



**Action Syria**  
*Suppers*



**GATHER, FEAST, AND GIVE.**

**Hold a supper club in aid of Action Syria**

*Action Syria is the operating name of the  
Hands Up Foundation. Charity no. 1156491*

# Contents

Thank you note	p. 2
What you'll be supporting	p. 3
Holding your supper club	p. 5
All you need to know	p. 7
Fundraising tips	p. 10
Next steps	p. 11



# Thank you

Our story began in July 2012, when we held our first Syrian supper around our kitchen table to remind our friends in Syria that they had not been forgotten. Countless supper clubs later, we evolved into a small and mighty charity in 2014. Today, food continues to be central to our fundraising.

Since the fall of Assad's regime, Syria has entered a new chapter — one of both renewed hope and huge uncertainty. A broken economy, lack of healthcare and crumbling public services are just some of the daily challenges that Syrians are facing. Action Syria is working with local partners to create lasting impact where needs are greatest.

We can all help, and it really is **as simple as bringing people together and sharing a meal**. By hosting a supper, you can use the power of food to introduce your guests to a delicious part of Syria's rich culture, and do something good: raise awareness and vital funds for Syrian communities.

Your support means a lot — by even considering holding a supper club, you're already part of a community that's making a real difference. Thank you so much for coming to the table and being a part of *Action Syria Suppers*.



# What you'll be supporting

At Action Syria, we partner with local organisations in Syria and neighbouring countries to **make sure Syrian communities have access to the medical care and education they need, both every day and when emergencies strike.** We make sure our funding gets to the right people quickly and safely, and give you a way to help.

For the last 12 years, Action Syria has supported sustainable projects led by Syrians – **raising a total of over £8million in humanitarian aid.**

Last year, we supported over 20,000 people, delivered 17,600 medical consultations, funded 10 medical staff and six teachers, provided prosthetics and physiotherapy to 3,399 people, and ensured 84 Syrian refugee children could attend school.

**We are proud to currently be supporting:**

**School in Lebanon's Bekaa Valley**  
— in partnership with SAWA

Delivering full-time education for over **80 Syrian refugee children**, including psychosocial support, safe transport, and heating in winter. Action Syria funds the full operating costs, including teacher and support staff salaries.





## School rehabilitation inside Syria — in partnership with Abjad and MARS

- In Zamalka, we rehabilitated a primary school now able to host over **900 students**, with improved classrooms, sanitation, electricity and accessibility, alongside training for 21 teachers.
- In Nashabiyeh, we're upgrading **14 classrooms** and essential facilities — including accessibility improvements and solar power — benefiting **450 students**.
- In Daraya, we're restoring four classrooms, including a model classroom, to support up to **200 students** and set a replicable standard for future improvements.

At Action Syria, health has been at the core of our mission since the beginning. We've delivered medical support such as prosthetics and primary healthcare to underserved areas, and acted fast to address urgent health needs. We're ready to keep going and strengthen our support, but we don't have the funding to do it.

**During this critical time for Syria, your participation can support safe and inclusive learning for Syrian children, and restart life-saving medical care for communities where access is limited.**

For more information on our work, visit our [website](#).



# Holding your supper club



## PLANNING

Your supper could be anything from a sit-down dinner for six; a large feast for 30, or a picnic in the park for 50. Get the ball rolling by organising the **cooks**, and choosing a **date** and **place**. Syrian food is all about sharing, from the making to the eating, so get your friends, family, or colleagues to help. It will make it easier and much more fun.



## CELEBRATING SYRIA'S CULTURE

As much as *Action Syria Suppers* is about raising money, it is also about celebrating Syria's rich culture. So, make your evening fun and interesting; make a playlist of Syrian **music** or research some Syrian **poetry** to read. See if you can invite someone who knows about Syria, its food, or culture, and get them to speak — think journalists, writers, artists, or students.





## SPREADING THE WORD

If you're hosting a public event, you might be thinking about how you can best promote your *Action Syria Supper*.

- Ask friends to invite their own circles — family, friends, colleagues, community groups.
- Use **social media** (Instagram, WhatsApp, Facebook groups) to share your event widely. Get friends to share too!
- Don't forget to tag us: [@actionsyriauk](#) on Instagram and [Action Syria](#) on Facebook so we can help spread the word.



## PREPARATION

Some **really useful** things to do:

- Print out menus for your guests.
- Remember non-alcoholic cocktails.
- Ask about dietary requirements and make sure food allergens are clearly marked on the menu.
- Get a sous-chef or a partner-in-crime to peel lemons with you.
- Practice recipes before on willing (or unwilling) guinea pigs.
- Make friends with your nearest spice shop or Middle-Eastern supermarket.
- Print Action Syria flyers.

Some **nice-to-haves**:

- Make place mats with Arabic newspaper.
- Get your calligraphy pen out and try writing guest names in Arabic for place names.
- Scatter the table with oranges, chillies, and flowers.



# All you need to know

## Where you can hold a supper club

Anywhere - from your kitchen table to your favourite restaurant!

## How to spread the word about Action Syria during the event

The personal touch matters.

- Tell your guests why you're inspired to support Action Syria — it's your story that connects.
- Don't worry about being an expert!
- Distribute flyers and put up some posters — we can provide you with these.



# Do you need a food hygiene certificate to hold an Action Syria Supper?

If you're hosting a one-off supper, you don't need a food hygiene certificate to whip up and share delicious dishes. However, it's essential you handle the food with care and safety in mind. We want to ensure everyone enjoys scrumptious meals in the safest way possible.

Here are some tips for ensuring food safety when preparing meals for large groups:

- **Prepare recipes in advance:** Many recipes can be prepared in advance. Just check the preparation instructions and make sure to defrost/reheat properly.
- **Hand hygiene:** Wash your hands regularly with soap and water, especially before handling food. If hand-washing facilities are not available, use hand sanitiser.
- **Clean produce:** Always wash fresh fruits and vegetables thoroughly before use.
- **Prevent cross-contamination:** Keep raw foods separate from ready-to-eat foods. Use separate cutting boards and utensils for raw meats and other foods.
- **Check expiration dates:** Do not use food past its use-by date.
- **Cooking instructions:** Always follow cooking instructions and make sure food is properly cooked before serving.
- **Clean and sanitise:** After use, clean and sanitise food preparation areas and wash equipment in hot, soapy water.
- **Minimise time at room temperature:** Keep food out of the fridge for the shortest time possible before serving to maintain freshness.

See more on [food safety for your event](#) here.

## Do you need to declare food allergens at your supper?

For your supper, we recommend asking people for any food allergy information in advance, to make sure there's something for everyone.

We'd also encourage you to provide allergen information (either verbally or in writing). Better to be safe than sorry!

See more on **food safety for your event** [here](#).

## How to send the money you've raised

Once you have completed your event, you can donate on our website, transfer the donations to us by BACS transfer, or send us a cheque.

**Online:** Donate directly at [actionsyria.org.uk/donate](https://actionsyria.org.uk/donate).

Bank Transfer (**BACS**):

Name of bank: Barclays PLC

Account Name: THE HANDS UP FOUNDATION T/AS  
ACTION SYRIA

Account number: 50590142      Sort code: 20-26-46

Please put your surname as the reference.

**Cheque:** Payable to Action Syria, with "Suppers" written on the back.  
Post to: Action Syria, Rich Mix Centre, 35–47 Bethnal Green Road,  
London E1 6LA.



# Fundraising tips

Here are some simple tips to make the most of your supper club:

- **Start planning as soon as you can:** Give yourself enough time to set your menu, prepare your recipes and collect donations.
- **Decide how to collect donations:** Invite guests to donate on the night, set a suggested donation, or sell tickets. Here are some template targets, with people bringing their own drinks:

## Dinner for six

£35 ticket / suggested donation = £210

Total food cost at £8 per head = £48

**Raise £162 for Action Syria**

## Dinner for ten

£35 ticket / suggested donation = £350

Total food cost at £8 per head = £80

**Raise £270 for Action Syria**

*In these examples, £8 out of the £35 would cover the cost of food.*

- **Explain the cause:** Be clear about what you're doing, why you're raising money, and always say it's "in aid of Action Syria".
- **Say thanks:** A simple thank you goes a long way.

Fundraising for charities like Action Syria is regulated by the Fundraising Regulator. By following these tips, you'll be keeping everything safe, legal and transparent.

## How to maximise impact

- Hand round a bucket for donations before, during and after the event.
- Ask a local business to sponsor you or make a donation to cover the cost of food.
- Have a raffle with prizes to encourage people to donate more
- Ask your office to match funds from their corporate social responsibility pot.
- Invite a local celebrity or guest chef.

# Next steps

Let us know if you're thinking of holding your own supper by getting in touch at [contact@actionsyria.org.uk](mailto:contact@actionsyria.org.uk). We'd love to send you some resources to support your event such as:

- Middle Eastern inspired recipes from our chef friends
- Example supper club menu
- Name place card templates
- Invitation templates
- Posters and flyers

## One final thing...

The more people who hear about *Action Syria Suppers*, the more people we can encourage to get involved. So, please send us some photos, share your supper on social media ([#ActionSyriaSuppers](https://twitter.com/ActionSyriaSuppers)) and ask your guests to post about it. We'll shout about the amazing funds you've raised too! You'll be inspiring others to pick up their spatulas, put on their aprons and hold a supper.





**Action Syria**  
*Suppers*



Registered with  
**FUNDRAISING  
REGULATOR**

**[actionsyria.org.uk](http://actionsyria.org.uk) | [contact@actionsyria.org.uk](mailto:contact@actionsyria.org.uk)**

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