

Hosting for Hope

Thank you so much for signing up to host a meal as part of 'Hosting for Hope'!



We really appreciate you taking part and hope it's a fun experience for all. Here's what to do:

HOSTING FOR HOPE

To read our
Hosting FAQs
click here.



1

Set a date

Choose a date and time for your meal.

2

Invite your guests

Send an invite to your friends & start planning your meal.

3

Host your party

Serve a delicious meal, play our video & give your guests a moment to donate to Growing Hope.



growinghope.org.uk/host



The meal should be very relaxed – hosting is mainly an excuse to get together with friends and have a great time.

Hope for children, hope for families and hope in Jesus.

Growing
HOPE

Invitation for Guests:

Here's an example invitation to send to your guests:



HOSTING FOR HOPE

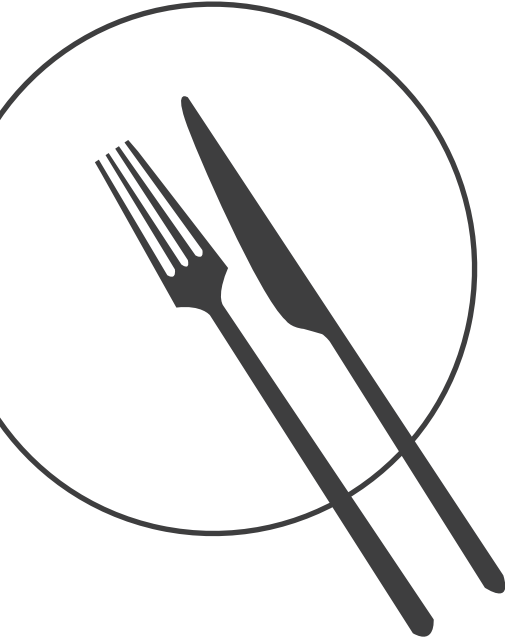
You're Invited!

I'm hosting a meal to raise funds for Growing Hope High Wycombe! The food is on me. Instead of bringing drinks or a dessert please donate to Growing Hope High Wycombe (min. suggested donation of £10).

Donate here:
growinghope.org.uk/hosthighwycombe

Growing Hope provides free therapy for children with additional needs.

Click here to download an invite



Here is an example message to send to your guests:

What to do on the night:



1. Serve a delicious meal.
2. Show the short video of Ibrahim's story to give a taste of our work.
3. Give a moment for your guests to follow the donation link or QR code and donate.

About Growing Hope:

Growing Hope High Wycombe launched in February 2022. We provide free therapy for children with additional needs in the High Wycombe area. Our clinic runs in partnership with St James' Church Downley. We want to grow hope for children, hope for families and hope in Jesus. Once we have opened our clinic, we will also run groups for parents, carers and siblings so they can connect and share their experiences.

Ibrahim's Story

Ibrahim is 5 and before Growing Hope he couldn't get dressed by himself, he had a very restricted diet and he found it really difficult to sit at the table. Since coming to therapy sessions at Growing Hope, Ibrahim has been able to dress independently, try some new foods and learn some strategies to help him with his attention. Ibrahim's Mum Laetitia first came to Growing Hope before Ibrahim had a diagnosis of autism – we have been able to support her and her family through the journey.

Here is the link to the video:

<https://www.growinghope.org.uk/ibrahim>

Here is the link to the donation page:

<https://www.growinghope.org.uk/hosthighwycombe>

TRADITIONAL NORTH AFRICAN COUCOUS RECIPE

INGREDIENTS:

- 1 kg fine/medium couscous
- 6 chicken legs (equivalent weight of lamb or beef)
- 2 medium potatoes
- 2/3 carrots - diced
- 2 courgettes - diced
- 1 large onion - finely chopped
- 2/3 celery branches - sliced
- 1 tin chickpeas in water
- 3 tbsp butter

FOR THE SAUCE:

- 3 tbsp of oil
- 1 tsp of Ras el Hanout (North African mixed spices. Make your own by toasting and grinding:

- 2 ½ tbsp cumin seed
- 2 tbsp coriander seed
- 1 tbsp ground cinnamon or 1 cinnamon stick
- 2 tsp ground ginger
- 2 tsp black peppercorn
- 1 tsp ground turmeric
- ½ tsp cardamom seeds
- a good pinch of saffron (optional)

1/2 tsp cinnamon

1/2 tsp pepper

1 tsp paprika

1 tsp salt

2 tbs tomato puree

For this recipe, you will need a 2 tier steamer




INSTRUCTIONS:

1. Heat 2 tbsp of the oil in a large pot and add the chicken. Brown the chicken on a medium heat and add the chopped onion. As the onion begins to soften, add the ras el hanout, cinnamon and paprika and tomato purée. Cook for 10 min, evenly cooking the chicken.
2. Place the couscous in a flat shallow dish. Add just enough water to cover, 0.5 tsp of salt and 1tbs of olive oil. Mix it with your fingers to ensure all the grains are nicely coated. Leave covered for 10 minutes.
3. Transfer potatoes and carrots into the pot with the chicken and boil for another 15 minutes or until half-way cooked. Then add the courgette and cook for another 10 minutes
4. Remove any excess water from the couscous and then steam for 15mins.
5. Transfer your couscous back into the shallow dish and give it a mix with a fork to separate all the lumps. Add a glass of water and mix thoroughly to ensure it is nice and moist. Let it rest but agitate it with a fork to ensure it doesn't stick together.
6. Transfer the couscous back to the steamer, for another 15 min. Once it's done, put it back into the shallow dish and mix with 3 tbsp of butter. Add salt and pepper to taste.
7. Serve chicken and vegetables on a bed of couscous in a deep-dish and as much sauce as you like!

HOSTING FOR HOPE


GAMES

CONVERSATION TOPIC:




In Ibrahim's occupational therapy sessions he practiced trying different foods. One of the foods he has been able to start eating is tomato. Go around the group and ask 'if you were a meal or a food, what would you be and why?'

CHALLENGE:



How many times can you throw and catch a tomato without dropping it?

QUIZ GAME: FRUIT OR VEG?

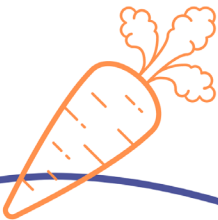
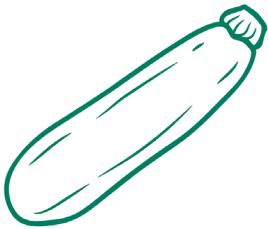


Ibrahim tried a few fruit and vegetables in his therapy sessions, including tomatoes, sweetcorn and pepper.

Do your guests know their fruit from their vegetables!? Answers on page 3!

QUIZ GAME: FRUIT OR VEG?

Do you know which of the following are fruit, and which are vegetables?



Tomato
Carrot
Aubergine
Rhubarb
Banana
Avocado
Courgette
Beetroot
Pumpkin

QUIZ GAME: FRUIT OR VEG? ANSWERS



Tomato

Fruit

Carrot

Veg

Aubergine

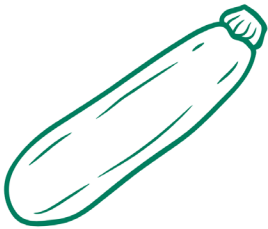
Fruit

Rhubarb

Veg

Banana

Fruit



Avocado

Fruit

Courgette

Veg

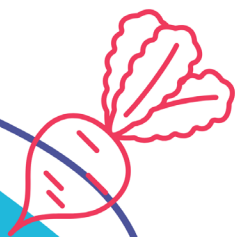
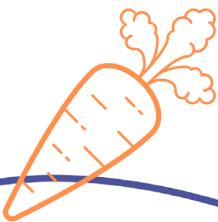
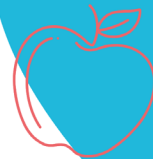


Beetroot

Veg

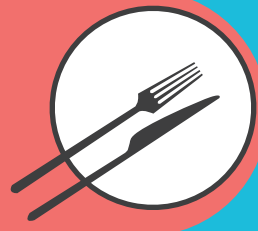
Pumpkin

Fruit



HOSTING FOR HOPE

Scan the QR code with your phone camera to donate to Growing Hope High Wycombe.



- £10** could pay for a piece of therapy equipment
- £25** could pay for a child to attend Siblings Group
- £50** could pay for one therapy session

A regular gift could enable us to provide further therapy services & focus our efforts on setting up more clinics.

Hope for children, hope for families and hope in Jesus.

Growing
HOPE

How to ask people to donate:

Asking others to give money can sometimes feel a little awkward – we want to make it as easy and relaxed as possible for people to give. Here are some helpful talking points:

- Around 15% of children have some kind of additional need that impacts both them and their family.
- Access to therapy is really scarce and NHS waitlists are longer than ever due to Covid.
- Growing Hope's local clinics bridge the gap in provision and work in partnership with local churches to care for families and bring them into a supportive community.
- As well as grants, Growing Hope relies on individual donors and regular givers in order to keep serving those in need. Please give generously and consider praying for the ongoing work.

“Having therapy has really helped my child especially during the lockdown when it was difficult to keep routines going. Growing Hope has changed our lives. It has given my child access to therapies, we would normally never be able to have so consistently. The charity does so much for the vulnerable children in the community.”

- Growing Hope Clinic Parent



Thank you so much for hosting!

If you have any questions please get in touch.