

# Dine for Solace



Thank you for asking for a **Dine for Solace** information pack and signing up to do an event in aid of Solace Women's Aid.

This pack aims to have all the information you may need to run your own **Dine for Solace** event and have a fantastic evening with your friends and family as well as raising money for Solace!

In this pack you will find:

- Information on Solace Women's Aid
- How to run your event for Solace Women's Aid
- How to collect and donate the money
- An invite for you to send out online, through social media or even by post
- A suggested tweet or Instagram message with the hashtag **#DineforSolace**
- A sign to display at your event to remind your friends to post about it and raise awareness for Solace

## Solace Women's Aid

### Did you know?

**28% of women** have experienced domestic abuse in the UK since the age of 16

**9 out of 10** domestic violence incidences are in the presence of children

**About 85,000 women** are raped in England and Wales alone every year

Solace Women's Aid is an independent charity that provides holistic support for women and children survivors of domestic sexual violence. Solace supports survivors on their journey of recovery, helping them rebuild their lives from abuse through a range of specialist services, ranging from refuge accommodation, counselling, North London Rape Crisis and working with children and young people along with many others.

Supporting over  
**11,000**  
Survivors  
of domestic  
& sexual abuse  
each year



Solace  
manages  
**19**   
**refuges**  
across London



Solace provides  
services in  
**21**   
**Boroughs**  
across London



*I am so happy to be able to live somewhere safe and free from threats and fear. My life has changed. I am no longer scared.*

# Your Event

## Our Step by Step Guide

**Step 1:** Decide you want to throw an event

**Step 2:** Great! Thanks for deciding to host a dinner for Solace Women's Aid. Decide what kind of event you want to hold and who you want to invite

**Step 3:** Do you want to charge them a flat rate per diner, e.g. £5, £10 or £20 or do you want to ask them to donate what they can?

**Step 4:** Send out the invites either online or in the post (see our invite template). Make sure to include when, where, how much, how they pay and why you're doing it

**Step 5:** If you have decided you want your friends to donate online first make sure you set up your Virgin Giving Money page

**Step 6:** Now it's time for the event! Have lots of fun and don't forget to tweet, Instagram, facebook and post it everywhere with the **#DineforSolace**

**Step 7:** Don't forget to tell us how it went! And, we look forward to receiving you the donations you collected



### An Easy Alternative! Dinner 4 Good!

To make it as easy as possible we have signed up for Dinner for Good! You can go on to their website, select Solace as your chosen charity, and they will send out the invites and set up a page for your friends to donate through, then the money will automatically be sent to Solace!

Go to [www.dinner4good.com](http://www.dinner4good.com)



A nifty sign to put up at your event so please fold along the line

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Thank you for attending

# Dine for Solace

Helping to raise vital funds for **Solace Women's Aid** an independent charity supporting women and children survivors of domestic and sexual violence.

Please share pictures of tonight with the **#DineforSolace**



# Recipe Ideas



## Homemade Pizza

### Ingredients

#### For the dough

4 tsp granular yeast  
375ml warm water  
150g rye flour  
4 tbsp. olive oil  
1 tsp seasalt  
500g plain flour

#### For the toppings

800g Tinned tomatoes  
Small Onion  
1 tsp sugar  
2 tbsp oil  
2 Garlic Cloves  
Dash of red wine vinegar  
Mozzarella  
Anything else you like!

### Method

#### For the dough

1. In a large bowl mix the yeast with 125 ml of the warm water, let the yeast melt a bit.
2. Add the rye flour and stir well. It will form a loose dough.
3. Leave to rise for 30 minutes.
4. Add the rest of the ingredients and knead for 10 to 25 minutes, if you have a machine with a dough hook or a food processor this is a lot easier!
5. Put in bowl greased with olive oil, drizzle more on top. Leave to rise for 2 hours
6. Knead a few more times and let it rise for 45 minutes.

#### For the sauce

1. Heat the oil in a saucepan and add the chopped onion. Soften for 5-7 minutes, until translucent but not coloured.
2. Stir in the garlic and cook for another few minutes
3. Add the tomatoes, sugar, basil stems and vinegar.
4. Leave to simmer for 45 minutes.

#### To make the pizza

1. Preheat the oven to 230C/450F and have a large baking tray or pizza stone ready.
2. Chop or slice the mozzarella
3. Divide the now beautifully risen dough into 6 balls and roll out as thin as you can it should make about a 25cm pizza.
4. Place on baking tray, spread your homemade tomato sauce evenly on top, sprinkle your mozzarella and any your other chosen toppings.
5. Cook for 10-12 minutes.

## Spicy Stir Fry

### Ingredients

300g mince (any meat or soya if you want)  
1 Onion; finely chopped  
3 cloves of garlic; finely chopped  
Couple of inches of fresh ginger; finely chopped  
2 Chilli's (or as many as you want based on your heat tolerance!)  
1-2 tablespoons of red Thai paste  
20mls Light Soy Sauce  
20mls Fish sauce (omit for vegetarians)  
1 Lime; zest and the juice  
2 dried Kaffir lime leaves  
20 cherry or baby plum tomatoes  
Fresh coriander  
Rice or Noodle to serve

### Method

1. Fry the onion in a little oil until softened (about 4 minutes)
2. Add finely chopped garlic, ginger, chilli and fry for 4 more minutes.
3. Add mince and fry until slightly brown
4. Add curry paste, soy sauce, fish sauce, kaffir lime leaves and lime zest
5. Give it a stir
6. Add tomatoes, stir and cook for 6-10 minutes until tomatoes start to break down.
7. Add lime juice
8. Serve with rice or noodles
9. Garnish with fresh coriander

# Chocolate Lava Cake

## Ingredients

50g soft unsalted butter  
350g dark chocolate  
150g caster sugar  
4 large eggs  
Pinch of salt  
1 1/2 teaspoon vanilla extract  
50g plain flour

## Method

1. Unless you are making the batter in advance, preheat the oven to 200°C/gas mark 6/ 400°F.
2. Butter the baking moulds and line the bottom with a piece of baking parchment
3. Melt the chocolate in a bain-marie by placing a heatproof bowl on top of a saucepan of water. Make sure the bowl is not touching the water. Let it cool slightly.
4. Cream together the butter and sugar.
5. Once light and fluffy add the eggs one at a time and then the salt and vanilla.
6. Now add the flour
7. Add the cool chocolate and blend into a smooth batter. It will be slightly shiny, make sure there are no large air bubbles.
8. Divide the batter between the moulds and place in oven.
9. Cook for 10 - 12 minutes. Make sure the top is spongy but it shouldn't spring back at the touch like a sponge cake.
10. Tip out on to plate or bowls straight away!

Serve with whipped cream, custard or ice-cream!

# Apple Galette

## Ingredients

### For the Pastry

3 tbsp ice cold fizzy water  
125g plain flour  
50g butter  
Pinch of salt  
1 tbsp. golden caster sugar

### For the Galette

4-6 cooking apples  
65g golden caster sugar  
50g unsalted butter  
A sprinkle of cinnamon

## Method

### For the Pastry

1. Make the pastry at least 2 hours before you need it!
2. Sift the flour into the bowl, stir in the caster sugar and salt.
3. Break the cold butter into the flour with your hands and bring it together so it creates a lumpy mixture. You want larger butter lumps than you think to get a buttery pastry!
4. Add the ice cold fizzy water 1tbsp at a time, slowly, until the pastry mixture just comes together. It should feel quite dry to the touch.
5. Wrap in cling-film and put it in the fridge for at least 2 hours.

### For the Galette

1. Preheat the oven to 125C.
2. Prepare a flat baking tray by lining it with baking parchment.
3. Cut 1/3 of the cooking apples into 5mm slices. Cut the other 2/3 into small 5cm cubes.
4. Melt the butter.
5. Roll out the pastry.
6. Create a rim about 4cm into the pastry of the apple slices. Then fold the excess 4cm on top of the apple slices and press down with a fork.
7. Pile the apple cubes high in the middle of the rim.
8. Cover with the apple slices.
9. Brush 3/4 of the melted butter on the pastry crust and cover with 50g of the golden caster sugar.
10. Drizzle the remaining sugar, butter and cinnamon on the inside apply segments.
11. Place in oven for 20-25 minutes until pastry is brown and crusty.