

DINNERTM

down memory lane



**Marie
Curie**

Care and support
through terminal illness

Thank you for hosting a Dinner Down Memory Lane™

From foodies to celebrity chefs, everyone is getting in on the retro food revival. Dinner Down Memory Lane is your chance to bring friends together and remember your favourite flavours from back in the day.

Whether you recreate time-honoured classics like duck à l'orange and prawn cocktail or are just nostalgic for knickerbocker glory, your dinner party will help Marie Curie care for more people living with a terminal illness.



How it works

Here's our four-step guide to hosting a Dinner Down Memory Lane



1 Choose a date

We're encouraging people to host their dinner parties in November, so choose a date that's suitable for you and your guests.



2 Send your invitations

Once you've chosen a date, let your friends and family know and start planning your memorable menu. Visit mariecurie.org.uk/invitations to send invitations online.



3 Have a great time

This is the fun bit. If you're in need of a little inspiration we've got lots of ideas in this booklet and much more on our website at mariecurie.org.uk/dinner



4 Send in the money you raise

Once your trip down memory lane is over, it's time to add up the donations from your guests and send in the money you've raised. See the last page for details



1954

Food rationing in Britain ends after 14 years

On the night

Here are some tips to make your Dinner Down Memory Lane a night to remember

Collecting donations

Your pack includes donation cards and envelopes. Please leave a card in an envelope at each setting. All the donation instructions your guests need will be on the card.

If some of your guests aren't able to attend, they can still support your fundraising efforts by donating to your JustGiving page.

Using place cards

We've also included place cards in your pack with prompts for guests to share their food-related memories and stories. These are a great way to take people back to a particular time or place and get the conversation flowing.



1969

The microwave oven goes on sale for the first time in the UK

What we do

Marie Curie is here for people living with any terminal illness, and their families. We offer expert care, guidance and support to help them get the most from the time they have left.

Our nurses work night and day, in people's homes across the UK, providing hands-on care and vital emotional support. Our hospices offer specialist round-the-clock care.

And we support people throughout their illness by giving practical information, support from trained volunteers and being there when someone wants to talk.

Hilary's story



Marie Curie Nurses were there for Hilary and her husband, Mike, with practical care and emotional support right until the end.

"We had a Marie Curie Nurse for four nights before my husband died. I was completely exhausted. I had a baby alarm set up next to Mike and every time I heard him move I got up to check on him. As soon as the Marie Curie Nurse came I went to sleep! I knew she would come and get me if there were any problems. She'd debrief me in the morning. Instead of being in charge, with everything on my shoulders, I could relax and hand over his care.

"The Marie Curie Nurses were always so kind, gentle and compassionate. It was immeasurably important. I don't think I could have managed without them. It meant that I caught up with lost sleep and gathered my strength for when he died and had to organise the funeral. It was probably the best sleep I had over the whole year that he was very ill.

"Not only did the Marie Curie Nurses help me, but they also helped our sons. All four were staying in our house and they would chat with the nurse. She'd answer any questions they had and it was very valuable to them. They thought the nurses

were fantastic. The nurses used to say our sons were night owls because they kept popping over to talk and see how their dad was.

"One particular night Mike's breathing was very loud and it was upsetting and alarming for me and one of my sons who could hear him too. The Marie Curie Nurse told us that although it sounded worrying, Mike wasn't suffering. It was very comforting for us to know. It would have been very scary if we were on our own.

"The Marie Curie Nurses were brilliant. I don't know what we would have done without them."

How your Dinner Down Memory Lane helps

£20 lets a Marie Curie Nurse look after someone with a terminal illness for one hour, in the comfort of their own home.

£70 helps someone with a terminal illness enjoy gentle exercise, an art class and other activities at a Marie Curie Hospice.

£180 means that a Marie Curie Nurse can look after someone with a terminal illness for a nine-hour shift, in the comfort of their own home.

£400 makes it possible for someone to stay in a Marie Curie Hospice for 24 hours and get the hands-on care they need in their final days.

Visit mariecurie.org.uk/your-money
for more information on how your money helps

What's cooking?

Whether you want to prepare the meals that take you back or put a new twist on old favourites, we've got lots of inspiration for your Dinner Down Memory Lane.

Classic or contemporary?

Hosting a retro-inspired dinner party is a great excuse to try out some classic dishes – from heritage recipes that have stood the test of time to old family favourites.

Or you might want to surprise your guests with something a little different: like retro recipes with a modern twist. So why not combine the old and new to create a memorable menu that will have everybody talking?

Whatever you decide, your dinner party is all about bringing people together to enjoy good food and good company.



Visit mariecurie.org.uk/retrorecipes for more recipe ideas



1971

Delia Smith publishes her first cookbook *How to Cheat at Cooking*



My retro favourites

Simon Carr, Head Chef at our Newcastle hospice, shares some classic crowd pleasers.

“At the hospice, the classic prawn cocktail starter is always very popular, a real favourite with patients and families. At home, my three children all love pork cordon bleu, a 70s recipe of pork escalope stuffed with cheese and ham. Traditional beef Wellington also gets the thumbs up.”



1984 The world's first online shopping transaction takes place

The perfect mix

You've invited your guests, planned your memorable menu – now complete your Dinner Down Memory Lane with these classic cocktail suggestions

Piña Colada

*Invented in 1950s
Puerto Rico, this all-
time classic cocktail has
stood the test of time.*

Ingredients

120ml pineapple juice
60ml white rum
60ml coconut cream
wedge of fruit
to garnish

Method

Pulse all the ingredients
along with a handful of ice in
a blender until smooth. Pour
into a tall glass and garnish
as you like.



Shirley Temple

*Add some Hollywood
glamour to your evening
with this non-alcoholic
alternative.*

Ingredients

200ml ginger ale
splash grenadine
1 maraschino cherry

Method

Pour the ginger ale
into a glass and pour
in the grenadine.

Add a maraschino cherry
and serve.



1990 MasterChef, presented by
Lloyd Grossman, airs for the first time

Vodka Martini

*Whatever the era,
James Bond's favourite
is guaranteed to shake
(or stir) things up.*

Ingredients

15ml vermouth
60ml vodka
olives to garnish

Method

Pour the vermouth and
vodka into a mixing glass
and fill with ice cubes. Stir
well and then strain into a
small Martini glass.

Garnish with olives
and serve.



The personal touch

Being a Marie Curie Nurse means doing that
little bit extra for people at the end of their lives.

“John thought his G&T days were
over. I was determined to prove
otherwise. I made up a G&T just how
John liked it and froze it in an ice
tray. I'll never forget the sheer joy on
his face when the familiar flavour
melted in his mouth.”

Jennifer,
Marie Curie Nurse



2001 Foreign Secretary Robin Cook announces chicken
tikka masala as the “new national dish”

Sending in your money

Once you've strolled down memory lane and had fun with your friends, use the form provided to tally up the money you've raised.

Please enclose any completed donation cards and cheques (payable to Marie Curie) from your guests.

Please do not enclose cash.
Enclose a cheque or provide your card details to pay the remaining amount.

Send to:

Supporter Relations Team
Dinner Down Memory Lane
Marie Curie
PO Box 23897
14 Links Place
Edinburgh EH6 9AB



Win John Lewis vouchers
*Bank your money by
30 November to be in with
the chance of winning £50
of John Lewis vouchers.*

Terms and conditions: To be eligible to win this competition you must have held a Dinner Down Memory Lane and sent in your money before 30 November 2015.

For full terms and conditions please visit mariecurie.org.uk/competition-terms

Winner will be notified in writing by 1 February 2016.

Finally, we just want to say thank you. We really appreciate that you're hosting a Dinner Down Memory Lane for Marie Curie, and helping us care for more people living with a terminal illness.



“Retro food seems to be everywhere at the moment and getting together for a dinner party is always good fun. So I’m going to combine the two and host my own retro-inspired dinner party for Marie Curie.”

Alison Steadman





For more information about Marie Curie
and Dinner Down Memory Lane™

events@mariecurie.org.uk
mariecurie.org.uk/dinner

 MarieCurieUK

 @mariecurieuk #retrodinner

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