

DOING THINGS DIFFERENTLY

A BIG LUNCH OVER THE PHONE

The Big Lunch will be a little bit different this year as we change how we celebrate community connections, but now more than ever we need to make time for each other.

Not everyone is online or able to take part in a video call, so don't forget you can always join in by picking up the phone and having a cuppa and a chat with someone.

If your Big Lunch is a phone call with a cuppa here are a few things you can do to make it memorable.



HAVE FOOD AT THE HEART OF YOUR CELEBRATION



Pop the kettle on, make a pot of tea, grab your go-to biscuits and discuss which one's best for dunking. Who can hold their nerve (and their biscuit) the longest? Or, serve up a slice of cake and share your top tips for a successful sponge.

GET TO KNOW EACH OTHER A LITTLE BIT BETTER



Once you've breezed through the small talk and the weather's been covered, have a go at some easy games to help carry on conversations. Ask each other 'Would you rather...?' questions. Start with an easy topic like food or drink and be as silly or sensible as you like. Or how about sharing two truths and a lie, see if people can guess the false fact about you!

GET PARTY READY



Don't stay in your jim-jams or jogging bottoms. Just because you can't see each other doesn't mean you can't get dressed up. Having a Big Lunch is the perfect reason to put on your best party outfit.

BE PLAYFUL AND HAVE A LITTLE FUN

If you can see the same space from your window or your front door play a game of Eye Spy. Have your own pub quiz and each write a round. Or get silly and see who can tell the worst joke! Here's some for starters...



- What's worse than finding a worm in your apple? Taking a bite and finding half a worm.
- What's the difference between broccoli and snot? Kids don't eat broccoli.
- What did the butter say to the bread? I'm on a roll!

REGULAR CONVERSATIONS ARE IMPORTANT FOR OUR WELLBEING AND HELP US BUILD A STRONGER CONNECTION WITH SOMEONE. REACHING OUT AND GIVING TIME IS A GREAT WAY TO SHOW SOMEONE YOU CARE.



LET'S CELEBRATE COMMUNITY CONNECTIONS, GET TO KNOW ONE ANOTHER BETTER AND HAVE FUN WITH THE BIG LUNCH

Share stories of how your neighbourhood is staying connected

✉ communities@edenproject.com

THEBIGLUNCH.COM

Join the conversation    @edencommunities #TheBigLunch