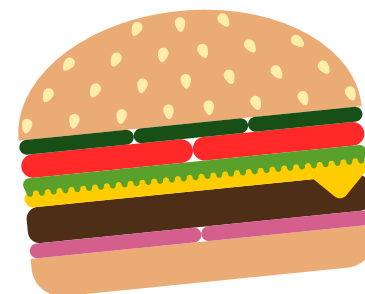
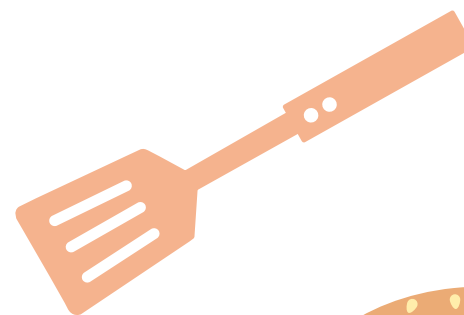
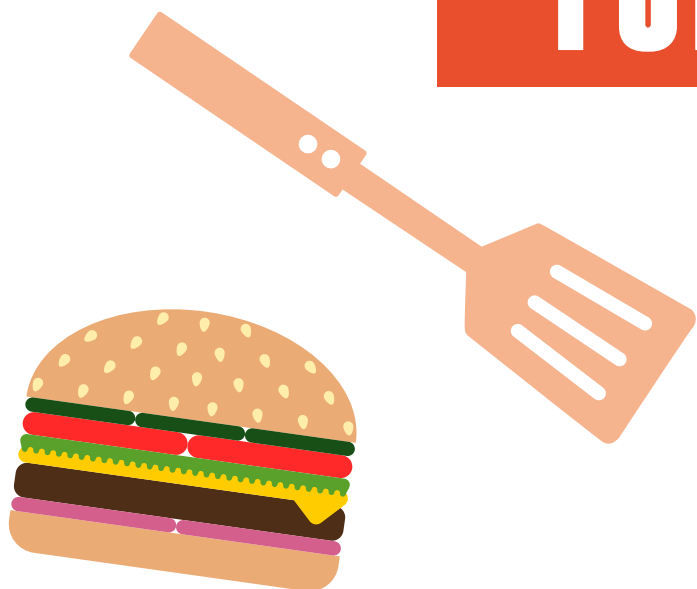
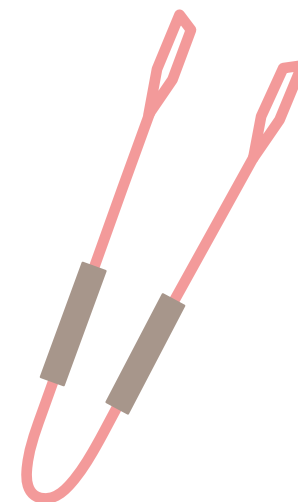


★ **BBQ** ★



**= FUNDRAISING =**

★ **PACK** ★



All you need to host a wonderful summer BBQ for veteran's mental health

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# INTELLIGENCE

The money you raise from your BBQ is for Combat Stress. Below is a snapshot about us which we hope will help you understand who we are and what we do. The more intel you have, the more you can let your guests know about the important cause you're supporting.

## Who are we?

We are a charity who help former servicemen and women with complex mental health problems such as PTSD, anxiety and depression. We were formed in 1919, just after the end of the First World War when men were returning from the frontline with what was then known as shell shock. We are a national charity, providing specialist treatment and support for veterans from every service and conflict.

## What do we do?

Today we provide specialist treatment and support for veterans from every service and conflict. We offer a range of community, outpatient and residential mental health services to veterans with complex mental health problems related to their military service. We provide services in-person, and via phone and online. Visit [combatstress.org.uk](https://combatstress.org.uk) or call our Helpline (0800 138 1619) to find out more.

## Where does your money go?

**81p**

supports veteran treatment

**15p**

is invested in fundraising

**4p**

raises awareness



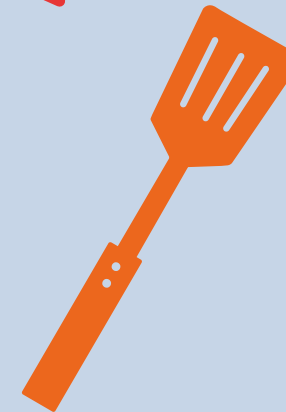
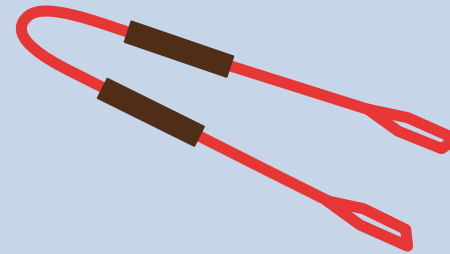
# STAND TO ATTENTION

We all need to look after our mental health and wellbeing; so, hosting a BBQ is something to look forward to and organise, to get together and be outside, eat and chat. At the same time, it's a chance to raise money and awareness for veterans' mental health. Winner!

We welcome you to our BBQ Pack. Your mission is to host a BBQ and ask friends and family to donate to Combat Stress. We've also got some inspiring ideas for your BBQ to have fun and help raise as much as you can on the day. Check out our burger and cocktail recipes themed around the Navy, Army and RAF.

We want you and your guests to have a super time at your BBQ – you all deserve it! Best of all, the money you raise from hosting a BBQ will help us provide specialist treatment and support to veterans from every service and conflict, who are affected by complex mental health issues.

**Raise money so that we're able to continue not only transforming veterans lives but saving them too.**  
**Thank you.**



## ★ IMPORTANT ★

Please remember to adhere to any current social distancing Government guidelines for COVID-19 when hosting your BBQ

# SCRAN AND BEVVIES

When it comes to BBQs, there is so much delicious food to serve up. You can either keep it old school or come up with some creative recipes for marinades and salads – it's entirely up to you.

And of course, the same goes for drinks. Either keep it simple with fizzy drinks, fruit juice, beer and wine, or get fancy and give some cocktails a go!

However, no BBQ should be without a good burger and so, we challenge you to the...

## BURGER TRIO!

Former forces chef, Ant Hackett, has created three burgers themed around the Navy, Army, and RAF. Which one of our HM Forces will get your winning vote?



### TOP TIP – KEEP IT CLEAN

At the start or end of cooking – while your grill has some heat – attach half an onion, flat side facing down, to the end of a fork and rub over the bars of the grill. The onion releases water that steam cleans the bars, helping to release any debris and unwanted sticky marks. Not only will it save you from scrubbing for hours, but it also means that you can clean your grill without any nasty chemicals.

Share your photos  
with us on social  
and remember to tag  
**@CombatStress**



BBQ FUNDRAISING PACK





# THE ROYAL NAVY BURGER

The Defender of Tradition Burger  
(with a twist in the tail)

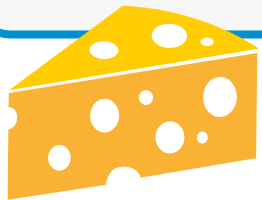
## Pattie ingredients (serves four)

- 500g ground minced beef (or vegetarian/vegan alternative such as Quorn)
- Pinch of salt
- Pinch of pepper
- 1 egg
- Half teaspoon English mustard
- 1 tablespoon tomato puree
- Pack of burger buns

= Mix all the above into cricket ball size shapes and chill for 30 mins in freezer

= Take out and mould into burger patties

= Cook on the BBQ (or grill/fry) until fully cooked throughout



## For the dressing – Lemon mayo

- 500ml mayonnaise
- Pinch black pepper
- Juice and rind of half a lemon
- 1 tablespoon chopped parsley

= Take 500ml mayo and add a pinch of pepper and the juice and rind of half a lemon

= Mix together and add chopped parsley

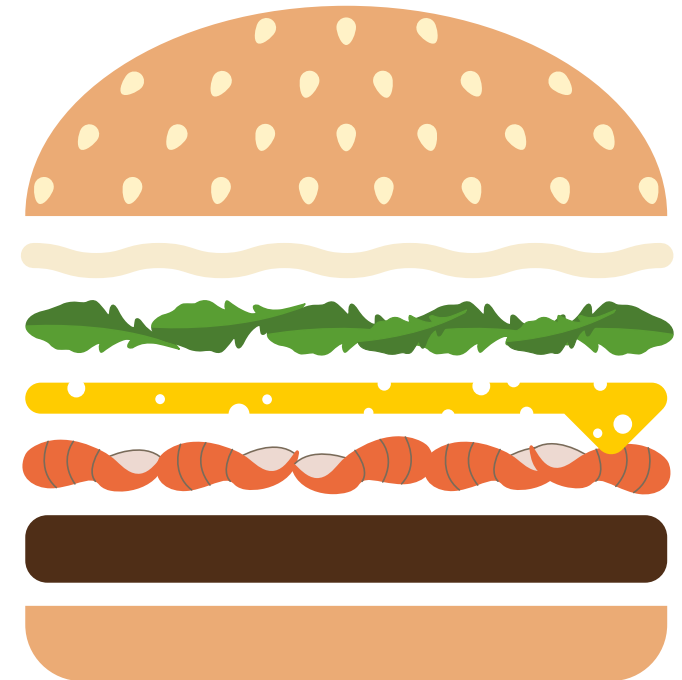


## For the toppings – crayfish marinade, cheese and rocket

- Crayfish tail
- 2 tablespoons olive oil
- Rind of half a lemon
- Slices of Emmental cheese
- Pack of rocket

= Marinate the crayfish tail in olive oil and lemon rind in fridge for 1 hour minimum

= Lightly cook crayfish tail on BBQ



## ★ BRING IT ALL TOGETHER! ★

= When your burger is cooked to your liking place crayfish on top and smother with sliced Emmental cheese

= Finish with rocket and the lemon mayo and serve in a burger bun

# THE ARMY BURGER

## The Down and Dirty Burger

### Pattie ingredients (serves four)

- 500g 5% fat ground beef (or vegetarian/vegan such as Quorn or other plant-based alternatives)
- Pinch of salt
- Pinch of pepper
- 1 teaspoon of Cajun spice
- 1 full egg
- 1 egg yolk
- 1 Teaspoon of Dijon mustard

= Mix all the above by hand and shape into your desired size. Chill for 30mins in the freezer

= Take out and shape into patties (burger shape)

= Cook on the BBQ (or grill/fry indoors) until fully cooked all the way through



### For the 'dirty' topping

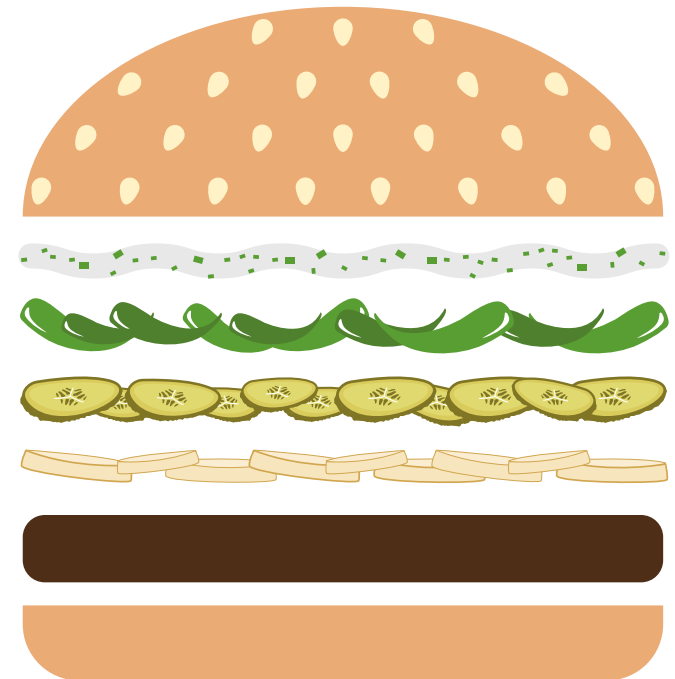
- 3 large white onions
- Olive oil
- 1 green chilli (chopped)
- 1 tablespoon sugar
- Jar pickled gherkins

= Fry the onions in olive oil and add the chopped chilli. Fry until golden brown then add the sugar for sweetness

### For the sauce

- 500ml sour cream
- 1 lemon
- 50g chives

= In a separate dish, add a squeeze of lemon to the sour cream along with the chives, and mix



### ★ BRING IT ALL TOGETHER! ★

= Once the burgers are cooked, serve them in your burger buns with the onions, a pickled gherkin and the sour cream and chive sauce

# THE ROYAL AIR FORCE BURGER

## The Spitfire Burger

### Pattie ingredients (serves four)

- 4 chicken breasts (or meat free alternatives such as tofu or halloumi)
  - Burger buns of your choice
- = BBQ the chicken (or alternative) until cooked all the way through making sure the chicken juice is running clear

### For the salsa

- 1 pack of vine ripened tomatoes
- 1 red onion
- 1 teaspoon of chilli flakes
- 1 lemon
- 1 small handful chopped parsley
- 1 teaspoon olive oil
- Salt & pepper

= Take vine ripened tomatoes and chop into cubes. Add a finely chopped red onion and a small amount of chilli flakes to taste. Add a squeeze of lemon and a handful of chopped parsley, a dash of olive oil and salt and pepper and mix

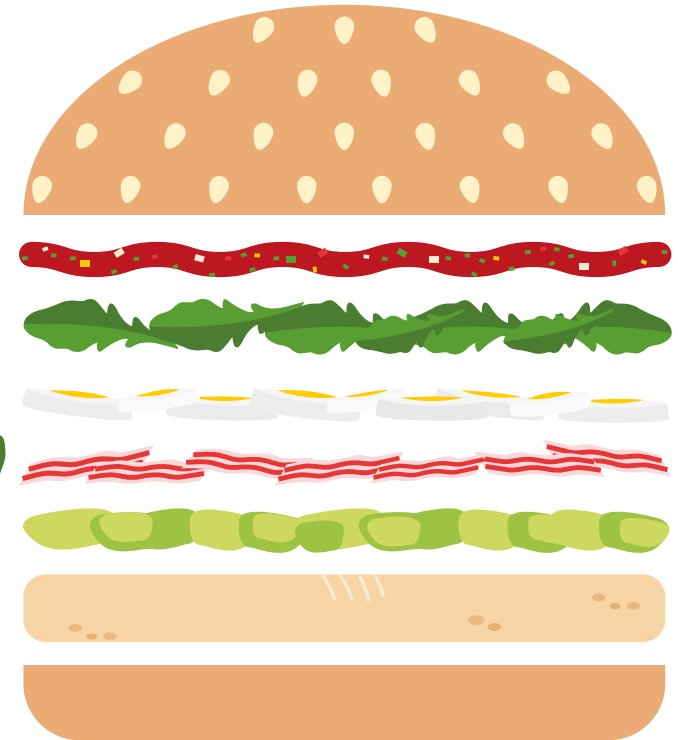
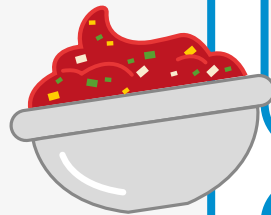
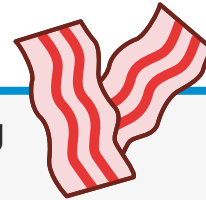
### For the topping

- 2 avocados
- 1 red pepper (chopped finely)
- 1 lime
- 2 boiled eggs (sliced)
- 1 pack smoked streaky bacon
- 1 pack of rocket

- = Peel and smash avocados and combine with the chopped red pepper and a squeeze of lime
- = Take the eggs and boil for 6 mins in a pan of rapid boiling water
- = Cook the bacon and BBQ (or fry/grill) until crispy

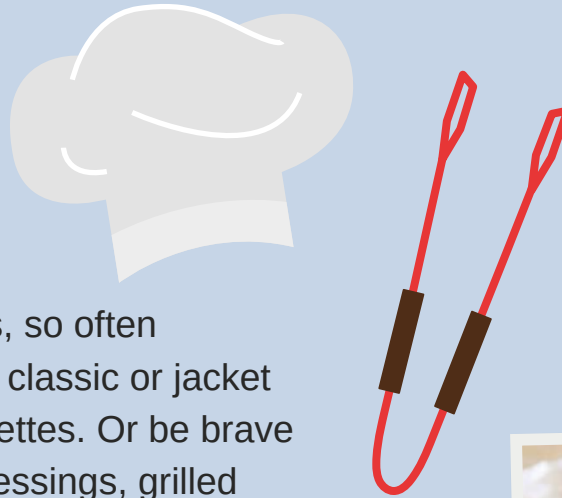
### ★ BRING IT ALL TOGETHER! ★

- = Take your smashed avocado and place in burger bun on top of the chicken breast (or alternative), then add your smoked bacon and sliced boiled egg
- = Add your finish with rocket and the salsa





# RESERVES



## Salute the sides!

One of the best parts of a BBQ is the sides, so often overlooked. Keep it simple and go with the classic or jacket potato, rice salad, coleslaw, or sliced baguettes. Or be brave and bold with rainbow salads and fancy dressings, grilled corn, seared asparagus or a cheese board.

## Deploy the desserts!

Don't forget to deploy the desserts once you've had your mains. A tactical trifle, a proud pavlova or simply salute the good old strawberries and cream. Or why not hold a bake sale with a load of cakes and make a few pennies as part of your fundraising?



Click here



### ★ TIP TOP! ★

You can even buy Combat Stress branded edible cake toppers

EBAY

AMAZON

# THE BAR BRIGADE

Of course, a bar is always popular at BBQs. So to wash down your wonderful food creations, why not try out some of these forces-themed cocktails to serve to your guests. Remember to offer both alcoholic and non-alcoholic options!

## Navy – Navy Grog Cocktail

A commonly found recipe in the Caribbean but with its traditions on old naval ships from the 1700s when rum was rationed and therefore watered down. Sugar and lime was added to make it more palatable and also helped alleviate the spread of scurvy.

- 20ml fresh lime juice
- 2 teaspoons light brown sugar
- 45ml dark rum (Pussers Rum is traditional)
- 30ml water
- cinnamon (optional)
- 1 orange slice (to garnish)

= Combine all the ingredients over ice and stir vigorously.

## Army – Back to Basics Gin & Tonic Cocktail

This legendary drink was introduced to the Army of the British East India Company at the height of the British Empire. Malaria, a constant problem with officers and troops in India, was treated at the time with quinine, which tastes bitter and terrible. So the officers started mixing theirs with sugar, lime, and gin to make the stuff drinkable. Today's tonic water is much sweeter, contains less quinine, and is much less bitter as a result.

- 45ml gin
- 15ml freshly squeezed lime juice
- tonic water
- lime wheel or wedge garnish (or if you prefer cucumber)

= Fill highball glass with ice. Add gin and lime juice. Top with tonic water. Stir and garnish if desired.

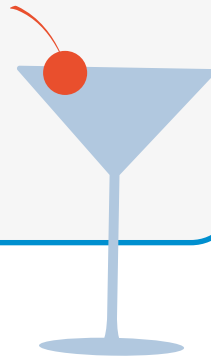
## RAF – Squadron Bar Cocktail

Apparently, this drink was very popular in the Royal Air Force of the British Empire during the Second World War.

- 40ml brandy
- 40ml Calvados (apple brandy)
- 20ml lemon juice to cut the sweetness
- 1 teaspoon grenadine
- ice
- lemon slice (to garnish)

= Fill a cocktail shaker with ice and add all the ingredients. Shake until chilled and strain into a cocktail glass.

= Garnish with a slice of lemon.



### TOP TIP – KEEP IT COLD



If your fridge is too full for all the refreshments, invest (or borrow) a few buckets and bags of ice to scatter around the garden to put drinks in – this tip encourages your guests to help themselves so you can concentrate on the food!

## Non-alcoholic – Virgin Mojito Cocktail

A refreshing blend of mint leaves, apple juice, lime juice, elderflower cordial and soda water.

- 40ml soda water
- 6 mint leaves
- 2 lime wedges
- 30ml apple juice
- 20ml lime juice
- 15ml elderflower cordial
- crushed ice
- 1 sprig of mint

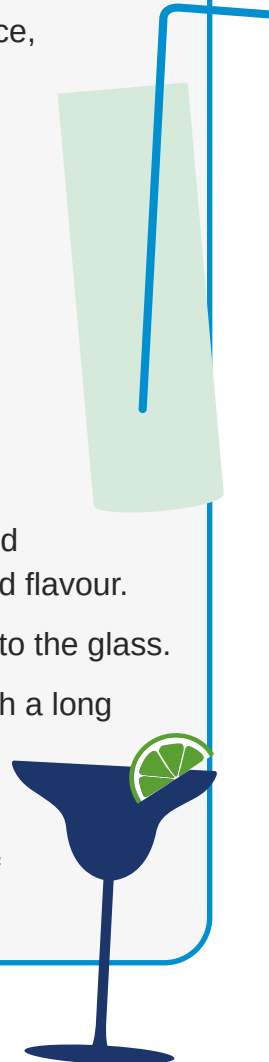
= Place 6 mint leaves in the bottom of a tall glass and press down with a muddler to extract the juices and flavour.

= Add apple juice, lime juice and elderflower cordial to the glass.

= Fill the glass with crushed ice and stir the drink with a long spoon.

= Top up the drink with 40ml soda water.

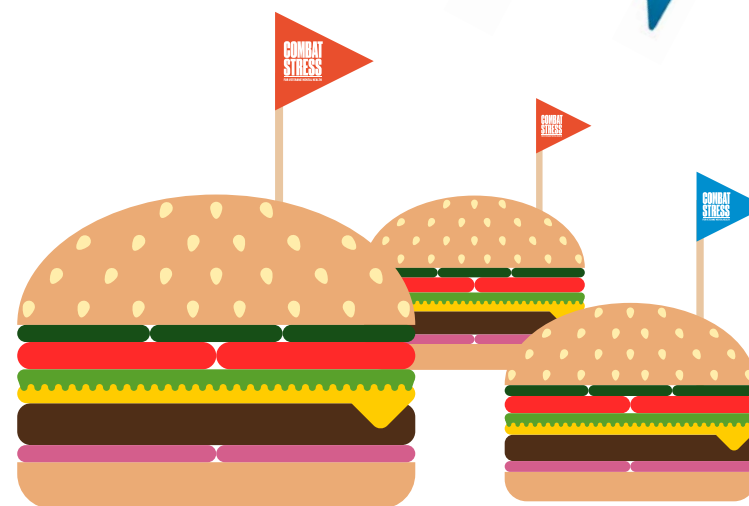
= Place a sprig of mint at an angle against the rim of the glass to garnish.



# DECORATION DUTY

We all love a bit of bunting. Download our printable bunting using the button below. It's easy to print out, just cut around the edges and attach to string ready to hang – it'll brighten up any garden! And don't forget that many hands make light work, so make sure to get everyone involved, especially the kids and make it a fun creative session.

We've also got some decorative toppers you can attach to cocktail sticks to keep your burgers neatly together or labelled, and to liven up the look of your drinks.



Click to  
download



## Downloadable resources

**BUNTING**

**DECORATIVE TOPPERS**

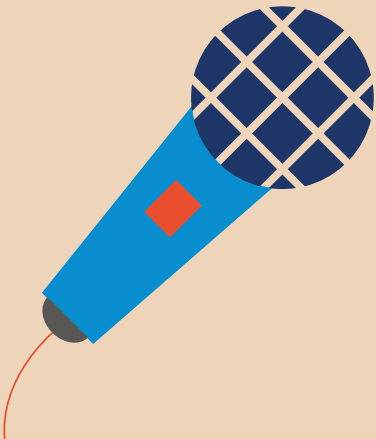
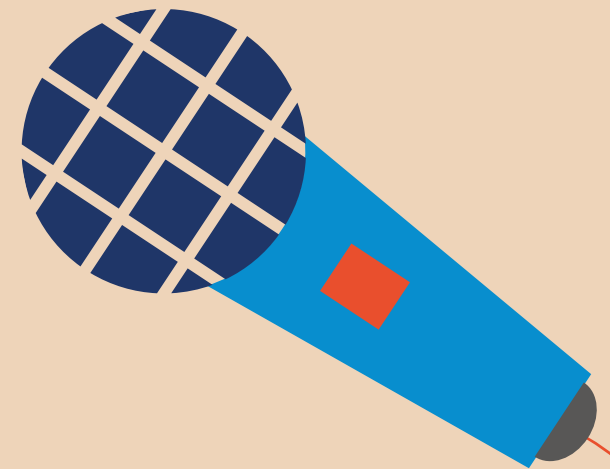
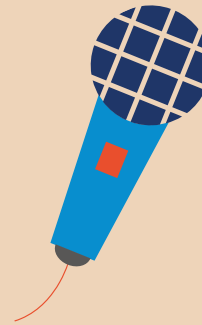
# BBQ BOP

Here's a link to a Spotify playlist we have created with some tunes to play at your BBQ. There is a selection of uplifting, nostalgic and military-themed tracks to keep you and your guests entertained all day.

★ **LISTEN HERE** ★

[BBQ playlist on Spotify](#)

Click here  
to listen





# TOP TEN TACTICAL FUNDRAISING



**DONATE HERE**

Click to donate

So, “what is the best way to raise money for Combat Stress from our BBQ?” we hear you ask

If you would like to make your own donation to support the work we do to help former servicemen and women, you can easily do this online [here](#). Perhaps you could also share this with your guests and ask them to donate too?

## On target

There are plenty of other ways to fundraise on the day. Why not set yourself a target and try some of these fun suggestions:

### 1. Cocktail bar

Set up a cocktail bar and charge for beverages. Maybe go full Tom Cruise (think in Cocktail not in Top Gun) and learn a few bar tricks! Offer both alcoholic and non-alcoholic cocktails. And don't forget the little ones, if you're hosting a family BBQ, maybe try making some 'mini' cocktails (alcohol free of course!) or even a fun messy area where they can learn to mix their own?



### 2. Charge your guests for a 'Meal Ticket'

Set a suggested donation such as £5 for adults and £3 for children, which will get each of your guests a plate of food. You could include a dessert too or charge separately.



### 3. Birthday donations

If you or one of your household is celebrating a birthday around this time, perhaps you could set up your own Facebook fundraising page for Combat Stress. And don't forget to send it out to people who can't attend your BBQ in person.



### 4. Lucky dip

Get a big box and some shredded paper and fill with a mixture of small gifts. Set a price per go and there is a winner every time. This one could be adapted for your guests, whether you have adults, kids or both!



## 5. Commemorate an anniversary or special day

We have the Queen's Platinum Jubilee this year, as well as Armed Forces Day, VE/VJ Days and many more. Why not commemorate these special dates with a BBQ get-together.

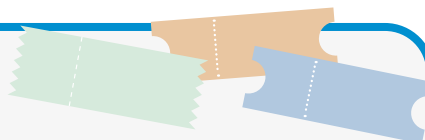


## 6. Auction of promises

Your friends, family, neighbours, and colleagues all have their own talents or skills! Find out what people can offer and auction off their services at your BBQ. This could be a normal auction or a silent auction where guests bid on paper. Ideas could be ironing or housework, mowing the lawn, window cleaning, babysitting, dog sitting, cooking a meal, butler for the day, taxi home, car wash, or hobby lessons.

## 7. Host a raffle\*

Ask your guests to bring any unwanted presents from home (chocolates, wine, gift sets) and hold a raffle. Guests pay £1 to buy a raffle ticket and you can do a draw at the end of the BBQ.



## 8. Tombola

Who doesn't love a tombola! Maybe create a sweets and drinks tombola to keep it easy with prizes your guests will love. Or if there are lots of kids, have a toy tombola. All you'll need is a cloakroom ticket book and container to get things going.



## 9. Matched giving

Ask your employer about matched giving – you might be able to boost your fundraising or even double what you raise at your BBQ. It's always worth asking!



## 10. Armed Forces Quiz

If you're bored of online quizzes now, this is a perfect opportunity to hold an actual quiz...in person! You could theme the quiz around the Armed Forces and maybe a food and drink category to go with the BBQ theme. Ask for a donation per team to enter and offer a prize for the winning team. To make things easier for you, download our [Military Quiz sheet](#)

\*All tickets must be sold from one location and the raffle must be drawn at the end of the event to ensure you are following local licensing laws.

# HOW YOUR DONATION CAN HELP

## Herbie's story

Herbie joined the Army age 16. He completed two intense tours of Northern Ireland where he experienced the death of two friends. When he left the Army he struggled to adjust and started to drink heavily as well as have nightmares and night sweats.

He was put in touch with Combat Stress and after receiving our specialist treatment says "Combat Stress has given me my life and my family back, I wouldn't be here if it wasn't for them. You can sometimes feel like you're the only one who feels this way but when I came to Combat Stress I realised there's thousands of others feeling the same. To any veteran who isn't sure whether to contact Combat Stress, I'd say don't sit in silence and suffer alone."



# OPS ROOM – PAYING IN

Any money raised through an online giving page will automatically be sent to us, but if you also received some cash donations you'll need to send these to us either as a cheque or by paying directly into our account.

Please use reference '**BBQ**' when paying in any money.

## SET UP AN ONLINE FUNDRAISING PAGE

Collect sponsorship with your own fundraising page [events.combatstress.org.uk/fundraise/ownfundraiser](https://events.combatstress.org.uk/fundraise/ownfundraiser)

### Sending a cheque:

Cheques should be made payable to '**Combat Stress**' and sent to: Fundraising Department, Combat Stress, Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey KT22 0BX

### Paying the money directly into our account – our details are:

NatWest Bank plc  
Account name: Combat Stress  
Sort code: 60-00-01  
Account no: 00100013

### Coinstar

Coinstar machines are situated across the UK. You can take the cash to any of their machines and use the code **2998** to deposit it directly to Combat Stress. You will receive a voucher detailing the donation.

You must send a photo of this voucher to:  
[fundraising@combatstress.org.uk](mailto:fundraising@combatstress.org.uk)

### ★ PAYING ONLINE ★

You can donate online at [combatstress.org.uk/collection-donation](https://combatstress.org.uk/collection-donation) or by scanning the QR code opposite



Registered with



FUNDRAISING  
REGULATOR



# OPERATIONAL SAFETY AND DUTY OF CARE



## BBQ Health and Safety:

Please always remember to keep health and safety in mind when hosting a BBQ.

- Never leave a barbecue unattended.
- Ensure food is fully cooked all the way through before serving.
- Keep food handling to a minimum, wash hands thoroughly and regularly throughout food preparation and cooking.
- Keep food out of direct sunlight.
- Ensure the barbecue is on a flat site, well away from a shed, trees or shrubs.
- Keep children, garden games and pets well away from the cooking area.
- Keep a bucket of water or sand nearby for emergencies.
- Ensure the barbecue is cool before attempting to move it.

## Mental Health Advice:

If you have guests at your BBQ who are veterans, it's always useful to be aware of issues some may face.

- Some sights and smells can trigger symptoms, including cooked meat or burning smells.
- Alcohol may be hard to control for some, so try to ensure there are alcohol free/low alcohol options.
- Groups and crowds may cause anxiety or withdrawal. Offer a quieter seating area where they may be able to go for some time out.
- Fireworks can be a serious trigger for those with PTSD. Please avoid using them.





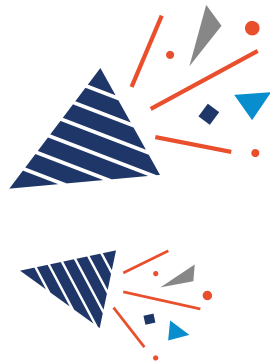
# STAND AT EASE

We hope that you have a wonderful day where you can enjoy being with your friends and family, and focus on your own mental health after a tough year. Relax and have fun!

We thank you for choosing to raise money for veterans who now have complex mental health issues related to their time in service. Your support is life-changing and often life-saving!

## THANK YOU!

From us all at Combat Stress



[combatstress.org.uk](https://combatstress.org.uk)  
[fundraising@combatstress.org.uk](mailto:fundraising@combatstress.org.uk)  
01372 587 140



Company registered in England and Wales No 256353, Charity No 206002, Charity Scotland No SC038828.

BBQ FUNDRAISING PACK 



## OPERATION SHARE!

Share your photos with us on social and remember to tag [@CombatStress](https://www.instagram.com/CombatStress)