



Bleeding Disorders Awareness Month
OCTOBER 2024

Bleeding Disorders Awareness Month

HALLOWEEN EVENT KIT

Make your Bleeding Disorders Awareness Month party a little spooky with these Halloween-themed event ideas. And please [send photos](#) – we'd love to see!

GET DECORATING

There are plenty of great halloween themed decorations available, but we suggest looking for things featuring the colour red to help tie it all back to BDAM.

We love these pics from Ange and the team at Leapstart Jandakot who held a spooky event for Bleeding Disorders Awareness Month 2023.



SPOOKY TREATS

Keeping with the red theme, why not try a red punch, red lollies and some delicious red cupcakes! Punch and cupcake recipes below:



Dragon's blood punch

Ingredients: 100% Grape juice (2L), Fruit punch concentrate (or pineapple concentrate) (350ml), Lemon-lime soda (2L)

Method: Combine fruit punch concentrate and grape juice in a bowl or large pitcher. Just before serving, add ice and chilled lemon lime soda.

Tips: Keep everything chilled to prevent needing to add too much ice and diluting the punch. Enjoy as-is or with fruit pieces like blackberries and orange slices. Approx 8-10 servings.

Recipe adapted from: <https://onesweetappetite.com/halloween-punch-non-alcoholic/>

Red Velvet Cupcakes

Ingredients:

75g unsalted butter, softened
1/3 cup (75g) caster (superfine) sugar
1 teaspoon vanilla extract
1 egg
2/3 cup (100g) self-raising flour, sifted
2 tablespoons cocoa, sifted
1/4 cup (60ml) buttermilk *¹
1 tablespoon red food colouring *²

Cream cheese icing

250g cream cheese, chopped
50g unsalted butter, softened
3/4 cup (120g) icing (confectioner's) sugar
1 tablespoon milk



Method:

- 1) Preheat oven to 160°C (325°F).
- 2) Place the butter, caster sugar and vanilla in the bowl of an electric mixer and beat for 8–10 minutes or until pale and creamy.
- 3) Scrape down the sides of the bowl and add the egg, beating until well combined.
- 4) Add the flour, cocoa, buttermilk and food colouring and beat on low until just combined.
- 5) Divide the mixture into 12 x 1/2-cup-capacity tins lined with cupcake cases.
- 6) Bake for 18–22 minutes or until cooked when tested with a skewer. Allow to cool completely on a wire rack.

To make the cream cheese icing, place the cream cheese and butter in the bowl of an electric mixer and beat for 8–10 minutes. Scrape down the sides of the bowl, add the icing sugar and beat for a further 6–8 minutes or until smooth. Add the milk and beat until just combined.

*1 Buttermilk

If you don't have buttermilk, add 1 tablespoon of lemon juice or white vinegar to a cup of milk, stir and sit for 5min. For this recipe mix 1/4 tablespoon to 1/4 cup of milk.

*2 Red food colouring

A substitute can be beetroot juice

Adapted from <https://www.donnahay.com.au/recipes/occasions/valentines-day/red-velvet-cupcakes-with-sugared-cranberries>

KIDS ACTIVITIES

Keep the kids entertained with classic games like **pin the tail on the black cat**, **mystery box** (kids reach into different boxes and guess what's inside, like cold spaghetti and jelly), **zombie-themed musical chairs**, or a **donut eating race** (hang donuts on strings – the kids have to eat with their hands behind their backs!)

To help you out, we've put together a few fun activities that you can download and print out at home:

- Spooky Colour-in (submit entries to our competition!)
- Word Find
- Scavenger Hunt
- Origami Heart
- Bleeding Disorders Quiz
- Did you know / Mythbuster question cards

Grab all these activities – and more – here: <https://tinyurl.com/BDAM-activities>



MORE INFORMATION

If you have any questions or would like more resources and ideas, please reach out to us on hfaust@haemophilia.org.au and we'll be happy to help.