



# the big lunch

an eden project

THE NATIONAL LOTTERY

On the first weekend in June we're encouraging everyone UK-wide to throw open their doors and take to their gardens, driveways, streets, parks and community spaces to have fun and get to know each other a little better with The Big Lunch!

**EVERYONE IS INVITED BECAUSE GREAT THINGS  
HAPPEN WHEN PEOPLE COME TOGETHER.**

[THEBIGLUNCH.COM](http://THEBIGLUNCH.COM)

# YOU'RE AWESOME

**THE BIG LUNCH IS MADE POSSIBLE BY PEOPLE  
LIKE YOU, SO THANK YOU FOR MAKING IT HAPPEN!**

Welcome to your Big Lunch digital pack. This brief introduction is just for starters - be sure to check out all of the other downloadable resources. There are invitations and posters you can edit and print, a short guide, and lots of ideas, tips and advice to help make preparing your Big Lunch a piece of cake.

Just like our communities, each and every Big Lunch will be a little bit different - there are no rules or recipes to follow it's simply about bringing people together to share food and have fun, so tuck in, and start cooking up your Big Lunch plans.

Enjoy!

**THE BIG LUNCH TEAM**



## OVER 6 MILLION PEOPLE TAKE PART IN THE BIG LUNCH EVERY YEAR

Bringing people together to share food and have fun isn't just a lovely thing to do, it has a lasting impact and can make a real difference to the places that we live and how we feel about them.



**78%** of people who attended a Big Lunch last year say their neighbourhood is friendlier.



**4.5 million** people say The Big Lunch helped them feel less lonely.



**£8.2m** was raised through Big Lunches last year, **66%** of which went to local causes or projects.



Over **4.7 million** people made new friends at The Big Lunch last year. Who will you meet at yours?



**“ I’VE FOUND THAT SOMETHING AS SIMPLE AS SETTING ASIDE A DAY TO CONNECT OVER LUNCH MAKES OUR COMMUNITY MORE ROBUST.**

Andy

**“ RIGHT AWAY, I KNEW IT WAS A GREAT IDEA. WE LIVE IN A CLOSE, WHERE PEOPLE DIDN’T REALLY KNOW EACH OTHER... IT’S ALL ABOUT JUST TALKING TO YOUR NEIGHBOURS. AFTER, YOU CAN SEE THE BRILLIANT THINGS THAT COME FROM THAT.**

Lynda

**“ We had a young woman on our street who attended The Big Lunch. She later wrote to me to say that she suffered from anxiety, and that The Big Lunch was the first time she had left the house in weeks. It’s a simple idea, The Big Lunch, but incredibly powerful.**

**LUCINDA**

**“ WHEN I HEARD ABOUT THE BIG LUNCH, AND HOW IT CAN BRING COMMUNITIES TOGETHER I THOUGHT TO MYSELF ‘WE SHOULD BE DOING THIS’.**

Luke

**“ We keep it simple, everyone brings chairs and tables...It’s not much work if everyone comes together, you’re cooking what you’d normally cook, but you’re sharing – it’s an easy way to be neighbourly. Nobody has to go above and beyond.**

**LYNNE**

# HUNGRY FOR IDEAS?

If you haven't already, explore **THEBIGLUNCH.COM**; it's packed with useful info and things you can play, make and do. Be sure to check out all of the downloadable resources too.

Join us on social media – we are @edencommunities on Facebook, Twitter and Instagram.

Use #TheBigLunch to share your Big Lunch plans, stories and pictures.



If you'd like a helping hand, or have any questions, don't get in a pickle – get in touch:

**COMMUNITIES@EDENPROJECT.COM**

**GIVE US A CALL  
0800 022 3357**

# THE BIG LUNCH IS AN IDEA FROM THE EDEN PROJECT, MADE POSSIBLE BY THE NATIONAL LOTTERY



We love bringing people together to share more, connect with others and have fun. Alongside **The Big Lunch**, we support an active network of people just like you who want to make good things happen where they live. If hosting a Big Lunch has given you a taste for doing more in your community, connect with us and lots of like-minded folk, for support, ideas and events.

[edenprojectcommunities.com](https://edenprojectcommunities.com)



The National Lottery Community Fund is the largest funder of community activity in the UK – we're proud to award money raised by National Lottery players to communities across England, Scotland, Wales and Northern Ireland. Since June 2004, we have made over 200,000 grants and awarded over £9 billion to projects that have benefited millions of people across the UK.

We're passionate about funding great ideas that matter to communities and make a difference to people's lives. At the heart of everything we do is the belief that when people are in the lead, communities thrive.