notice anything?"

Jess believes that this much loved 'goofball' of a dog, who is particularly fond of the odd salted crisp, has done more to help her manage PoTS than medicine ever could. This has meant fewer hospital trips and Jess now has the confidence to go out alone.

Before Douglas, life for Jess, a Physicist, going could be chaotic. "My partner and family were constantly on edge, waiting for the next phone call to let them know that I had been taken ill. For a long time, I felt I couldn't go anywhere alone. I would cancel plans at the last minute and for a period of 18 months I existed on an extremely restricted diet of around 5

'safe foods to avoid MCAS flare ups', says Jess.

Jess, no longer desk-bound, has a new, more dynamic job and wishes she had approached MDD earlier than she did! "I felt Douglas had to be perfectly trained

but we could probably have applied much earlier than I realised".

"Douglas has been life changing. I would urge anyone considering approaching

MDD not to wait until their health worsens, but to start the conversation now!"

Jess describes her partnership with Douglas as being part of an excellent team. "He knows me as well as I know him and together, we are making sure we both get the most out of life. I'd be lost without him"

*PoTS. Postural Tachycardia Syndrome is a condition where people cannot cope with changes in gravity, Symptoms include palpitations, fainting, headaches etc.

**MCAS, Mast Cell Activation Syndrome is a condition which causes repeated episodes of symptoms of anaphylaxis, hives, swelling, rapid pulse etc.



THANK YOU!