

S.A.L.V.E. Supper Club



What is a Supper Club?



Do you love cooking for your friends? If so, why not think about hosting a S.A.L.V.E. Supper Club?

A S.A.L.V.E. Supper Club is a regular event, usually held once a month, where people come together to enjoy a meal cooked by the host. This meal may be held at the host's home, in a community hall, or even in a pop-up restaurant. The event can be just for friends and family, or it can be open to the public, with each person paying a donation to attend.

If you are interested in holding a S.A.L.V.E Supper Club, then why not start with a small group of friends, asking them to invite along others who are interested and let it grow over time. This is a great way to see friends, meet new people and tuck into a delicious home cooked meal.

How it works

- Set a date for your first Supper Club and decide if you are going to run it from home or elsewhere. This will help you to decide the maximum number of people you can invite.
- Send out invites: include the date, the time, the price (we suggest a minimum £10 donation a head to S.A.L.V.E.), mentioning that it's in aid of a fantastic charity.
- It is up to the host to provide and cook the food for the meal. We also suggest asking guests to bring their own drinks so it doesn't get too costly for the host.
- Cook up a delicious meal and tuck in!
- At the end of the evening, plan the next event and decide on a host. Let your guests know in advance so they can put it in their diary.



You can make your Supper Club as formal or informal as you like. You can make it a black tie do, with five course meals and champagne on ice. If you prefer a more relaxed approach, get creative and hold it in your garden, lighting it up with fairy lights and candles, or turn it into a picnic in the park on a summer's evening. Or if you really want to make it a night to remember, you could even make the night fancy dress themed!

Now that you're excited about holding your own supper club, get in touch with us and let us know what you are planning so we can share it with our supporters and offer you any guidance you need.

Contact: nicola@salveinternational.org

Why run a Supper for S.A.L.V.E.?

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 come along to a
S.A.L.V.E. Supper Club

I will be holding a S.A.L.V.E. Supper Club on

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The supper will raise money for S.A.L.V.E. International, a small charity working in Uganda. The charity helps children living on the streets to return home to their families and re-enter education.

By coming along to the Supper Club, and donating £10 or more, you will be helping S.A.L.V.E. realise this dream of reducing the number of children living on the street.

I hope that this will become a regular monthly event with various members of the Supper Club running it each month.

Please confirm whether you will be able to attend by and let us know if you have any dietary requirements

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Menu

You can cook whatever you like for your S.A.L.V.E. Supper Club, but if you're feeling a bit stuck, here's a menu idea to get you started.

Starter: Stuffed mushrooms with blue cheese

Ingredients

- 5 large field mushrooms
- Olive Oil
- 2 spring onions
- 2 cloves of garlic
- Blue cheese
- Breadcrumbs

Directions

- Take four large field mushrooms and remove the stalks, leaving the fifth mushroom to one side.
- Brush the four mushrooms with oil and put under the grill for five minutes to soften.
- Chop up the mushroom stalks along with a fifth large field mushroom (you can use eight smaller mushrooms if you'd prefer) and chop it up finely along with two spring onions.
- Fry the chopped mushroom and spring onions in a pan with some garlic and a glug of oil for about five minutes until softened.
- Distribute the onion and mushroom mixture between the four de-stalked mushrooms.
- Crumble some blue cheese over the top of each mushroom and finally cover each with a dusting of breadcrumbs.
- Place the mushrooms on a baking tray and pop under the grill for five minutes by which time the mushrooms will be cooked through, the cheese gloriously melting and the breadcrumbs crunchy.

Main: Beef Bourguignon

Ingredients

- Olive oil
- 800g lean stewing beef
- 2 carrots, chopped
- 200ml red wine
- 2 tbsp tomato purée
- 150g lean smoked bacon, chopped
- 300g peeled whole shallots
- 3 garlic cloves, finely chopped
- 100g sliced button mushrooms
- 400ml beef stock
- 2 tablespoons plain flour
- 1 bay leaf
- 2 teaspoons dried rosemary
- 2 teaspoons dried thyme
- Salt and freshly ground black pepper

Directions

- Preheat your oven to 180°C/160°C Fan/Gas Mark 4.
- Put the flour, 1 teaspoon of each of the dried herbs and a good sprinkling of salt and pepper into a large freezer bag, add the beef and shake to ensure the meat is coated well.

- Add a good glug of olive oil to a large, oven proof pan and heat over a medium temperature. Add the beef in batches, frying each batch until browned. Set the meat aside.
- Add the bacon, sliced mushrooms, chopped garlic and peeled shallots to the pan, cooking over a medium heat until browned. Add the beef to this mixture, along with the red wine, hot beef stock, tomato purée, bay leaf and the remaining teaspoon of rosemary and thyme.
- Season the mixture with salt and pepper, bring to a gentle simmer and then cover and cook in the oven for 2½ hours by which point the beef will be tender and melting and the liquid will have reduced to a rich thick gravy.
- Serve with vegetables of your choice.

Dessert: Malteser Cookies Sundae

Ingredients

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| • 100g soft brown sugar | • ½ teaspoon salt | • Chocolate sauce |
| • 225g self-raising flour | • 1 tub (900g) Vanilla Ice Cream | • ½ teaspoon salt |
| • 125g unsalted block butter | | |
| • 1 Large egg | • 200g Maltesers and 200g chocolate chips | |
| • 1½ teaspoon vanilla essence | | |

Directions

- Pre-heat the oven to 200°C.
- Grease and line a baking tray with baking parchment.
- Place the butter and sugar in large bowl and mix well until light and fluffy.
- Add the egg and vanilla essence to the butter and sugar, mixing until everything is fully combined.
- Sieve in the self-raising flour and a pinch of salt to the mix and combine well.
- Chop the Maltesers, but not too finely, and add them and the chocolate chips to the mix. Combine well, until the Maltesers and chocolate chips are distributed evenly throughout the dough.
- Shape the dough into small balls of about 2cm diameter and place on your lined baking tray, ensuring they are not too close together. If you can't fit all of the dough onto one tray, bake the cookies in batches until they are all done.
- Place in the oven for 7-10 minutes and repeat until all cookies are light brown.
- Leave to cool
- Chop the cookies into chunks and mix in with 2 scoops of ice cream. Fill a large glass with the cookie and ice cream mixture and top with chocolate sauce. Serve with a full sized cookie on the side.