

**Are you a keen chef?** Are you making the most of more time at home to cook your favourite recipes? Why not share your skills with your friends by doing a live-stream as you create your favourite dish?

# Cooking Lessons

## Here's what to do:

### 1. Plan the logistics

- When will it be?
- Are you going to charge people to attend, or just encourage them to donate throughout the stream?
- What will you be cooking?
- What platform are you going to use to host your stream? There are many video streaming platforms – [Instagram Live](#) and [Facebook Live](#) are both popular; other options include [Google Hangouts](#) and [Zoom](#).

### 2. Set up a [Virgin Money Giving page linked to our Coronavirus Resilience Appeal for viewers to donate to](#).

We're challenging you to set a fundraising target of £150 overall.

### 3. Promote what you are doing far and wide!

- We've written a few template posts below if you're stuck. Remember, lots of your peers and friends will be looking for ways to fill their evenings and this could be just what they're looking for.
- You should, however, be sensitive to the fact that some people will have financial concerns at the moment and won't be able to donate.
- Don't forget to add a link to your donation page and the link to the platform you'll be using to stream.

### 4. Enjoy!

Above all this is meant to be a chance to have fun and bring people together, so make sure to take the time to enjoy yourself.

### 5. Let us know how it went

We'd love to hear about your event, so please email [fundraising@studentminds.org.uk](mailto:fundraising@studentminds.org.uk) to let us know! If you get any pictures (or screenshots!) we'd love to see them.

**As an added bonus**, why not offer to send round a copy of the recipe to everyone who has donated?



# Promote your event – templates

## Facebook Post

On *[Sunday 12th April]* I will be doing an online cooking lesson in aid of Student Minds, starting at *[3pm GMT]* and making *[my grandma's famous jambalaya]*! Student Minds empowers students and members of the university community to look after their own mental health, support those around them and create change. I've chosen to support them because *[it's a cause that's close to my heart and with many of their fundraising events being cancelled recently, I'm particularly keen to help them]*.

If you're looking for things to do, please come along and watch! I'll be streaming it on Instagram Live at *[link]* and you can make a donation at *[virginmoneygiving.org.uk/myfundraiser]*. I'm aiming to raise at least £150 and I would be extremely grateful for any donations you are able to give.

Thank you!

## Tweet

I'll be doing an online *[jambalaya]* cooking lesson in aid of @StudentMindsOrg at *[3pm]* on *[Sunday 12th April]*! Please join me in helping them to transform the state of student mental health. Donate and find out more at: *[virginmoneygiving.org.uk/myfundraiser]*.

## WhatsApp Message

Hey everyone!

On *[Sunday 12th April]* I will be doing an online cooking lesson in aid of Student Minds, starting at *[3pm GMT]* and making *[my grandma's famous jambalaya]*! Student Minds empowers students and members of the university community to look after their own mental health, support those around them and create change. I'd love it if you were able to come along and watch. Even if you can't, I would really appreciate any donations you are able to make at *[virginmoneygiving.org.uk/myfundraiser]*. You can watch at *[link]*. Thank you!

## Description for your online fundraising page

On *[Sunday 12th April]* I will be doing an online cooking lesson in aid of Student Minds, starting at *[3pm GMT]* and making *[my grandma's famous jambalaya]*! Student Minds empowers students and members of the university community to look after their own mental health, support those around them and create change. I've chosen to support them because *[it's a cause that's close to my heart and with many of their fundraising events being cancelled recently, I want to help them to keep their work going]*.

I'll be streaming on Instagram Live. The link to my Instagram page channel is *[link]* so please come along and watch! I'm aiming to raise at least £150 and would be very grateful for any amount you are able to give.

Thank you!