Virtual Curry for Carers

Toolkit
Due to the current COVID-19 pandemic, going out just isn’t an option right now. Whilst we’re all stuck indoors, how about hosting a virtual ‘Curry for Carers’ event from the comfort of your own home and “meet-up” with friends or family, just like you would when you go out to your favourite curry house. Each of you can cook delicious Indian food or order a take-away from your favourite curry house whilst raising much needed funds for carers in India, Nepal and Bangladesh! In this toolkit you will find all the info you need to make this virtual event a success. This toolkit includes tips for promoting the event online, a post event press release template, and a link to our ‘JustGiving’ page which makes donating super easy!
Set a date and time
Many of us have a lot of free time now that restrictions on our mobility have been put in place. For those of you who are looking for something different to do, a virtual Curry for Carers event could be a great activity for you to organise for your friends and family. Choose a date and time within the next few weeks to host your event, which could be for a lunch time or a dinner time.

Invite your friends and family
Who are you going to invite to your virtual gathering? You may wish to keep the guest list small and selective, or you may wish to extend the invite to extended family members, or even friends-of-friends. Consider reaching out to someone who might be in need of cheering up, for example loved-ones who are living alone.

Take-away or cook at home???
Now you and your guests need to decide whether each of you will cook a curry for your event, or order one in. In this toolkit (pages 6 to 9) we have featured a couple of delicious recipes put together by our Founder & Executive Director, Anil Patil. We have also included links to a selection of websites that have plenty of mouth-watering recipes for you to try. If you don’t fancy cooking, how about placing an order with your favourite Indian take-away? Most take-away places are now offering “contact-free delivery” so be sure to pick this option, to keep you and your family safe.
Preparation

Set up Zoom, Skype, FaceTime or Houseparty
We are very fortunate to have technology at our finger tips that makes connecting with each other virtually super easy. Ask your friends and families to sign up to one of the above platforms and use it to connect over your delicious curry. We might not be able to be with each other physically right now but we can still see each other!

Ask for donations
Ask your friends and family to donate what they would have spent on a typical curry evening at their local curry house. They can make the donation via our dedicated virtual Curry for Carers JustGiving page.

Share online
Social media has never been a better place to connect than right now. Before the event takes place, why not post on your social media channels to let everyone know what you are going to be doing? You may also wish to take pictures or videos during the event to share on Social Media. Here are some hashtags to use: #virtualcurryforcarers #stayhome #charityunitesus #charitynightin #donate #carers #curry. Don’t forget to tag us in any posts so that we can repost

Enjoy the night
Let the fun commence! As the host, thanking everyone at the start of the night for connecting to the virtual Curry for Carers event would be a lovely way to set the tone for the evening. You could also put together a Spotify playlist so that you have background music to accompany your event.
After the Event

Use this template press release and contact local newspapers or online news sources. Send them pictures from your event and see if they will feature it in their news channels. Virtual events are a brand new concept to us, so it would be really great to share some news about what we are doing and all the hard-work you’ve put in! It might even encourage and inspire new supporters to host a virtual Curry for Carers event of their own...

Sending donations:

Ask your virtual Curry for Carer guests to visit our JustGiving page, it’s a super easy way to donate! This method will also enable us to claim gift aid on eligible donations.

Another option is to transfer donations. Please transfer donations to:
Account number: 00022952
Sort code: 40-52-40
Account name: Carers Worldwide

For anyone sending a bank transfer, please email sophie.batchelor@carersworldwide.org to let us know the amount paid in and the date it was paid.
Aloo Palak or Saag Aloo (a spinach and potato curry)
This stir-fried spinach and potato dish tastes delicious, is healthy and requires minimal ingredients and spices.

What you’ll need:
- 2 Tbsp of vegetable oil
- 3/4 tsp of cumin seeds
- 2 garlic cloves (chopped or paste)
- 2 green chillies
- 1 medium onion (finely chopped)
- 3 or 4 medium-sized potatoes
- 750g spinach (washed and finely chopped)
- 1/2 tsp of salt
- 1/4 tsp of red chilli powder
- 1/8 tsp of turmeric
- 1 Tbsp of peanut powder or 1 tsp of sesame seeds (optional)
- 1 Tbsp of lemon juice

Preparation time
10 mins

Cooking time
15-20 mins

Serves
3 to 4 people
Part 1:
1. Rinse the spinach in lots of water a few times and drain in a colander
2. Peel and cut the potatoes to bite-sized pieces
3. Immerse the potatoes in a bowl of water to avoid discolouration (optional)

Part 2:
1. Heat 2 Tbsp of vegetable oil in a pan
2. When the oil turns hot add 3/4 tsp of cumin seeds and let them splutter
3. Add 2 cloves of finely-chopped garlic (or paste) and 1 to 2 chopped green chillies
4. Fry for a minute
5. Add 1 medium-sized chopped onion and fry until light brown
6. Drain the water from potatoes completely
7. Add the potatoes to the pan and fry for 2 to 3 mins (you can stir fry until the potatoes are fork tender by adding 3 Tbsp of water and mixing well)
8. Cover and cook until the potatoes are completely cooked, but not mushy
9. Add 1/8 tsp of turmeric, 1/4 tsp salt and 1/4 red chilli powder
10. Sauté for a minute or two until the raw smell of chilli powder goes away
11. Add the finely chopped spinach into the pan
12. Sauté on a medium-high flame for about 3 minutes or until the leaves wilt, there must be no excess water left in the pan
13. When the moisture has evaporated, turn off the stove
14. You can sprinkle 1 Tbsp of peanut powder or 1 tsp of sesame seeds (optional) and 1 Tbsp of lemon juice towards the end
15. Serve hot with roti, naan, chapati or rice

Enjoy!
Dal Fry

*This simple Indian dish is made by cooking lentils with spices. It is aromatic, comforting and can be made by even a novice cook.*

**What you’ll need:**

- 1 cup of red lentils or pigeon peas
- 2 to 2.5 cups of water
- 1.5 Tbsp of vegetable oil
- 1/2 tsp of cumin seeds
- 1/2 tsp of mustard seeds
- 1 medium onion (finely chopped)
- 1 tsp of ginger and garlic (crushed or paste)
- 1 large tomato (finely chopped)
- 1/2 tsp of salt
- 1/4 or 1/2 tsp of red chilli powder
- 1/4 tsp of garam masala
- 1/4 tsp of turmeric powder
- Handful of coriander leaves (finely chopped)

**Preparation time**

7-10 mins

**Cooking time**

25-30 mins

**Serves**

3 to 4 people
Recipes by Anil

Part 1:
1. Add 1 cup of red lentils or pigeon peas to a pressure cooker or a cooking pot and wash them several times until the water runs clear.
2. Add 2 to 2.5 cups of water and 1Tbsp of vegetable oil (if cooking in a pot you will need to add more water)
3. Pressure cook for 3 whistles on a medium heat. If cooking in a pot, cook until the lentils or pigeon peas turn mushy and very soft
4. Mash well

Part 2:
1. Heat a pan with vegetable oil
2. Add onions and sauté until the onions turn brown
3. Add 1/2 tsp of mustard seeds and 1/2 tsp cumin seeds until they begin to splutter
4. Add 1 tsp of ginger and garlic (crushed or paste) and fry until the raw smell goes away
5. Add the finely chopped tomato and sauté on a medium heat until the tomato turns soft
6. Add 1/2 tsp of salt, 1/4 or 1/2 tsp of red chilli powder, 1/4 tsp of turmeric and 1/4 tsp of garam masala
7. Sauté for 2 mins until the raw smell goes away and it begins to smell good
8. Add the cooked and mashed lentils/pigeon peas.
9. Add water, if needed, to bring it to preferred consistency
Other Recipes

If you are looking for more inspiration then check-out these websites with lots of curry recipes:

https://www.goodtoknow.co.uk/recipes/tag/curry

http://allrecipes.co.uk/recipes/curry-recipes.aspx

https://www.jamieoliver.com/recipes/category/dishtype/curry/

https://www.bbcgoodfood.com/recipes/collection/curry
If you don’t fancy cooking, you could contact your favourite curry house and ask if they are doing take-away/delivery options. You can also try any of these food-ordering sites which will show you what options are available in your area:

https://www.ubereats.com/
https://www.just-eat.co.uk/
https://foodhub.co.uk/
https://deliveroo.co.uk/
About Us

Whoever we are, we will all one day be a carer or be cared for ourselves.

Being the carer of a loved-one can negatively impact the physical, mental, financial and social wellbeing of the person providing care. Carers commonly find themselves having little or no time for respite and become socially isolated as a result of their caring role. In many instances, caring duties prevent carers from participating in income-generating activities which puts financial strain on the carer and their family.

Whilst the challenges of caring are faced by carers globally, carers in developing countries, which have inadequate social services, limited support systems and inequitable healthcare provisions see the challenges associated with caring exacerbated.

Carers Worldwide is the only organisation working strategically in the developing world with unpaid family carer. We give unrecognised carers a voice and implement measures to ensure the emotional, physical, social and economic needs of carers are met. Measures we implement include:

• **Carer’s support groups** - Reducing loneliness and isolation, creating social networks and supporting emotional wellbeing
• **Advocacy** - Strengthening the collective voice of carers at community, regional and national level to achieve changes in policy and practice
• **Health Services** - Creating access to physical and mental health services including locally available counselling services
• **Respite and short breaks** - Offering a break from caring responsibilities and developing alternative, high quality care options
• **Employment, education and training** - Facilitating access to employment, training or education opportunities tailored to exist alongside caring responsibilities

To find out more visit: www.carersworldwide.org
The money you raise will mean we can continue to support carers and their sick and disabled loved ones during the COVID-19 crisis.

£20 - EMERGENCY SANITATION PACKAGE

£20 could buy a sanitation package for one household. Package includes soap, laundry detergent, reusable sanitary items for women, and a jug and bucket for washing hands as people don’t always have access to running water.

£50 - EMERGENCY FOOD RELIEF

£50 could buy an emergency food relief package to feed one household, for a whole month.
Thank you for hosting a virtual ’Curry for Carers’ event! We appreciate your hard-work and support in these challenging times.

If you need any further support in organising your virtual Curry for Carers event then please contact Sophie:
sophie.batchelor@carersworldwide.org
07534 410 401

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www.carersworldwide.org