

# Free Cakes for Kids Newsletter

FREE CAKES  
FOR KIDS UK  
BRISTOL

*"Making a difference, one cake at a time"*

## *Free Cakes for Kids UK ready for baking in Bristol!*

With its launch a few months ago at The Canteen in Stokes Croft, FCFK is now up and running baking for kids in Bristol. With over 20 volunteers located all across the greater Bristol area, FCFK is able to provide cakes to families in Bristol and South Gloucestershire. Our volunteers are all home-bakers who want to help give a child a happy birthday. If you want to get involved or request a cake, please contact us on [bristol@freecakesforkids.org.uk](mailto:bristol@freecakesforkids.org.uk).



At the heart of FCFK Bristol is a birthday cake. Twins, triplets and a refugee centre have so far received our cakes to make birthdays a bit more special. We have also run a baking session at St. Paul's Adventure Playground.

If you know of any family that might need our help in providing a cake for their child's birthday, please contact us. Our service is always free, friendly and confidential.

Baking is great fun, but does not come completely free. We are entirely self-funding relying on the time and energy of volunteers. All donations are welcome from eggs and flour to cake boxes and cases, even gift vouchers for the local supermarket help us to make a difference. Please contact us if you are able to donate.

## Information

A few things we think you should know...

- We never use nuts, but can't guarantee nut-free cakes.
- We can provide gluten free cakes if requested.
- We avoid non-edibles such as glitter on our cakes, even if they are sold as 'safe for consumption'.
- All of our volunteers agree to meet our hygiene and confidentiality standards.
- We are all volunteers and provide home-made cakes, even if we are professional bakers in our work-life.

Free Cakes for Kids Bristol is a community service to families who find it difficult to provide a birthday cake for their child. The cakes are baked by volunteers from the local community with the child's favourite theme or style. The service is always free, friendly and confidential.

## Community news

### *Two by two, or three by three!*



FCFK Bristol helped parents of twins and triplets to have special birthdays when two of our volunteers made 5 individual cakes. We think every child deserves their own cake even if you do share your birthday with a sibling (or two). Well done to Lesley and Hannah for their baking efforts.

### *St. Paul's Adventure Playground*

Our bakers helped St. Paul's children with their half term activities by hosting a baking day followed by a cake sale. Although we are set up to bake cakes for children's birthdays, we are more than happy to help kids learn a few baking skills and get messy in the process!

### *And now for something completely different...*

One of our very first requests for a cake was from Bristol's Refugee Centre 'City of Sanctuary' for a Zimbabwean asylum seeker who was arrested and detained for 6 weeks after her judicial review was refused. After a long campaign, the review was overturned and a 'welcome back' party arranged. Of course they needed a cake to celebrate. We thought it was a deserving cause and a great way of starting our support for refugee families in Bristol.

## Meet our bakers



Rachel is the Group Coordinator for FCFK Bristol and has just taken over from Holly who launched the group.

She was taught to cook by her mum and honed her skills on Victoria sponges before moving on to her speciality of chocolate brownies. She has fond memories of birthday cakes as a kid, especially the pink fairy palace!

Rachel lives in west Bristol, is an engineer and does other volunteer work through Rotary International and the British Heart Foundation.

## Keep in touch



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For more information or to request a cake, email us on [bristol@freecakesforkids.org.uk](mailto:bristol@freecakesforkids.org.uk) or telephone **07900067497**