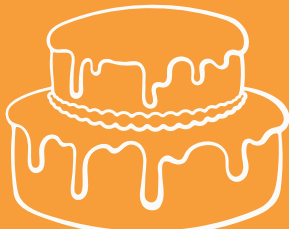


Meet-Up

What's in the pack

Baking Tips



Quiz



Tips to keep you organised



Cake Flags



Bunting



Folding label cards



Menu Poster



Invite Poster



Paying in slip



Welcome

Thank you for choosing to host a Migraine Meet-Up during Migraine Awareness Week 2025!

This year, our theme is “Migraine Means”. Whether migraine means pain, missed opportunities, or finding strength in community, your Meet-Up will help highlight these experiences and support our mission to improve life for everyone affected by migraine.

Whether you're hosting at home, at work, or in your community, we hope this pack inspires you to create a meaningful and enjoyable event. You'll find tips, ideas, decorations, and even a quiz to help make your Meet-Up fun and stress-free.

Migraine Meet-Up is about coming together to support a cause that affects millions. Every conversation, every slice of cake, and every donation helps us move closer to a world where migraine is better understood and better treated.

We'd love to hear about your Meet-Up. Send us your photos, stories, and fundraising totals at fundraising@migrainetrust.org, and don't forget to tag us on social media using #MigraineMeans and #MeetUp4Migraine.

Have fun at your Meet-Up!



Why your Meet-Up Matters

Migraine affects over 10 million people in the UK alone. It's more than just a headache, it can mean nausea, dizziness, speech difficulties, and missed opportunities.

Migraine doesn't just affect people at home, it impacts their working lives too. This year, we're shining a light on what 'Migraine Means' in the workplace. If you're hosting your Meet-Up at work, consider sharing stories, starting conversations, or inviting colleagues to learn more. You can even use your event to encourage your employer to explore migraine friendly policies and training.

Whether your Meet-Up is a coffee morning, a lunch & learn, or a garden gathering, every pound raised helps us move closer to a world where migraine is better understood, better treated, and better supported.



Ideas for your Meet-Up

Coffee morning at work



Afternoon Tea



Bake sale at school



Board games



Crafts evening



Home Cinema



Summer BBQ



Friday night cocktails



Lazy Sunday brunch



Tips to Keep You Organised

Do as much in advance as possible

To avoid any stresses, try to do as much prep before the day of the event. Whether it is on food, drink or decoration.

Delegate your responsibilities

Make the most of the day and really enjoy it by sharing some of the responsibilities with willing helpers.

Keep track of your volunteers

Once they've agreed to help and you've assigned them a responsibility, make sure to take note of who's doing what.

Use this list to keep track of willing helpers

Volunteers to help on the day

Decorators

Photographer

Donation Collector

Entertainment Organiser

Tidy up Team

Menu Contributors

Food 1

Food 2

Food 3

Drink 1

Drink 2

Foodie Tips

Allergies

Check if your guests have allergies in advance. If any food is being prepared that contains an allergen, prepare it, store it, and serve it separately from the rest of the food. Use folding label cards to clearly note any allergens.

Baking for a coffee morning?

Quick fixes

If you can't bake, no one will mind a shop-bought Victoria sponge. If the worst happens, serve up the bought one and dispose of the evidence!

From frozen

Do as much in advance as possible. You can bake your cake or cupcakes a week ahead and freeze them. Unfrosted, undecorated cupcakes freeze well for up to a month. Defrost before your Meet-Up and spend your time getting creative with frosting and decorating

Barbecuing in the summer?

Room temperature

Let meat or fish sit at room temperature for at least 20 minutes before grilling. If it's too cold, it may burn on the outside before cooking through.

Test it and rest it

If you're cooking for lots of people, it can be hard to tell how well-done meat is by sight alone. Cut into it or use a BBQ thermometer. Once cooked, let it rest for a few minutes to reabsorb juices and stay tender.

Brining out the fine china for afternoon tea?

Scone etiquette

We swear by starting with jam (like the Cornish), but Devonshire tradition is cream first!

Picture perfect

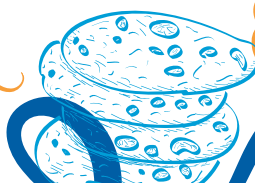
Stick with finger sandwiches and small scones to keep things classy. Scones should be the largest treat on your cake stand. For larger cakes, use a cookie cutter to create petite portions.



Quiz

Tuck into our food and drink quiz! Use it as entertainment and to raise money. Charge people if they play, and they can make extra donations if they want a hint or extra time.

1. What kind of pastry is used in a Cornish pasty?
2. What do Americans call aubergine?
3. There are four main ingredients in a Waldorf salad: celery, walnuts, apples and _____?
4. The noodle soup "Pho" originates from which country?
5. Which word of Swedish origin describes a buffet-style meal with a selection of hot and cold dishes?
6. What is the Hungarian national dish?
7. Lettuce is a member of which flower family?
8. Which Scottish river supplies over 90% of the water used in whisky manufacture?
9. If you were served "aloo" in an Indian-themed meal, which vegetable would you be eating?
10. Italians have which strong, dark coffee served in small cups?



Quiz - Answers

1: Shortcrust

2: Eggplant

3: Grapes

4: Vietnam

5: Smorgasbord

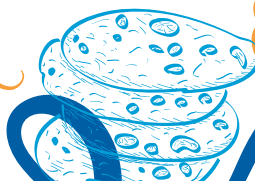
6: Goulash

7: Aster (same as daisy or sunflower)

8: Spey

9: Potatoes

10: Espresso



Menu



Contact:



Paying in info

Thank you so much for supporting The Migraine Trust by hosting a Meet-Up event.

Donations given at your event will help to fund research, provide support and information for people living with migraine.

You can send your sponsorship money to The Migraine Trust in one of the following ways:



Online

You can make your donation on our website if you visit migrainetrust.org and follow the directions to make a donation



Post

You can post cheque donations, please remember to include your name and contact details. cheques should be sent to, The Migraine Trust, Canopi, 82 Tanner Street, London, SE1 3GN



Phone

You can pay by card over the phone, please call us on 0203 9510 150



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