

Free Cakes for Kids Newsletter

FREE CAKES
FOR KIDS UK
BRISTOL

"Making a difference, one cake at a time"

200 cakes and still going strong!

When Free Cakes for Kids in Bristol started in 2011, we could have never imagined that just 4 years later we would have baked our 200th cake. What's more impressive is that this milestone came just 12 months after baking our 100th cake! Our 50 volunteers across Bristol and South Gloucestershire aim to bake the cake that the child wants resulting in some impressive bakes worthy of Bake Off itself.



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.

'United by a Slice of Cake' – a blog by the British Red Cross

Many refugees face a long road to settling into a new country and feeling safe and secure – and often food is a good link to home.

Imagine a birthday without a cake. There's a reason we use something sweet to mark big moments or milestones. Think of the tiered wedding cake or the months-in-the-making Christmas pud. These sugary treats are often a strong link to childhood and home, which is why **Free Cakes for Kids** helps families who struggle to buy or make them. The British Red Cross has referred quite a few refugees to the charity – and seen how even something as inconsequential as a cake sponge can help bring a community together.

Salome and her daughter, Deborah, are originally from Congo. They have been waiting to get refugee status in the UK for ten long years. Like most children her age, Deborah is completely obsessed with the Disney film, Frozen. She knows all the words to the song, Let it Go – and likes to blast it out at full volume. So when Deborah got a themed cake for her seventh birthday, her face was a picture. Her mum Salome said: "She was very happy because she loves everything Frozen. She even has an Elsa dress. "That kind of cake costs a lot of money. We really appreciate everyone helping us." Salome adds that Deborah was especially excited about bringing the cake into school.

Aaron, whose parents fled Pakistan a few years ago, did exactly the same thing when he received a cake for his fourth birthday. It was decorated with a big red car – and he could not wait to show it off and give out big slices to all his classmates. Aaron's family have been refused asylum and are now reviewing all their options. Alongside Aaron is a two-year-old daughter and a baby of three months. Rauf and Edith, their parents, cannot work until they get refugee status – and the family have slipped into destitution and a tough struggle to get support. Aaron's cake was therefore something very special. "We tried to make his birthday as memorable as possible," confirmed his mum. Who knows what Aaron wished for when he blew out the birthday candles, but Edith is hoping for a change in their circumstances. "I want to be settled here in the UK and live as a family. I want them to have a good education and a better and brighter future, so they can go far."

An extract from 'United by a slice of cake', June 2015, British Red Cross. Full blog available from <http://blogs.redcross.org.uk/refugeesservices/2015/06/united-by-a-slice-of-cake/>

For more information or to request a cake, email us on freecakesbristol@gmail.com or telephone **07900067497**