

On your
marks, Get
Set, Cook
for S.A.L.V.E



Running the Event



Running your own 'On your marks, get set, cook for S.A.L.V.E.' event couldn't be simpler. All you need to do is invite some friends around for the evening and ask them to bring a bag of mixed ingredients worth £5. Explain to them what the event is all about and tell them a bit about S.A.L.V.E. and what we do. Everything you need to know is included in this pack.

Try and get as many people as you can to join in – the more the merrier!

How it works

- Send out invitations to your friends inviting them for an exciting and competitive evening of cooking to raise money for a great cause.
- Pair people up so they can cook in teams or keep them as individuals if you have a small group of people coming.
- Ask each pair (or individual) to bring a bag of ingredients worth £5. These should be swapped around so that each pair cooks with ingredients provided by someone else.
- If there are quite a few people, you may need to take turns in cooking, especially if you have a small kitchen.
- Make sure you know how many people are coming in advance so you can plan who will be cooking at what time.
- Decide if you want someone to help you judge or if you are happy to judge alone.
- Make sure you have things like cooking oil, salt, pepper and some herbs and spices in that can be used by anyone.
- Each pair (or individual) has 20 minutes to prepare their dish.
- Dishes should be scored at this point but as we don't like to see food going to waste, if the dish is not finished please do let the cook finish it after being scored so it can be eaten.
- Suggest a minimum donation of £10 to S.A.L.V.E. from each person (it's all for a good cause!). Then transfer the money to S.A.L.V.E. We can give you details of how to do this.
- Provide a small prize such as a bottle of wine for the winner.
- We have included a sample invitation, certificate and score card in this pack which you can use if you wish or you can design your own!
- At the end of the evening, ask if anyone else would host their own 'On your Marks, get set, Cook for S.A.L.V.E.' to help raise even more money so we can help more children leave the street.



Now that you are excited about putting your cooking skills to the challenge with your friends, please do get in touch with us and let you know your plans. We are always here to help with advice and suggestions

info@salveinternational.org

Why run your own 'On your marks, Get Set, Cook for S.A.L.V.E.' Event?

S.A.L.V.E. is a small UK and Ugandan charity working hard to reduce the number of young people on the streets of Jinja, Uganda through education. We support children without a home, allowing them to return to their families (where possible) and to re-enter education.

S.A.L.V.E. believes that:

- No young person should have to live or work on the street.
- Young people who have lived on the street deserve the chance to fulfill their potential.
- Young people on the street should have trustworthy and supportive adults around them.

The programmes below are just some of the ways in which S.A.L.V.E. works to reduce the number of children on the street in Jinja.

Street Outreach

S.A.L.V.E. runs a street outreach and drop-in service in Jinja town which is accessed by up to 40 children on the streets daily. Through this, S.A.L.V.E. builds trusting relationships with young people living on the streets, with the aim of taking these children back to their family homes and reintegrating them into their community where it is safe to do so.



Home Tracing

When a child trusts S.A.L.V.E. enough and they are ready to go home, they agree to a home tracing visit. This involves taking a child back to where they came from, allowing the S.A.L.V.E. staff to speak to a child's relatives or neighbours to find out more about how and why they came to be on the streets and to see if they can be reintegrated back into their family home fulltime.



Family Skills and Business Development

S.A.L.V.E. runs small business training courses and provides start-up grants for families of young people who have been resettled from the street. The idea is to drive money back into the poorest communities, breaking the cycle of poverty and ensuring that there is enough money to provide and care for all members of the family.

Sam's Story

To find out more about the essential work that S.A.L.V.E. does – and who you will be helping by hosting a supper – take a look at Sam's story below.

During one of S.A.L.V.E.'s regular football sessions, some of the children we work with told us that Sam, one of the older boys that S.A.L.V.E. works with who was living on the street at the time had been hit by a car. Our social workers rushed straight to the hospital and found Sam in a very bad way. He had been hit by the car three days before S.A.L.V.E. found out and by the time staff arrived, his wound had become septic and an infection had spread through his body. The doctors had refused to treat him until he had a responsible adult to care for him and buy all the medication he needed. By this point Sam was so weak he could not sit up and could barely talk.



Sam remained in hospital for four weeks on antibiotic drips. S.A.L.V.E. paid for medication, food and for radio announcements to try and contact his family but nobody came. The S.A.L.V.E. staff visited Sam three times a day to take him his meals, ensure the doctors were treating him properly, and to show Sam himself just how much he was cared for. By the time he was finally discharged, Sam had made the decision that after nine years on the street, it was time to go home.

S.A.L.V.E. took Sam straight from the hospital back to his village. Sam's family were over the moon to have him home and explained how they had searched for him for many years, but had eventually given up hope. Sam is now settled back with his family and S.A.L.V.E. is planning to help him start up a small business rearing goats, so that he can earn some money and never have to end up on the streets again.





Dear

You are invited to take part in
'On your Marks, Get Set, Cook for
S.A.L.V.E.'

I will be holding a fundraising 'On your marks, Get Set, Cook for
S.A.L.V.E.' Challenge on

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to raise money for S.A.L.V.E. International, an organisation working to
help children on the street in Uganda return home and enter into
education.

If you can come along please bring a bag of ingredients worth £5 and
£10 to donate to Salve. Ingredients will be swapped around so nobody
will know what they will have until the night.

Please let me know if you can come by

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Score Card

Name of Cook



Score out of 10





This is to
certify that

.....
Is the winner of
'On your marks, Get Set, Cook for S.A.L.V.E.'

..... has helped to raise
£.....

for S.A.L.V.E. International

Signed.....Date.....

