



THE ANXIOUS BAKERS' CLUB

Information Pack

www.theanxiousbakersclub.com

The Anxious Bakers' Club

***Forging a connection between
baking and mental health;
empowering you to develop a
skill to ground you, and connect
with other likeminded souls***



WHO WE ARE

Meet the Team



Jess

Co-Founder, Baker & Peer-Mentor

✉ jess@theanxiousbakersclub.com

Jess uses her lived mental health experience, baking credentials and skills and knowledge in mental health to create meaningful content & support



Linda

Co-Founder, Photographer & Creator

✉ linda@theanxiousbakersclub.com

Linda uses her creative gifts to shoot all our photo and video content as well as supporting the development of The Anxious Bakers' Club

WHAT WE Offer



✓ Baking Content

Each month within the club you'll get a high-quality PDF recipe to download & keep. A fun bake-along video so you can have company whilst you bake. Plus, a baking session with Jess every 3 months; 1:1 or with a friend.



✓ Mental Health

Mental health is super important and at the heart of The Anxious Bakers' Club. With regular posts to prompt you to think about your mental health and take care of yourself, because you matter so much



✓ Online Sessions

Everything within The Anxious Bakers' Club is accessible online, including our monthly community Tea & Cake sessions. Bring a cuppa in your favourite mug, a cake if you fancy and join us for a chat.

HOW TO ACCESS

The Anxious Bakers' Club

All the content within The Anxious Bakers' Club can be found within our Mighty Networks page, it's like our own little social media platform. Available to view on the web, or through the Mighty Networks app. All our content is grouped into sections, so you can find what you want easily.



01 Recipes

In this topic you'll find our most recent recipe, along with an archive of recipes from previous months for you to download and keep.

02 Mental Health

Here you'll find all posts relating to Mental Health. From gratitude posts, to asking how you are and regular polls to check-in with your mental health.

03 Baking

Baking forms all content not related to recipes. Including posts where you can share what you've been baking, and prompts that we post.

04 Online Sessions

Here you'll find information about our upcoming online sessions, alongside recordings of past sessions for you to catch up on.

All for just £18 a month

For less than a cup of coffee & cake a week, you can access all The Anxious Bakers' Club has to offer. Including engaging content, a supportive community and baking tutorials.

If finances are a barrier to you joining The Anxious Bakers' Club, please do email enquiries@theanxiousbakersclub.com to see how we can help.



01 Monthly Downloadable Recipe

A high-quality, PDF recipe available for you to download and keep forever. Including bespoke recipes you won't find anywhere else.

02 Tea & Cake Session

Each month we come together on zoom for a community session of cake & chat. We focus on a different topic each month, with space to talk and reflect.

03 Video Bake-alongs

A monthly bake-along video, filmed in real-time for you to bake along to whenever suits you. With tips & tricks along the way to help you with your bake.

04 Community

Our community page brings us all together. With regular posts to inspire, encourage and nourish. A place to come to share your highs and low, and bakes with us.

WE'RE LEARNING AS WE GROW

Whenever anyone has asked me for business advice, the one thing I've said is to remember things will change and adapt as you grow. Which is the same with The Anxious Bakers' Club.

We're small but we have big hopes and dreams and as we get started, things may adapt as we learn and grow.

By buying into the club in the early days, you have the power to help us shape and grow

Jess x

JOIN US & DISCOVER
THE THERAPEUTIC
BENEFITS OF BAKING

