

HOW TO INVITE PEOPLE TO A BIG LUNCH



1 USE THE INVITES IN YOUR PACK!

([Here's a link to the invites >>](#))



You can personalise these online and email them out. Or print them out, fill out the details in pen, and pop through a letterbox!

2 SHARE ON THE NEXTDOOR APP OR ON FACEBOOK...



Have you thought about using the Nextdoor app? The app is made for neighbourhoods to share local tips, buy and sell items, and more. And you can always create events on Facebook or use WhatsApp to spread the news, too.

3 PUT UP POSTERS & FLYERS

([Here's a link to downloadable posters >>](#))



Whilst the internet can be a great tool to share news, not everyone uses it. Make your event super open and accessible to everyone by putting up a couple of posters on public noticeboards.

The Big Lunch is all about creating connections, reducing loneliness and building communities.

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WE FOUND THE BIG LUNCH AND JUST WENT FOR IT! WE SAT DOWN AND HANDWROTE INVITATIONS AND THEN DELIVERED THEM TO ALL THE HOUSES IN THE AREA. IN THE END ABOUT 50 PEOPLE CAME AND EVERYONE SAID IT WAS SUCH A GOOD IDEA!

ONCE THE ICE HAD BEEN BROKEN, COMMUNITY SPIRIT QUICKLY GREW AMONG THE NEIGHBOURS, WITH THE CREATION OF WHATSAPP AND FACEBOOK GROUPS TO KEEP EVERYONE IN TOUCH, AND REGULAR CHATS IN THE STREET NOW THE NORM.”