

# Spend a *Love-Filled* Hour on Aberlour



## Thank you for supporting Aberlour!

This toolkit includes lots of ideas for raising money for Aberlour this Valentine's Day. The funds you raise, whether you hold a bake sale, a quiz, a party, a dress down day, or any other fun fundraising activity, will help us stop children in Scotland suffering, and we are truly grateful. We hope you have lots of fun, and we would love to see your photos on social media (please tag with #SpendAnHour) or by email to [hello@aberlour.org.uk](mailto:hello@aberlour.org.uk).

## The difference you will make

The clock is ticking... Stop children suffering, before it's too late.

We help over 7,500 children and families across Scotland, however there are many more that need our help and support.

We need to get there sooner.

We want to reach Scotland's vulnerable children as early as possible to stop damage being done, before families reach crisis point, before it's too late. Taking action quickly, significantly improves long-term outcomes for children and young people.

9 out of 10 Scots support the view that there should be more emphasis placed on helping vulnerable children as soon as problems emerge, rather than waiting until families are at crisis point and 86% agree that the issue of vulnerable children is one that affects families from all types of backgrounds and in all parts of Scotland.

The funds you raise will help Aberlour to reach children faster, by providing personalised support by skilled, trained workers. Because every child deserves the chance to flourish. Thank you!



## Recipe – Valentine's Day heart shaped biscuits

If you're holding a Valentine's Day bake sale, these pretty biscuits will add a lovely touch!

### Ingredients

**Makes 80 biscuits**

500g plain flour  
200g butter  
250g caster sugar  
2 eggs  
Zest of one lemon  
Coloured icing (e.g. red, pink, white)



If you're selling  
baking, check  
whether the premises  
has rules about food  
preparation

### Method

1. Preheat the oven to 180C/350F/Gas 4 and line a baking tray with greaseproof paper.
2. Beat the butter in a large bowl until creamy. Add the sugar and lemon zest and mix well. Add eggs and beat until incorporated. Sift in half of the flour and beat until incorporated, then repeat with the remaining flour.
3. Gently knead the dough in the bowl until it holds together as a ball. Transfer the dough to a clean work surface and briefly knead again. Shape the dough into a thick rectangle and wrap well in cling film. Chill for 2 hours.
4. Roll the dough out thinly on a floured surface, to a thickness about 5mm. Cut out heart shapes then transfer to prepared baking trays.
5. Bake in preheated oven for 10 to 15 minutes until golden brown.
6. Place on a wire tray to cool before decorating.
7. Sell to colleagues, family and friends to enjoy!

Quiz answers: 1. Pauline Collins; 2. French, Italian, Greek; 3. Shakespeare; - thou art more lovely and more temperate; 4. John Paul Young; 5. Aphrodite; 6. Aquarius; 7. James Cook 8. Babes in Arms; 9. Juliet, Mark Antony, Rhett Butler; 10. Dickie Valentine; 11. 258; 12. Heart, February, chocolate, love, rose, cupid.

## Romantic Quiz

Hold your quiz in the way that suits you. You can print out this page to make quiz sheets which you can sell to colleagues and friends; or you can get everyone together in teams, perhaps at lunchtime or as part of a Valentine's themed party.



	Question	Answer
1	Who played Shirley Valentine in the 1989 film?	
2	Here are 3 different ways of saying I love you in different languages. Which languages are they? Je t'aime, Ti amo, S'agapo.	
3	Identify the line of romantic poetry and tell me what comes next. "Shall I compare thee to a summer's day? ....."	
4	Who had a 1978 hit with 'Love Is In The Air'?	
5	Who was the Greek goddess of love?	
6	If someone is born on Valentine's Day which sign of the zodiac are they?	
7	Which famous explorer was killed in a fight in Hawaii on 14 <sup>th</sup> February 1779?	
8	'My Funny Valentine' is a show tune from which Richard Rogers and Lorenz Hart musical?	
9	Complete the pairs of famous lovers. Romeo & ....., Cleopatra & ....., Scarlett O'Hara &.....	
10	Which 1950's English pop singer had hits with 'Finger of Suspicion' and 'Christmas Alphabet'?	
11	According to the Guinness World Records, Paul Fremeau and Alina Evans hold the record for the most kisses in one minute by a pair. How many kisses did they achieve?	
12	Unscramble these words related to Valentine's Day: AERHT, UEAYFRRB, OTHCAELOC, OELV, EROS, UCDIP	

## Valentine's Day Fundraising Ideas

Whatever type of fundraising event you hold, you can include extra ways to raise money. How about including some of these, or coming up with your own fun activities?

### **Secret Valentine**

Instead of buying Valentine's Day gifts and cards for your loved ones, donate to Aberlour and give a vulnerable child the gift of love.

### **Hug Sale**

Everyone loves a hug right? Why not sell your hugs for a donation to charity?

### **Throw a red party**

Throw a Valentine's party for family and friends and ask guests to wear something red. Charge an entry fee and those wearing any other colour will have to pay slightly more to get in.

You can hold raffles and auctions to raise additional funds.

### **Thoughtful Valentine**

Make your Valentine's Day card and gift instead of buying them, and donate the funds saved to Aberlour.

### **Movie Night**

Show your favourite romantic films and sell festive treats to friends and family.

## Paying your funds in

Once you've collected your funds, you can pay them to Aberlour in a number of different ways, depending on what's most convenient for you:

- Visit [www.aberlour.org.uk](http://www.aberlour.org.uk) and click on [Donate now!](#) to pay online by credit or debit card
- Call us on 0800 085 6150 to pay by credit or debit card over the phone
- If you would like to pay the funds you have raised directly into our bank account, call us on 0800 085 6150 to request our bank details
- Send a cheque made payable to Aberlour to Aberlour Child Care Trust, 36 Park Terrace, Stirling, FK8 2JR.



## Get in touch

We are here to help if you have any questions or would like any suggestions or advice about your fundraising. Contact us by phone on 0800 085 6150 or email [hello@aberlour.org.uk](mailto:hello@aberlour.org.uk).

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## Thank You!



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