

**23 August 2011**



## **Press Release**

### **Fancy a brew?**

## **The countdown's on to The Big Tea!**

**What: The Big Tea in aid of Independent Age**

**When: Big Tea Week: 1-7 October**

**Where: Across the UK and the Republic of Ireland**

### **In need of a cuppa?**

Don't fear! It's almost time for **The Big Tea**, the annual event held across the UK and Republic of Ireland to raise funds for Independent Age, the charity which tackles older people's poverty and loneliness. For years, the humble tea has been the perfect excuse to get together with friends and family and put the world to rights. Now you can make the very simple gesture of enjoying a brew with friends count.

### **How it works:**

During **Big Tea Week** (1-7 October), which includes UN International Day for Older People (1 October), we want as many people as possible to join with us and have a cuppa for older people.

### **How do you take yours?**

You can take your tea any way you like, pure and simple: tea at home, in an office, a village hall, a garden, or even with lashings of opulence and glamour, in a stately home or an Abbey. Just arrange a date, invite some friends and get people to make a donation for their tea – it's that easy!

### **Tea buddy:**



We are thrilled that food writer, **Jane Fearnley-Whittingstall**, is heading up **The Big Tea** again this year. Jane said of the event, "What better excuse for a sit down with friends and family – with homemade cake for added value! I'll be holding a **Big Tea** again this year to raise vital funds for Independent Age. Simply by enjoying a brew you could help to support thousands of older people throughout the UK and Republic of Ireland".

Community Events Officer for Independent Age, Harriet Steele, said, "Last year, Independent Age held its first ever **Big Tea**. Every single tea made a difference, raising anything from £5 to £650 per party. **Big Teas** were held in venues ranging from the humble home to an ancient Abbey! This year we hope to raise £20,000 to support older people in need."

### Can't make it?

If you are unable to hold a **Big Tea** between 1 and 7 October, don't worry! While most people will be holding theirs that week, there is always time for tea, so have yours at a time that is convenient for you.

### Cake with yours? Share a recipe, win a book!

What better to accompany your cup of tea than a slice of cake? Visit our website for some delicious recipes from Jane Fearnley-Whittingstall and food writer and TV chef, Darina Allen.

The first 100 people to send us a cake recipe of their own when applying for a **Big Tea** pack - for us to publish on our website - will win a copy of *The Thrifty Kitchen*, Independent Age's collection of recipes to delight the palate without emptying the pocket. Recipes should be submitted to [tea@independentage.org](mailto:tea@independentage.org) or posted to us at Independent Age, 6 Avonmore Road, London W14 8RL.

To find out how you can organise a **Big Tea** of your own contact Harriet Steele on T +44 (0)20 7605 4288, email [tea@independentage.org](mailto:tea@independentage.org) or visit our website [www.independentage.org](http://www.independentage.org)

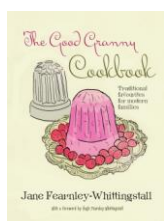
For media inquiries contact Rebecca Law on T +44 (0)20 7605 4291, or email [rebecca.law@independentage.org](mailto:rebecca.law@independentage.org). For out of hours media inquiries, call 07545 209 589.

### Notes to editor:

### Independent Age

Independent Age is a unique and growing charity: a support community for thousands of older people across the UK and the Republic of Ireland. We offer a helping hand from a trusted friend, tackling older people's poverty and loneliness by offering information, advice and friendship. For more information visit: [www.independentage.org](http://www.independentage.org)

### Jane Fearnley-Whittingstall



Jane Fearnley-Whittingstall is a grandmother of five and the mother of TV chef Hugh. She is the bestselling author of *Ministry of Food: Thrifty Wartime Ways to Feed Your Family Today*, *The Good Granny Guide*, *The Good Granny Companion* and *The Good Granny Cookbook*. When not on duty as the Good Granny, Jane is also a successful garden designer, having secured two Chelsea Flower Show gold medals and penned a further seven books on plants and gardening.

### Darina Allen

Darina runs the Ballymaloe Cookery School in Co. Cork. She is a bestselling author, having written many books on Irish farmhouse cuisine and is a leader of the slow food movement in Ireland. She is the presenter of her cookery program *Simply Delicious*.

