



# The great anaesthesia bake



**THE ASSOCIATION OF ANAESTHETISTS**  
*of Great Britain & Ireland*

**lifebox**  
Saving lives through safer surgery

**Fundraising pack**

**Raising dough  
for Lifebox**

## The Great Anaesthesia Bake

Thank you for picking up a Great Anaesthesia Bake pack. It should provide you with everything that you need to know, including the registration form, guidelines and tips, and even draft publicity material.

But if you have any questions, please feel free to email Lifebox at [info@lifebox.org](mailto:info@lifebox.org) or call them on 0203 286 0402 – or find out more at [www.aagbi.org/international/lifebox/bake](http://www.aagbi.org/international/lifebox/bake)

### Introduction

We're turning up the heat for the first AAGBI Great Anaesthesia Bake! It's time to swap the oxygen masks, endoscopes and needles for aprons, ovens and mixing bowls and get baking!

Whether you have a penchant for cookies, cakes, pies, scones, pasties, sausage rolls, flans or bread, we want to you raise as much *dough* as possible for Lifebox.

Lifebox is a not-for-profit organization saving lives by improving the safety and quality of surgical care in low-resource countries. Learn more about their work at [www.lifebox.org](http://www.lifebox.org)

We're encouraging all anaesthetic departments to put on a baking sale for staff and patients. You have from the start of the GAT conference (April 3, 2013) until **August 31, 2013** to hold your sale and raise as much money as you can! We will give you an update of the amount raised at the Annual Congress in September 2013.

*Heartfelt thanks from the AAGBI and Lifebox*

### Register

First things first, let us know you are taking part! Please fill in the short form below and email it to us or post it. Don't forget, when your sale is over, let us know how much *dough* you raised and we will give a shout out to your efforts!



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## REGISTRATION FORM

Organiser: .....

.....

Your hospital: .....

.....

Contact details: .....

.....

Date of sale(s): .....

.....

Please send the completed form to [info@lifebox.org](mailto:info@lifebox.org)  
or Lifebox | 21 Portland Place | London | W1B 1PY

When you have completed your sale, please let us know how much you have raised so that we can let others know!

## Guidelines

We want you to raise as much *dough* for Lifebox as possible by selling home-made goods. How you do that is up to you. Having said that, here are some guidelines:

### ***You'll need:***

- To send Lifebox the very short registration form so we can give you credit for your efforts
- A location to sell your yummy baked goods, which is also accessible to patients – such as a hall, meeting room or restaurant
- Volunteers to help you organize the event
- To advertise the event in advance so you get maximum participation! We have produced a poster template and some suggested text for the staff intranet that you are free to use. You could also use staff meetings, your website, electronic screens, the staff newsletter and social media to spread the word!
- Lots of lovely baked goods!
- The support of senior staff to make it a success, so speak to your chief executive or medical director as soon as you can. Bribing them with a cake might help!

### ***Don't forget:***

- To encourage other colleagues in the hospital to bake
- To talk about the sale on Twitter and other channels. Use the #Greatanaesthesiabake hashtag or send any pictures or stories to [info@lifebox.org](mailto:info@lifebox.org)
- **To send Lifebox the money afterwards!**

## Tips

- Be as creative as you want by having a theme or create a friendly competition by getting senior staff to judge your efforts
- Cleanliness is next to godliness. Have a look at the Food Standards Agency's tips on staying safe and hygienic in the kitchen at [www.food.gov.uk](http://www.food.gov.uk)
- Please label if your goods contain nuts or alcohol
- Try to avoid fresh cream where possible
- Search online or in books for recipes
- You could also sell teas and coffees too, so have a word with your restaurant, in-house caterers or even a local restaurant
- Speak to your press office to see if they can get any media interest in your event

## About Lifebox

Lifebox is a registered charity in England and Wales (1143018), co-founded by the Association of Anaesthetists of Great Britain and Ireland. By focusing on surgery - an essential but overlooked component of global health - Lifebox works to improve the safety of healthcare around the world.

Caesarean-section, trauma surgery, hernia repair – these are the only possible treatment options to save the life and livelihood of a mother in obstructed labour, a child in a deadly road traffic accident, or a breadwinner unable to work. But access to surgery is limited in low-resource settings, and access to safe surgery is even rarer.

Lack of resources and training means that many operating theatres are missing the most basic equipment and capacity required to save lives. More than 74,000 operating theatres in low-resource countries lack a pulse oximeter, meaning that rates of anaesthesia mortality can be as high as 1:133.

Lifebox is working to change this. And by participating in the Great Anaesthesia Bake, you are too!

### **From your kitchen, to their theatre**

Just £160 sends a high-quality, environment-appropriate pulse oximeter directly to an operating theatre currently delivering surgery without this essential monitoring.

Your engagement will enable Lifebox to deliver training in pulse oximetry and the World Health Organization's Surgical Safety Checklist, ensuring that the equipment donation is part of a long-term, sustainable investment in the safety and quality of surgical care worldwide.

Your participation will raise awareness of the danger of surgery in low-resource settings, and support your colleagues on the front line of the surgical safety crisis, who work tirelessly to try to save lives in low resource settings.

Your support will make a direct difference.

## Staff intranet/staff newsletter text

Below is some sample text to advertise your event on your staff intranet or staff newsletter. Feel free to amend as necessary. If you are able to win over the support from a senior member of staff such as the chief executive, medical director or head of nursing, a supporting quote from them might help!

### ***The heat is on for the first Great Anaesthesia Bake!***

*The first Great Anaesthesia Bake is being held on xxxxx, between xxxx in xxxx*

*With support from the Association of Anaesthetists, xxxxx in the anaesthetic department has organised a sale to raise money for the charity Lifebox, which aims to improve the safety and quality of surgery overseas.*

*There will be a whole host of tasty treats available to buy including xxxxx. We need your support, so if you would like to bake something or help out on the day, please contact xxxx*

*Quote from organiser/chief executive/medical director/head of nursing*

*Don't forget to tell colleagues, friends and patients so that we can raise as much dough as possible for Lifebox!*

## Photos and social media

We're thrilled that you're taking part in the Great Anaesthesia Bake, and we want to share your success in the kitchen with the wider world!

Please send photos to [info@lifebox.org](mailto:info@lifebox.org) and they will be posted on Facebook and the Lifebox blog. If you'd be interested in writing a short piece about your experiences, please send that too!

And we'll be keeping up the heat on Twitter – you can join the conversation at #Greatanaesthesiabake

## Poster

Please use the template on the next page where you can write in the details of your sale. You can put up the poster on notice boards to advertise to patients and colleagues in the hospital, or reduce the size to use as a flyer, or use them as direction markers pointing to the venue on the day of the sale.

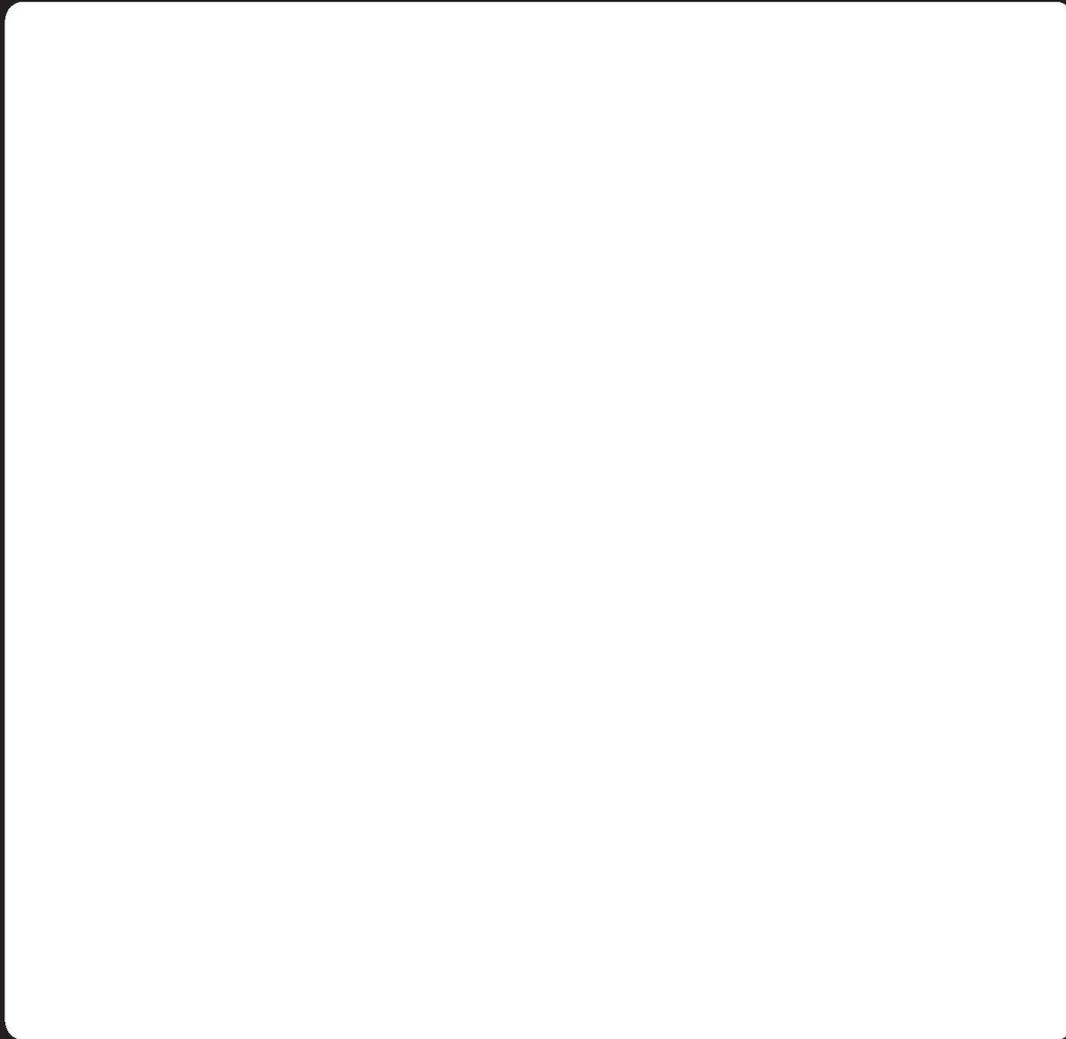


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## How to donate

You baked, you bought and you raised money for Lifebox in the process! Thank you – we're enormously grateful.

There are several ways that you can transfer the funds, in order to get the oximeters you've provided to those who need them most urgently:

### **Online**

The easiest way to donate directly to Lifebox is to do it [online](http://bit.ly/greatanaesthesiabake). The URL is <http://bit.ly/greatanaesthesiabake>

Visit and transfer your collection via credit or debit card. The payment system is commission-free, so every penny will go to Lifebox.

### **Cheque**

If you'd prefer to send a cheque, please make this payable to "Lifebox Foundation" and post it to:

Lifebox Foundation  
21, Portland Place,  
London W1B 1PY

## Contact us

We can't tell you the ideal temperature for baking a Victoria Sponge, but we can tell you more about the surgical safety crisis in low-resource settings, where and how Lifebox is working to address it – and other ways that you can get involved.

We're also very happy to help with any questions you may have about the Great Anaesthesia Bake, so please:

Email Lifebox at [info@lifebox.org](mailto:info@lifebox.org) or call 0203 286 0402.

You can also visit the Lifebox [website](#) and [blog](#) for more information.