



WOMEN *for* WOMEN  
International

# share

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## EVENT TOOLKIT



*share* A MEAL • *share* A RECIPE • *share* A CONNECTION

Enrol a woman survivor of war in our year-long training programme, together

# EVENT TOOLKIT

Photos credits include Les Stone, Jenny Matthews, and Women for Women International.

## 1 INTRODUCTION

Welcome

## 2 PLANNING YOUR EVENT

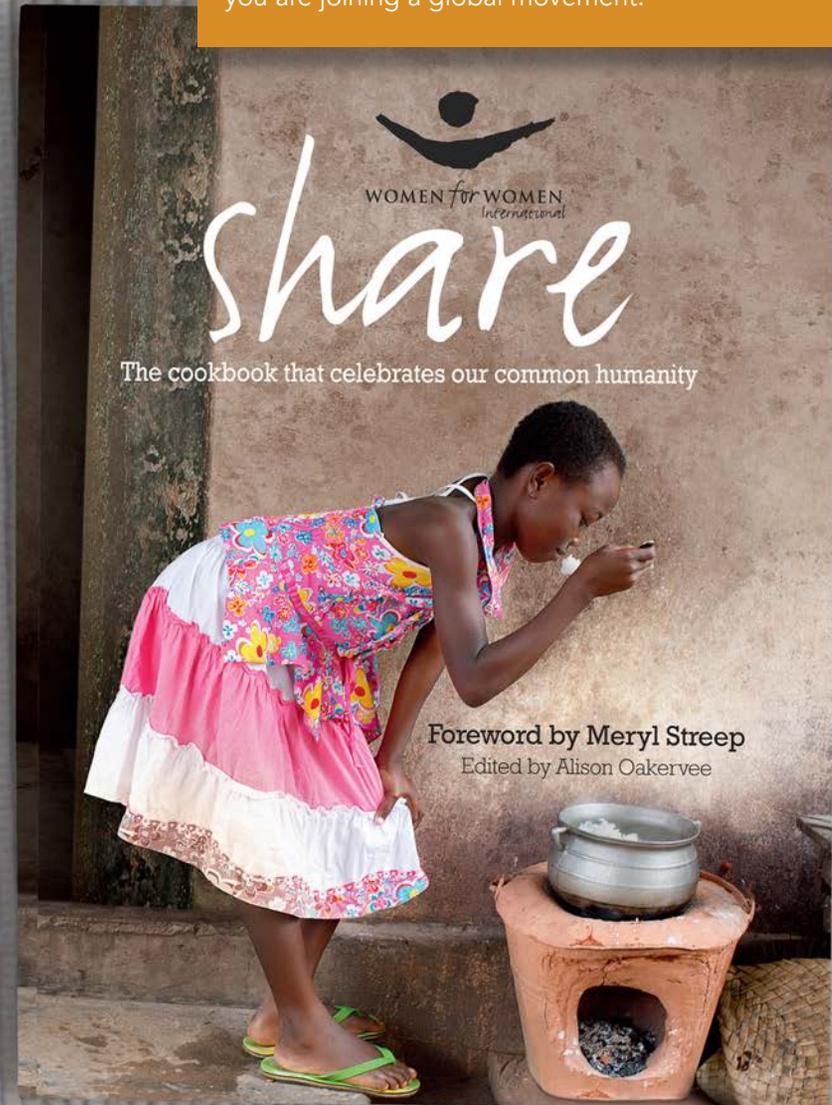
- Event Structure
- Invitations
- Scheduling and Programme
- Logistics
- Event Follow Up
- Before and After the Event
- Connecting with your Sponsored Sister

## 3 EVENT RESOURCES

- Customisable Invitation
- Sample Recipes
- Spread the Word
  - Stories of Success
  - *Share* and Pass it On
  - Social Media

Your copy of *Share* contains a wealth of delicious recipes and inspiring stories, contributed by a diversity of people who are committed to making a difference in the world.

By hosting a *Share* event, and helping put another woman through our year-long training programme, you are joining a global movement.





**1** | INTRODUCTION

# WELCOME TO YOUR *share* EVENT.

**THANK YOU FOR HOSTING A SHARE COOKBOOK PARTY TO SPONSOR A WOMAN THROUGH WOMEN FOR WOMEN INTERNATIONAL'S YEAR-LONG TRAINING PROGRAMME.**

This planning guide and the downloadable templates will help you plan a successful event.

By hosting an event, you're raising your voice on behalf of women survivors of war and helping us enrol another woman in our training programme in one of the conflict-affected countries where we operate.

Nothing brings us together like sitting down to share a meal. This is just as true in Afghanistan, the Democratic Republic of Congo, South Sudan, and all the countries where we work.

Sponsoring one woman's training costs £22 a month for one year – or £264 in total.

That's twelve friends paying £22 each.

For the cost of an evening out, you could transform a woman's life.



WOMEN *for* WOMEN  
International





## 2 | PLANNING YOUR EVENT

# RECOMMENDED PLANNING STEPS



## STEP 1 EVENT STRUCTURE

### RECOMMENDED PLANNING TIME

6 weeks before your event

1. Determine the event format – Will you be hosting a seated dinner or bring-and-share gathering? A weekend lunch or a dinner party?
2. Develop a guest list – Think about reaching your fundraising target of £264. How many people you can invite and how much will you ask them to contribute as a donation? A simple format would be 12 guests paying £22 each.
3. Create a budget.
4. Choose your venue – It could be your home, a restaurant, community space, or a park picnic table. Before publicising the location of your event, be sure to find out about all of your venue's requirements.
5. Select a time for your event.
6. Ask friends and family if they'd like to help you plan the event.
7. Let us know your plans! Once you've set a date and venue, please keep us posted and we can help support you in the run-up to the day. Contact Women for Women International at: [supportuk@womenforwomen.org](mailto:supportuk@womenforwomen.org) or on 0207 922 7765.





## STEP 2

# THE INVITATION

### RECOMMENDED PLANNING TIME

5 weeks before your event

1. Send invitations – Use the customisable invitation found in the event resources section to invite guests electronically, or by printing and posting.
2. Manage responses - Now that your invitations are out, make sure you have a way to track the responses as they come in.



## STEP 3

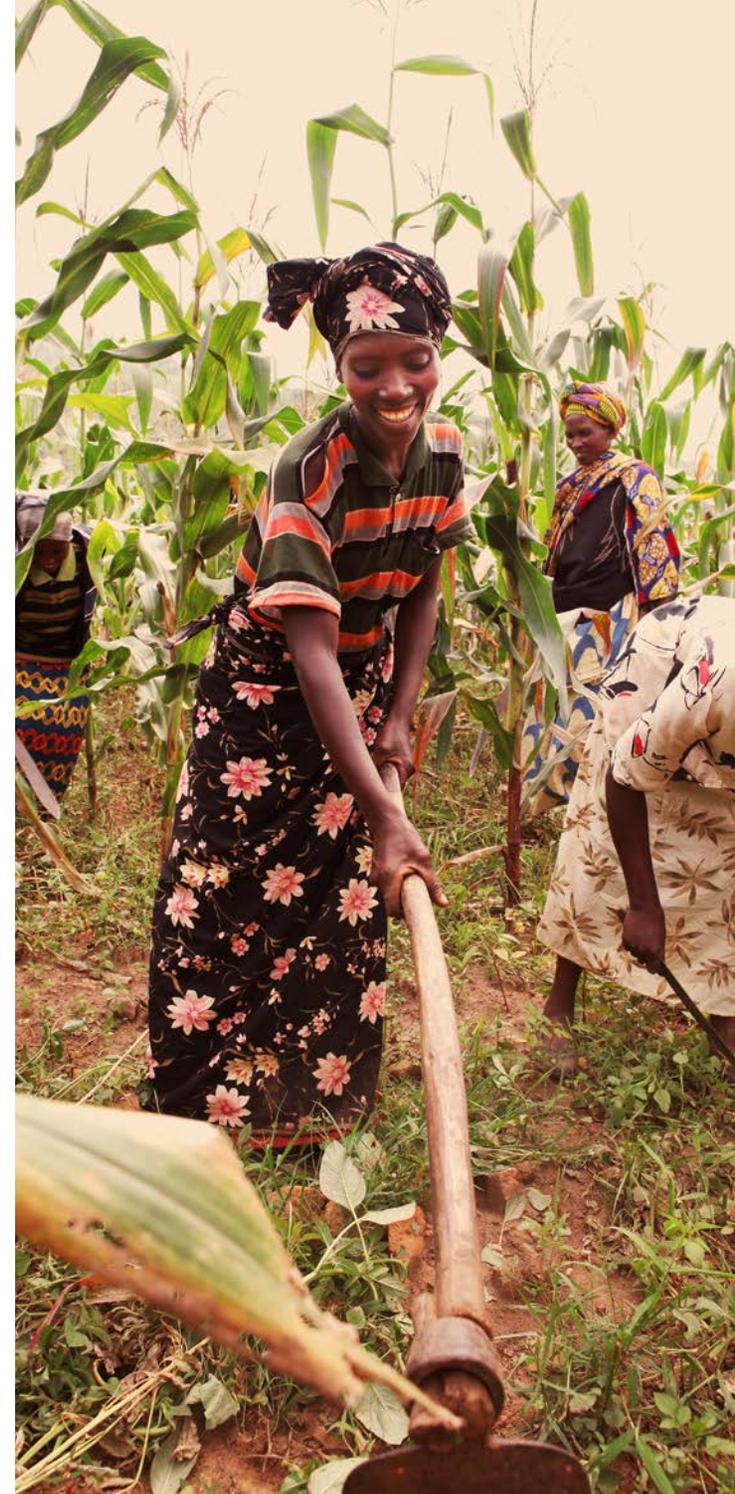
# SCHEDULE & PROGRAMME

### RECOMMENDED PLANNING TIME

4 weeks before your event

#### ESTABLISH AN EVENT SCHEDULE AND PROGRAMME

1. Create an event timeline - From guest arrival to the end of the evening, create a schedule of how you would like to structure your event.
2. Establish the menu – Please reference the sample menus found in this planning guide for a few ideas from the *Share* cookbook.





#### STEP 4

## EVENT LOGISTICS

### RECOMMENDED PLANNING TIME

3 weeks before your event

1. Monitor your attendee list and make sure you have what you need for the day of the event.
2. Think about your table settings, chairs, food and drink quantities, seating charts, signs, event volunteers, etc.



#### STEP 5

## EVENT FOLLOW UP

### RECOMMENDED PLANNING TIME

2 weeks before your event

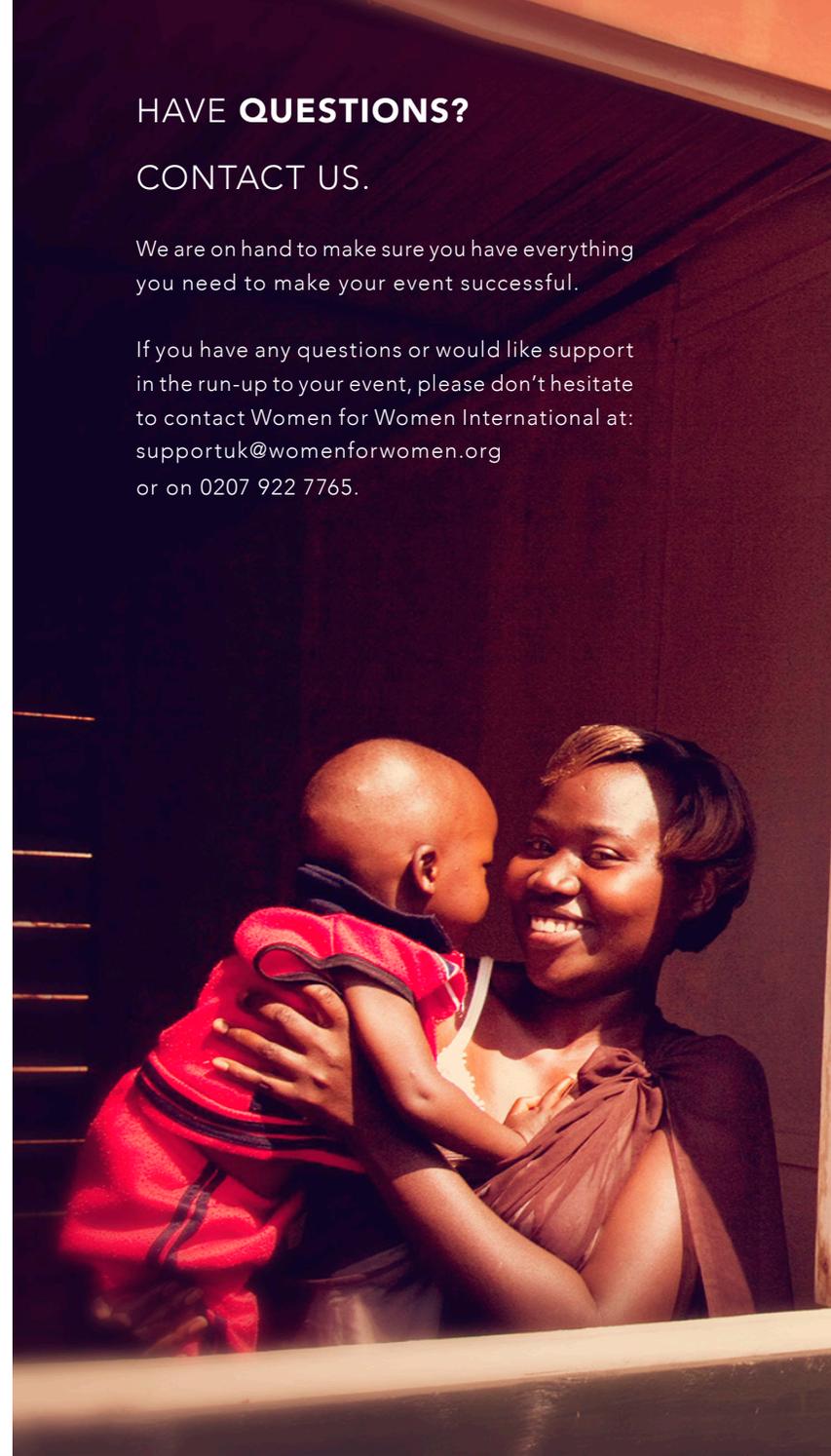
1. Follow up with invited guests who have not yet responded.

## HAVE QUESTIONS?

### CONTACT US.

We are on hand to make sure you have everything you need to make your event successful.

If you have any questions or would like support in the run-up to your event, please don't hesitate to contact Women for Women International at: [supportuk@womenforwomen.org](mailto:supportuk@womenforwomen.org) or on 0207 922 7765.





### A FEW DAYS BEFORE YOUR EVENT

1. Reminder email - Send an email to confirmed guests a day or two before your event as a reminder. Make sure you include any specific instructions your guests should be aware of (i.e. parking instructions, what they should bring, etc.)
2. Coordinate with volunteers - If you have volunteers scheduled to assist with set-up, coordinate with them a few days before the event.



### THE DAY BEFORE YOUR EVENT

1. Select your music.
2. Review your talking points and/or remarks.
3. Review materials and print any last minute documents.



### THE DAY OF YOUR EVENT

1. Prepare food and drinks - Make sure you give yourself enough time so that you are able to enjoy your guests' company.
2. Set up a guest sign in area.
3. Display materials.
4. Connect with us on social media during the event – Send us your tweets and pictures at @womenforwomenUK on Twitter and Instagram, and on Facebook at Women for Women International – UK. See the social media page of this planning guide for more information.
5. Enjoy your event - You are helping to transform the lives of women survivors of war!



### AFTER YOUR EVENT

1. Thank your guests for coming – Send them an email or a thank you card.
2. Post any funds raised and Donate/Sponsor envelopes within 24 hours. All items can be sent to us at:  
  
Women for Women International  
FAO Patrick Oram  
32-36 Loman Street  
London  
SE1 0EH  
  
Or sign up to sponsor a sister – See Connecting with your Sponsored Sister on the next page.
3. Let us know how it went – We'd love to hear how it went so please fill out the post-event form and send us photos.

## CONNECTING WITH YOUR SPONSORED SISTER

**IF YOU MANAGED TO RAISE £264 FROM YOUR EVENT, YOU AND YOUR GUESTS CAN COLLECTIVELY SPONSOR A SISTER THROUGH OUR YEAR-LONG TRAINING PROGRAMME.**

Sponsoring a sister means that over the next 12 months, you and your friends will help a woman to undergo an incredible transformation. She will receive a monthly stipend that enables her to pay for basic necessities like food, medicine, clean water, clothing and shelter for her family and to begin saving money. She will learn more about her real value and her human rights, and will graduate with new skills so she can earn an income and provide for her family. And it's all thanks to your *Share* event.

To sign up, go to <http://www.womenforwomen.org.uk/sponsor-a-sister>. Within 4-6 weeks you will be matched with your sister. We'll send you a welcome kit complete with everything you need to know about her, and you and your friends can stay informed about her progress throughout her time in the programme.





# SAMPLE MENU 1



## STARTER

### Castelluccio lentils with tomatoes and Gorgonzola by Yotam Ottolenghi

1 small red onion, very thinly sliced

1 tablespoon good quality red wine vinegar

1 teaspoon sea salt

250g Castelluccio lentils

3 tablespoons olive oil

1 garlic clove, crushed

3 tablespoons chopped chervil (or parsley)

3 tablespoons chopped chives

3 tablespoons chopped dill

80g mild Gorgonzola, cut into rough chunks  
salt and freshly ground black pepper

#### For the oven-dried tomatoes

400g plum tomatoes (about 5)

8 thyme sprigs

1 tablespoon olive oil

2 tablespoons thick balsamic vinegar

**PREPARE** 10 minutes **COOK** 1 hour 30 minutes **SERVES** 4

1 Start by making the oven-dried tomatoes. Preheat the oven to 130°C/gas mark ½. Quarter the tomatoes vertically and place skin-side down on a baking sheet lined with baking parchment. Arrange the thyme sprigs on top of them. Drizzle over the olive oil and balsamic vinegar and sprinkle with some salt. Roast for 1 ½ hours or until semi-dried. Discard the thyme and allow to cool down slightly.

2 Meanwhile, place the red onion in a medium bowl, pour over the vinegar and sprinkle with the sea salt. Stir, then leave for a few minutes so the onion softens a bit.

3 Place the lentils in a pan of boiling water (the water should come 3cm above the lentils) and cook for 20–30 minutes or until tender. Drain well in a sieve and, while still warm, add to the sliced onion. Also add the olive oil, garlic and some black pepper. Stir to mix and leave aside to cool down. Once cool, add the herbs and gently mix together. Taste and adjust the seasoning.

4 To serve, pile up the lentils on a large plate or bowl, integrating the Gorgonzola and tomatoes as you build up the pile. Drizzle the tomato cooking juices on top and serve.

# SAMPLE MENU 1



## MAIN COURSE

### Tandoori Yoghurt Chicken by Bill McKibben

**1.5kg** chicken, cut into 8 pieces

**1** lemon, juice only

**500ml** Greek yoghurt

**1** onion, coarsely chopped

**3** garlic cloves, crushed

**3cm** piece ginger, grated

**1–2** red chillies,

deseeded and chopped

**¼** teaspoon ground turmeric

**2** teaspoons garam masala

red food colouring (optional)

handful coriander leaves

**2** limes, sliced in half

**PREPARE** 25 minutes, plus 8 hours marinating

**COOK** 25 minutes **SERVES** 4

**1** Using a sharp knife, cut deep slashes in the thickest parts of the chicken, but don't cut as far as the bone. Put the chicken pieces in a large bowl and sprinkle over the lemon juice, turning to coat. Season and set aside for 20 minutes.

**2** Meanwhile, make the marinade. Put the yoghurt, onion, garlic, ginger, chilli, turmeric and garam masala in a liquidiser or food processor and blend until smooth. Add the red food colouring (if using).

**3** Rub the marinade into the chicken, pressing it well into the slits. Cover and refrigerate for 8–24 hours.

**4** Preheat the grill to high. Cook the chicken for 20–25 minutes, turning regularly, or until the juices run clear. Scatter over the coriander leaves and serve with the limes.

# SAMPLE MENU 1

## DESSERT

### Orange scented olive oil almond cake by Nell Newman



**100g** almonds  
(or 100g ground almonds)

**100g** white rice flour

**¼** teaspoon baking powder

**½** teaspoon salt

**3** large eggs, separated

**175g** granulated sugar

**120ml** olive oil

**2** teaspoons vanilla extract

**½** teaspoon almond extract

*freshly grated zest of 2  
oranges and 60ml juice,  
plus orange segments to  
decorate (optional)*

**60ml** cooking sherry or  
Sauternes

#### To serve

*flaked almonds (optional)  
slightly sweetened  
whipped cream or crème  
fraîche  
fresh berries*

**PREPARE** 15 minutes **COOK** 40 minutes **SERVES** 8

**1** Preheat the oven to 180°C/gas mark 4. Grease a 20cm round cake or spring-form tin, and line the base with baking parchment.

**2** Toast the almonds in a frying pan over a medium heat until lightly browned. Cool, then grind in a food processor until fine. Sift out the big pieces and measure out 100g. Alternatively, use ground almonds.

**3** In a mixing bowl, sieve the rice flour and ground almonds with the baking powder and salt.

**4** Meanwhile, in a separate large mixing bowl, beat the egg yolks with an electric whisk until they are light in colour and texture, about 1 minute. Add the sugar and beat for a further 2–3 minutes until well combined. Continue to whisk and add the olive oil in a slow stream, followed by the vanilla and almond extracts, grated orange zest, orange juice and the sherry or Sauternes. Then fold the dry ingredients into this mixture, until just combined.

**5** Whisk the egg whites in a clean bowl using the electric whisk (make sure the beaters are clean) until firm peaks form. Fold the egg whites into the yolk/flour mixture until well combined – I prefer to use a clean hand for this, but you may use a spoon if you wish. Pour the batter into the prepared cake tin.

**6** Bake in the oven for 30–40 minutes until light brown and a skewer inserted into the middle comes out clean.

**7** When the cake is cooked, allow to cool in its tin for about 15 minutes, then run a butter knife around the edges of the tin before carefully inverting on to a clean, folded tea towel. Remove the paper from the base and invert onto a cooling rack (this prevents the rack leaving marks on the top of the cake). Garnish with flaked almonds and serve plain or with cream or crème fraîche and berries.

## SAMPLE MENU 2

### STARTER

#### Cheese and leek tart

by Emma Bridgewater and Matthew Rice



#### **For the shortcrust pastry**

**200g** plain flour, plus extra for dusting  
pinch of salt

**120g** butter, chilled and cut into cubes, plus extra for greasing

#### **For the filling**

**25g** butter

**4** leeks sliced

**3** large eggs

**250ml** single cream

**2** tablespoons of your favourite mustard

**200g** Cheddar or goat's cheese, grated

#### **For the salad**

**200g** mixed green leaves

**15g** chopped parsley

#### **For the dressing**

**4** tablespoons olive oil

**2** teaspoons white wine vinegar

**2** teaspoons brown sugar  
squeeze of lemon juice  
sea salt and freshly ground black pepper

**PREPARE** 25 minutes, plus 30 minutes resting

**COOK** 1 hour 10 minutes **SERVES** 4

**1** First, make the pastry. Place the flour in a large mixing bowl with the salt and add the butter. Rub the butter into the flour using your fingertips until it resembles fine breadcrumbs. Then sprinkle 1 ½ tablespoons cold water into the rubbed-in mixture and mix with a round-bladed knife until a dough starts to form. Draw the mixture together with your hands until it makes a rough ball. If the mixture is too dry and will not form a ball, add a few extra drops of water. Take care not to make the dough sticky – it will be difficult to handle and produce tough pastry. Wrap the pastry in cling film and refrigerate for at least 30 minutes.

**2** Preheat the oven to 180°C/gas mark 4 and grease a 25cm round flan tin (ideally with a loose bottom). Roll out the chilled pastry on a lightly floured work surface until about 3mm thick and line the prepared tin. Use the prongs of a fork to prick all over, then line the pastry with a piece of greaseproof paper and fill with uncooked rice, dried beans or baking beans before placing in the oven. Bake blind for 25–30 minutes, remove from the oven and discard the greaseproof paper and baking beans. Return the pastry to the oven for a further 10 minutes, until it is just cooked but not coloured, then remove from the oven and allow to cool.

**3** Meanwhile, make the filling. Melt the butter in a frying pan and gently fry the leeks for 10–15 minutes, until soft. In a bowl, beat the eggs with the single cream and mustard, then stir in the grated cheese. Season this mixture and pour into the pastry case, then bake in the oven for 25–30 minutes, or until the filling has just set.

**4** While the tart is cooking, make the dressing for the salad. Combine the olive oil and white wine vinegar with a pinch of sea salt, a grind of black pepper, the brown sugar and a squeeze of lemon juice. Mix the leaves with the chopped parsley and toss with the dressing. Serve with the warm tart.

## SAMPLE MENU 2

## MAIN COURSE

### Spinach and fennel risotto by Sheryl Wudunn



- 250g spinach, washed
- 1 tablespoon olive oil
- 50g butter
- 1 onion, finely chopped
- 1 fennel bulb, thinly sliced
- 100ml dry white wine
- 350g risotto rice
- 1 litre chicken or vegetable stock
- 30g walnuts, toasted and finely chopped
- Parmesan, to serve
- salt and freshly ground black pepper

**PREPARE** 10 minutes **COOK** 30 minutes **SERVES** 4

**1** Steam the spinach over a pan of simmering water for 2 minutes until wilted. Drain well then chop finely. Heat the oil with half the butter in a large pan over a medium heat and add the onion and fennel. Cook for 5–7 minutes or until softened but not browned. Add the wine and simmer for a few minutes until the fennel is tender. Add the rice and stir to coat the grains in the juices.

**2** Meanwhile, pour the stock into a separate pan and heat until simmering. Gradually add the simmering stock to the rice, a ladleful at a time, allowing each addition to be absorbed before adding more, until the rice is almost tender and two thirds of the stock has been added. This will take about 15 minutes. Stir in the spinach and continue adding the remaining stock, a little at a time, until the rice is tender.

**3** Remove from the heat and stir in the remaining butter and walnuts. Season to taste, then serve in warm bowls topped with shavings of Parmesan.

## SAMPLE MENU 2

## DESSERT

### Goopy chocolate brownies by Kate Spade



- 225g unsalted butter
- 350g plain chocolate (70% cocoa solids), broken into squares
- 4 large eggs
- 350g light muscovado sugar
- 1 teaspoon vanilla extract
- 225g plain flour, sifted
- 200g walnuts or pecan nuts, roughly chopped

**PREPARE** 10 minutes **COOK** 30 minutes **SERVES** 6–8

- 1 Preheat the oven to 180°C/gas mark 4. Grease and line a 23 × 32cm traybake tin.
- 2 Melt the butter and chocolate together in a small saucepan over a low heat, stirring regularly. When the lumps of chocolate are fairly small, turn off the heat – there will be enough residual heat to melt the chocolate completely and you reduce the risk of overheating the mixture. Allow to cool.
- 3 Place the eggs, sugar and vanilla extract into a large bowl and whisk for 10 minutes, or until pale and fluffy. Stir the chocolate mixture into the egg mixture, then fold in the flour and chopped nuts.
- 4 Pour the mixture into the prepared tin and bake in the oven for 20–25 minutes or until a cake tester or skewer inserted near the edge comes out clean. The mixture should still be a little gooey in the middle. Allow to cool in the tin, then cut into 16 squares and serve.



## ABOUT Women for Women International

THE WORLD TODAY LOOKS CONSIDERABLY DIFFERENT THAN IN PREVIOUS YEARS. FROM THE DEADLY EBOLA DISEASE IN WEST AFRICA, TO THE RISE OF EXTREMIST GROUPS LIKE ISIS IN IRAQ, THE WOMEN THAT WE SERVE LIVE IN SOME OF THE WORLD'S MOST DANGEROUS PLACES. WHERE EXTREMISM TAKES ROOT, INDIVIDUAL FREEDOMS AND RIGHTS SUFFER, AND WOMEN'S FREEDOMS ARE OFTEN WORST AFFECTED. WFWI SUPPORTS WOMEN SURVIVORS OF WAR TO REBUILD THEIR LIVES. THROUGH OUR 12-MONTH PROGRAMME, WOMEN LEARN ABOUT THEIR RIGHTS, AS WELL AS KEY LIFE SKILLS (SUCH AS HEALTH, MANAGING THEIR FINANCES, HOW TO BUILD SOCIAL NETWORKS FOR BUSINESS AND EMOTIONAL SUPPORT). THEY ALSO LEARN VOCATIONAL AND BUSINESS SKILLS TO ACCESS LIVELIHOODS AND BREAK FREE FROM POVERTY.

Over the past 20 years, WfWI has helped nearly 420,000 women in Afghanistan, Bosnia and Herzegovina, the Democratic Republic of Congo, Iraq, Kosovo, Nigeria, Rwanda, and South Sudan.

“ Here in South Sudan... women's decisions are not taken into account. But now I send my two girls to school as I learned from my training that all children have the right to go to school. ”

– HELENA, PROGRAMME GRADUATE  
SOUTH SUDAN



## OUR PROGRAMME

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WfWI's holistic programme encompasses a year-long curriculum centred on teaching women their economic, social, and civic rights.

The women we serve receive life-skills training in:

**HEALTH EDUCATION**  
**DECISION-MAKING**  
**NEGOTIATION**  
**CIVIC PARTICIPATION**

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Women also learn business and vocational skills and gain access to income-generating activities, so that they can move towards economic self-sufficiency.

As they go through the year-long programme together, women form close relationships and networks of support, strengthening them and enabling them to accomplish more together.



## FOUR KEY OUTCOMES

WOMEN  
EARN  
AND SAVE  
MONEY.

WOMEN  
DEVELOP  
HEALTH AND  
WELL-BEING.

WOMEN  
INFLUENCE  
DECISIONS  
IN THEIR  
HOME AND  
COMMUNITY.

WOMEN  
CREATE AND  
CONNECT TO  
NETWORKS FOR  
SUPPORT AND  
ADVOCACY.



## THE SPONSORSHIP CONNECTION

Women for Women International's sponsorship programme is a direct and personal approach to supporting women survivors of war and conflict as they become active citizens engaged in rebuilding their lives and communities.

As a sponsor, you pledge to donate a monthly gift of £22 to support one woman (your 'sister') through our year-long programme of vocational and business skills training, rights awareness, and health education.

Your support will provide the tools and resources your sister needs to rebuild her life. Your monthly donations will help her obtain basic necessities for her family, like food, clean water, and medicine; to pay school-related expenses for her children; to start building family savings; or to use the funds as seed capital to start a business. Perhaps more importantly, the emotional support that your sponsorship and letters provide serves as a lifeline to a woman who may have otherwise lost everything.

## IMPACT

### EARNING & SAVING INCOME

Women's daily income increases nearly fivefold.

Two years after graduation, Women for Women International's programme graduates reported earning an average daily income of \$1.98, compared to \$0.41 at enrolment.

### MAINTAIN HEALTHY LIVES

Nearly three times as many women practice family planning.

Two years after graduation, 81% of Women for Women International's programme graduates reported practicing family planning, compared to 31% at enrolment.

### INFLUENCE DECISIONS IN THE HOME & COMMUNITY

Nearly 10 percent more women are involved in key household decisions.

Two years after graduation, 94% of Women for Women International's programme graduates reported being involved in key household decisions, compared to 86% at enrolment.

### BUILDING NETWORKS FOR SUPPORT & ADVOCACY

Nearly ten times as many women share knowledge of their rights with other women in the community.

Two years after graduation, 86% of Women for Women International's programme graduates reported educating another woman on her rights, compared to 9% at enrolment.

*Global Impact Data is reflective of a three-year longitudinal study. Data represents women who graduated from our programme between 2010 and 2011, with the exception of graduates from South Sudan.*

# PROGRAMME INNOVATION AREAS

ADVANCING WOMEN'S  
ENTREPRENEURSHIP

IMPROVING ACCESS TO  
HEALTH SERVICES

INCREASING ACCESS TO  
FINANCIAL SERVICES

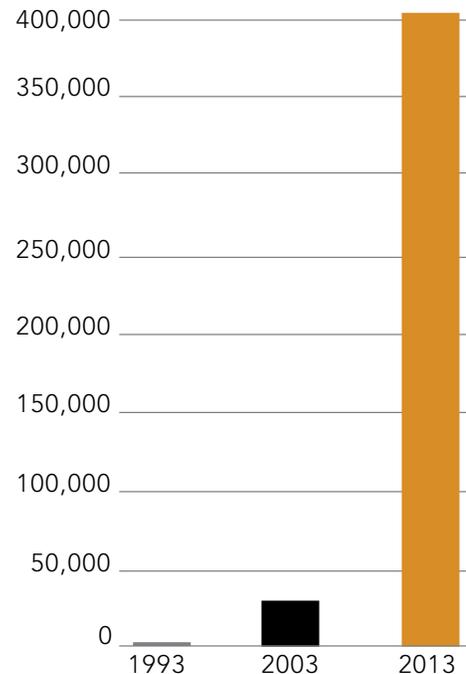
ENGAGING MEN



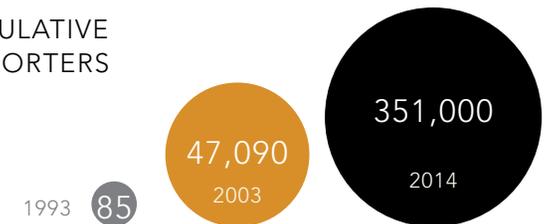
**420,000+** WOMEN SERVED  
SINCE 1993

## 20 YEARS MADE POSSIBLE BY YOU

CUMULATIVE WOMEN SERVED



CUMULATIVE  
SUPPORTERS



LETTERS EXCHANGED  
since 2013

**893,908**

TOTAL FUNDS DISTRIBUTED

By Training Stipends and Other Programme Services



# SPREAD THE WORD



## VIOLETTE, RWANDA

Violette is a survivor of the Rwandan genocide. Her life was very difficult, until she enrolled in Women for Women International's programme. Throughout the year, she learned job skills and the essentials of starting her own business. Violette was awarded a bank loan of \$370 to build a water pipe that runs through her village. She charges 10 cents per container of water and the business has brought clean and accessible water to her community. Now, women in her village don't have to walk miles a day just to fetch water. Violette is also president of a local women's craft cooperative with other graduates from Women for Women International. She weaves peace baskets, makes pottery, and crochets. Together, with women from other ethnic backgrounds, she weaves baskets and sells them all over Africa.



## EMINE, KOSOVO

Emine is a widow and mother of seven children. Her husband died 10 years ago. Before joining the Women for Women International's programme Emine was obliged to ask her brothers-in-law's permission if she needed to leave the home because of her widowhood. Her brother-in-law made all the family decisions for Emine and her children. Until she enrolled in Women for Women International's programme, Emine believed she couldn't challenge him. "I couldn't go out alone and make decisions for my children and myself. Since attending the programme, my life has changed. I am more self-confident, more courageous to speak and to manage my life and my family. Today I go out when I need to go, and I no longer ask for permission. I go to see the doctor, do shopping, and finish my work outside the house. I now ask for opinions, but I know that in the end the decisions are mine."



## NISREEN, IRAQ

Nisreen was forced to drop out of high school after her father's chronic disease left the family without money. When a relative from Baghdad proposed that she marry his son, her father accepted. Before long, her new husband started beating her badly. Nisreen became depressed and alone, unable to talk to anyone about the humiliation she faced every day. Nisreen's aunt suggested that she enrol with Women for Women International. At first, Nisreen found it hard to interact with her classmates because of her depression. "In the lesson on stress management, however, I began to cry and finally opened up about my husband's abuse. I showed the other women the bruise marks on my body. I learned that the way my husband was treating me was domestic violence" says Nisreen.

With the support of her classmates and her brothers, Nisreen demanded that her husband leave to get treatment. Two months later, he promised he would never hurt her again. He has honoured that promise and has bought the sewing machine Nisreen asked for so that she can build a better future for her family.

## PASS IT ON

- Women for Women International's Sponsorship Programme is a direct and personal approach to supporting women survivors of war and conflict as they move from crisis and poverty to stability and economic wellbeing, and take an active role in rebuilding their lives and communities.
- As a sponsor, you pledge to donate £22 per month, or £264 per year, to support an individual woman in Women for Women International's year-long programme of vocational and business skills training, rights awareness, and health education. You can sponsor as an individual by making a regular donation via Direct Debit, or join forces as a group, raising the £264 together.
- Your support will provide the tools and resources your sister needs to rebuild her life. Your monthly donation will also help your sister obtain basic necessities for her family, like food, clean water, and medicine; to pay school-related expenses for her children; to start building family savings; or to use the funds as seed capital to start a business.
- The emotional support that your sponsorship and letters provide serves as a lifeline to a woman who may have otherwise lost everything.

## SHARE

- *Share* is Women for Women International's first cookbook
- 100% of the publisher's profits will go to Women for Women International and help women in countries affected by conflict rebuild their lives.
- The recipes in *Share* celebrate the belief that nothing brings us together like sitting down to share a meal. This is just as true in Afghanistan, the Democratic Republic of Congo, South Sudan, and all the countries where we work.
- The recipes in the book come from the women living in countries in which WfWI operates and also from renowned international chefs such as Alice Waters, Maggie Beer, and celebrities such as Judi Dench, Richard Branson, Annie Lennox, Paul McCartney and Mia Farrow.

# SOCIAL MEDIA

## CONNECT WITH US USING SOCIAL MEDIA!

Share your *Share* party tweets and pictures at @womenforwomenUK on Twitter and Instagram, and on Facebook at Women for Women International - UK. Use the hashtag, #sharethecookbook to join the conversation and take part in the power of sharing!



### SAMPLE TWEETS:

A screenshot of three tweets from a user named 'Your Name @gmail'. The first tweet, posted 2 hours ago, says 'I'm hosting a #sharethecookbook party to help women survivors of war! @womenforwomenUK'. The second tweet, posted 3 hours ago, says 'Share a recipe, a meal, and a story! #sharethecookbook @womenforwomenUK'. The third tweet, posted 18 hours ago, says 'A great evening with great friends! Thanks to all who came to #sharethecookbook party benefiting @womenforwomenUK'. Each tweet has an 'Expand' link below it.

### SAMPLE FACEBOOK POSTS:

A screenshot of three Facebook posts from a page named 'Your page name'. The first post, dated July 13, 2015, is a text post: 'Thank you to all who joined for a truly special evening benefiting Women for Women International! We enjoyed delicious recipes from the Share cookbook, and we raised £XXX in support of WfWI's programmes.' The second post, dated September 3, 2015, is an event post titled 'Share Cookbook BBQ' for Tuesday, September 8, 2015 at 6:00pm. The event image shows a person in a field with the word 'share' written in white cursive. The third post, dated October 12, 2015, is a text post: 'Share a recipe, share a story, share a meal! Connecting over good food and teaching my friends about the importance of Women for Women International's life changing programme.' The fourth post, dated November 12, 2013, is a text post: 'I'm hosting a Share Cookbook party benefiting Women for Women International! To learn how you can host your own party, go to www.womenforwomen.org.uk/get-involved'.