



WHAT'S IT ALL ABOUT?

THE BIG LUNCH

The Big Lunch brings people and communities together and engages millions of people UK wide every year. Since it started in 2009, The Big Lunch has been inviting neighbours and communities to come together on the first weekend in June to share food and have fun. Why? Because great things happen when we all get together!

The Big Lunch builds social capital on a mass scale. People participating feel better about where they live, make new friends, feel less lonely, are happier and have the confidence to go on and do other activities within their community. People are the key ingredient, and as a result The Big Lunch has enabled millions of new connections to be made between neighbours and communities since it began.

The Big Lunch is for everyone, everywhere. Taking part is easy and fun and we want more people to make new connections and feel The Big Lunch effect in their communities.... but to make The Big Lunch even bigger, we need your help!

THE BIG LUNCH COMMUNITY WALK

The countdown to The Big Lunch 2019 begins! Starting on Friday 17 May, 4 teams set out on foot on 4 routes, connecting people and communities as they find out how the nation is preparing for The Big Lunch. Over 2 weeks they'll journey across Scotland, Northern Ireland, Wales and England as they walk home in time to join their own Big Lunch celebrations on the first weekend in June. Every day our teams will share The Big Lunch love by shining a light on some amazing community projects as they prep for the weekend and will celebrate people at the heart of our communities who are making a difference.

The Big Lunch community walk will span the UK as we see how the nation is getting ready for the biggest community celebration of the year – The Big Lunch on the first weekend in June. From projects and community groups who are getting involved for the first time, to those who've been bringing their neighbours together since The Big Lunch started, we'll be meeting the people, making the bunting, baking the cupcakes and testing the UK's favourite sandwich fillings as we chart the build up to The Big Lunch weekend.

Our teams will walk around 10 miles a day and journey across the UK through towns, villages and cities as they invite the nation to take part in The Big Lunch 2019. They'll be tasked with bringing more streets and communities to The Big Lunch table, because great things happen when we all get together.



WHY IT MATTERS

The Big Lunch brings together millions of people UK wide every year. It is for anyone and everyone, anywhere and everywhere! What makes The Big Lunch big is the thousands of people who host events where they live across the same weekend – your Big Lunch doesn't need to be big, it's joining in that counts!

Great things happen when we all get together - and here are just a few of them...

- 4.5 million new connections were made through The Big Lunch in 2018
- 1.2 million people joined in in 2018 because they wanted to feel less lonely, and 4.8 million people believe The Big Lunch has helped people feel less lonely this year
- Over 5 million people who took part believe The Big Lunch creates stronger communities throughout the UK and has had a positive impact in their own community
- Some people choose to use The Big Lunch to fundraise. In 2018, an estimated £8m was raised UK wide by people for the things that mattered most to them where they live.

We know that there are real benefits to living in a connected community – one where people know one another, support one another and tackle local challenges together. Our research shows that disconnected communities cost the UK £32bn a year in lost productivity, health, policing and community costs. We also know that 98% of people who do a Big Lunch feel it will be good for their community and 65% go on to do more in their community as a result of taking part.

If we can raise awareness of the variety of community projects and opportunities out there and can encourage more people to take that first step in participating in The Big Lunch and events like it, we believe that everyone will feel the benefits. The Big Lunch is designed to excite and engage people in taking a small step that could make a big difference.

GET INVOLVED

There are lots of ways you can get involved with The Big Lunch community walk!

1. Apply to become a walker. Join us as we explore the UK in the run up to The Big Lunch and shine a light on the fantastic things communities are doing every day. Find out more [here](#).
2. Volunteer at one of our pop up events to help share The Big Lunch love where you live. Details on locations [coming soon](#).
3. Nominate your project, street, neighbour or community for a visit on one of our routes. Email communities@edenproject.com
4. Host a Big Lunch in your street, neighbourhood or with your community group. Find out more [here](#)!