




Trauma
Recovery
UK

COFFEE MORNINGS



“I thought at first it would be quite scary but it’s helped me loads. I really like the people who work here and have enjoyed the experience massively.”

CLIENT, AGED 10



ABOUT TRAUMA RECOVERY UK

Traumatic experiences cause children & young people to feel terrified, powerless and overwhelmed (de Thierry, 2014) and hinders the child's safety and security. The TRC facilitate recovery for children, young people and their families as they process trauma and support them as they piece their lives back together until a wholeness can be found.

For children aged 3-25, we provide 1:1 trauma recovery support to children, youth and young adults through specialist creative therapies such as art therapy, music therapy, play therapy and creative counselling.

For parents/carers of young people aged 16 years and under, we also provide specialist parent support groups in conjunction with therapy sessions.

Our Trauma Recovery Centres see a reduction in trauma symptoms, an increase in positive engagement with education and the parents or carers of under 16's feel supported, have learnt how to support their child and have felt relieved by the lack of judgement, shame and simplistic approaches that our parenting teams offer.

We commit to providing long term trauma support, working with the whole family, to see lasting change and our highly specialist team work to see people recover from trauma, rather than just manage symptoms.



WE BELIEVE RECOVERY FROM TRAUMA IS POSSIBLE.

Mental Health problems now affect 1 in every 4 people and 1 in 10 young people are not able to cope with everyday life. But with the right intervention, children and young people can overcome trauma. We want to change the narrative for children's mental health, one child at a time.

We have specialist Therapy Centres across the UK and the Channel Islands and in total we provide around 4000 hours each year of direct support to families in need of our help.

Choose the TRC as your Charity and help us fundraise - there are so many fun ways you can raise money! With your support we can help EVEN MORE children recover from trauma!

To find out more please visit: www.trc-uk.org

YOU CAN MAKE A DIFFERENCE!

By choosing the Trauma Recovery Centre as your chosen charity you will be directly supporting us to help children recover.

There are so many creative ways you can raise money!

We have lots of ideas to help you facilitate your activities!
Which idea will you choose?

TRC COFFEE MORNING

Step by step guide:

1. Find a date
2. Advertise your coffee morning as widely as you'd like, perhaps with friends and family or opening it up to the public through social media posts, posting in Facebook groups, posters or being included in a local newsletter.
3. Recruit a team of willing volunteers to help with baking and making the day run smoothly.
4. Could you add some extra fundraising/fun activities to your event? (see our list for inspiration below)
5. Decorate your venue with bunting (included), balloons and other fun decorations.
6. Make sure to label any bakes with allergens to keep everyone safe (allergen labels included).
7. Enjoy the day and let us know how it goes so we can celebrate with you! Thank you for choosing to raise funds for Trauma Recovery UK.

Ideas for how to add to your event:

- Raffle
- Promise auction

Be a part of the bigger picture

Could you ask your guests to bring their favourite recipes. We would love to compile a recipe book from all fundraising events in 2025 to later sell

TOP FUNDRAISING TIPS

- Make it as easy as possible for people to give! You can setup a Just Giving Page here... www.justgiving.com/trc-uk
- Use social media to raise awareness and tag us! Remember you'll need consent of anyone in a photo.
- Involve your local community as much as you can and have fun!
- Use eye catching posters in places where lots of people can see. Remember to use our logo and charity number so people know who they are giving to.
- We have lots of promotional materials for you to use such as teddies, & collection tubs. Let us know what you're organising, and we can arrange for it to be delivered to you.
- Collecting Gift Aid is an easy way to raise even more money. It can add 25p for every £1 raised! This can easily be facilitated through a Just Giving page.
- Finally, remember that you are supporting the TRC, not representing the TRC, but we can help with anything you need!

**For any help please do email admin@trc-uk.org or
visit www.trc-uk.org**



Trauma Recovery UK

THANK YOU!

We are so grateful for all those who do what they can to raise money for such vital work! Together we can help children and young people recover from trauma.

Trauma Recovery Centre is a Registered Charity 1141659 and Registered Company 7526611.

Trauma Recovery UK



DONATE TO THE TRC

If you would like to donate to the TRC, simply scan the QR code and donate via Just Giving.

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GUESS BRAVE BEAR'S NAME

How to organise this activity:

1. Name your Brave Bear
2. Take donations in return for a guess
3. Keep a note of each person's name and phone number
4. Once the event is over, let the winner know their name was the closest to the correct name.
5. Destroy this list of names and phone numbers, unless you have permission to keep this information.

[illegible]

**Trauma Recovery Centre is a Registered Charity 1141659 and
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Add your Brave Bear name to the list and let the organiser know which one you have chosen!

[illegible]

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ALLERGEN LABELS

Its important to label your bakes to make sure that those with allergies remain safe.

Use the labels below to label each bake that include any of the following allergens:
Milk, Gluten, Peanuts, Nuts, Eggs, Soya, Sulphur Dioxide, Sesame Seeds, Celery, Crustaceans, Fish, Molluscs or Mustard.

Allergen:

Allergen:

Allergen:

Allergen:

Allergen:

Allergen:

Allergen:

Allergen:

Allergen:

Allergen:

Allergen:

Allergen:

TRC Bunting

Simply cut out the triangles and attach to a piece of string or ribbon.

