

A Teddy Bear's Picnic for Children's Heart Federation "How To" Guide



The Children's Heart Federation is the UK's leading children's heart charity and an umbrella body for 21 voluntary organisations working to meet the needs of children, young people and families who live with congenital heart conditions.

We do this by:

- Providing information through freephone helpline (0808 808 5000), publications and website (www.chfed.org.uk)
- Giving heart children medical equipment and making grants to families
- Organising short breaks for heart children and their families
- Campaigning to improve clinical and social care
- Working in partnership with other organisations to improve the life chances for heart children.

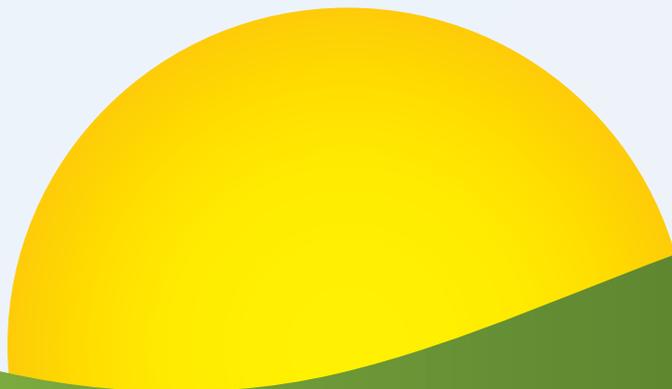


To help raise awareness of this work we encourage anyone to hold a "Bring A Bear day" at any time of the year. Bringing your bears to work or school and holding a teddy bear's picnic with colleagues, classmates or friends is a fun and simple way to show your support for the UK's leading children's heart charity.

This toolkit includes hints and tips on how to organise your own Teddy Bear's Picnic. The information in this guide is written with the focus on a picnic involving a large number of children either organised by a group of parents or at a school. If you're bring a bear to work you'll probably have to work some of our ideas into a meal with colleagues in your office canteen or at a local restaurant. We wouldn't expect a firm of city accountants or building contractors to break off their day for a game of rounders!

Don't forget to visit Bring a Bear HQ (www.chfed.org.uk/bears) for all of the resources you need to hold your own Bring a Bear Day. You can also use our website to share any images of your Bring a Bear Day or Teddy Bear's Picnic or keep us up to date with your paw-some progress via twitter ([@chfed](https://twitter.com/chfed)) or facebook ([/chfed](https://facebook.com/chfed)).

Team CHF wish you all furry good luck!



Organising your Teddy Bear's Picnic

What to do:

- Decide on the venue - A park, playground or beach can all make wonderful picnic spots
- Invite your family and friends - You should use any way of communicating you can. Email, telephone or one of the many social networking services such as facebook or twitter are all excellent ways of raising the profile of your picnic.
- Inform us! CHF may be able to drum up more support for your event by using our contacts and tapping into our communication streams
- Purchase food and drink.
- Ask all of your guests for a donation on the day to cover your costs. Any profits will make a welcome donation to the Children's Heart Federation.

Picnic essentials

- Food & drink
- Games
- Paper plates & cups
- Napkins
- Sun screen and a hat in case of sunny weather
- Warm clothes and waterproofs in case weather takes a turn for the worse
- Refuse sacks for your rubbish
- Balloons, badges or other promotional items to help raise the profile of the charity you are supporting

To request some CHF branded materials for, contact us (www.chfed.org.uk/contact)

Game ideas

- Treasure hunt: Buy wrapped sweets or chocolates which can be easily hidden. Hide the treasures around your Picnic and give children clues as to where they may find them.
- Hot potato: Get the children to sit in a circle. Play some music and get them to toss a bean bag or tennis ball to the person next to them. The child holding the bean bag or tennis ball when you turn off the music is out. The last one left in the circle is declared the winner!

Arts and crafts: **Your arts and craft materials needn't be expensive.**

- Draw your Picnic. Get children to draw a picture of families enjoying their Picnic.
- Face painting : Nominate a face painter in the group and make everyone look colourful on your Molly's Picnic. You will need face paints.
- Rounders – you will need a bat and ball. Divide into two teams – one



batting, one fielding and bowling - and mark out four bases. The batter has three attempts to hit the ball bowled by the bowler. Once the batter hits the ball they must run round the four bases. A rounder is scored when a member of the batting team gets past all four bases. The fielding team must try to get the batting side out by stumping the base or by catching the ball once batted.

What to Serve

The food you take along to your picnic should be tailored to your specific tastes and dietary requirements. Below are a few picnic favourites from CHF HQ.

Mediterranean Pitta Pocket

Fill pitta breads with a mixture of halved cherry tomatoes, basil leaves, thinly sliced red onion, thin strips of sweet red pepper, a few stoned and smashed black olives and an anchovy or two. Add salt and pepper but remember anchovies are salty.

Soft Rolls or Floury Baps with roast beef, watercress and mustard mayo

Mix together 4 tablespoons of thick mayonnaise, 1 of each of smooth and whole grain Dijon mustard. Spread on both sides of soft rolls and fill with a generous amount of thinly sliced roast beef and a handful of watercress.

Chicken Satay

Marinate 450 g of cubed chicken breast overnight (or at least 3 hours) in the fridge in:

- 2 tablespoons of soy sauce
- 1 tablespoon of sesame oil
- 1 tablespoon of lemon juice
- 1 tablespoon of sesame seeds
- half a teaspoon of chilli powder

Put on skewers as above and grill or oven cook. Serve with satay sauce.

Fairy cakes

These are very quick and easy to make so are ideal for a picnic cake recipe if you need to make something at the last minute. They're yummy too and great for kids. You can leave them plain or decorate, if you have time, in any way you like.

- 125 grams soft butter
- 125 grams caster sugar
- 125 grams self-raising flour
- 2 large eggs



- 2 tablespoons milk
- A couple of drops of vanilla extract

Preheat the oven to 200 degrees C (400 F). Prepare 12 bun or muffin cases.

If you have a food processor, this is remarkably easy! Just put all the ingredients except the milk in the processor and blitz until smooth. Add the milk using the pulse button to make a soft batter.

If you don't have a food processor, make them following the traditional method.

Fill each case equally and bake in the oven for 15 minutes or until golden on top.

Leave to cool and then ice, eat, or transport immediately to the picnic site!

Health and Safety

Please make sure that everyone at your event is safe. Use common sense when it comes to health and safety and follow the professional advice of the staff supervising any facilities you use. If you have any doubts about health and safety then contact CHF or your member group. Food hygiene is vitally important so please take great care and work to basic rules for safe preparation, storage, display and cooking of food. CHF cannot accept any responsibility for any loss of or damage to property at your Picnic or Bring A Bear Day. CHF insurance does not cover your personal liability for any injury suffered by yourself or anyone else as a result of taking part in the Picnic.

A different Teddy Bear's Picnic

If you would like any advice about organising an event for heart week that doesn't involve a picnic, please get in touch with CHF for support.



www.chfed.org.uk



0808 808 5000



info@chfed.org.uk



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