



JOIN IN WITH

THE BIG VIRTUAL LUNCH

For those of you who have been to a Big Lunch before, things will need to be a little bit different this year, but community spirit is shining bright, and whether you are a first timer or an old hat, there are lots of ways you can join in.

We're still hanging up the bunting and baking biscuits, but we're also teaching friends and family how to video call, downloading programmes so we can host group meet ups and hoping our internet connections stay stable.

We know that not everyone can join in online, or over the phone though, that's why, as the excitement continues to build for The Big Virtual Lunch, we've been thinking up ideas to make sure everyone's invited.

**THERE'S LOTS OF WAYS TO JOIN IN,
SO PICK ONE, PICK PLENTY, IT'S UP TO YOU!**

- ★ **MAKE A MODEL BIG LUNCH** and set it up in your garden, on a window sill or outside on a wall for other people to enjoy. It's a perfect way for children to join in. See our **LITTLE LAND OF BIG LUNCHES** resource to help you make your model.
- ★ Pop the kettle on, grab a biscuit or two and give **SOMEONE A CALL** you've not spoken to for a while.
- ★ **POST A RECIPE CARD** through a neighbour's letterbox, or leave it on their doorstep with the ingredients and a note.
- ★ **HAVE A DIGITAL DINNER DATE** with a mate and catch up over a bite to eat.
- ★ Arrange with your neighbours to **STAND ON YOUR DOORSTEPS AT THE SAME TIME**, raise a cuppa or wave a sausage roll.
- ★ Use an old roll of wallpaper or old sheet to **MAKE A STREET SIGN OR BANNER**. Leave it up for others to come and add their own messages.
- ★ **HAVE A GROUP CALL** and invite everyone to bring their favourite snack to nibble whilst you natter.
- ★ **PUT LUNCH TOGETHER FOR SOMEONE** and leave it on their doorstep.
- ★ **HAVE A PICNIC, BBQ OR SANDWICH IN YOUR OWN GARDEN** at the same time as your neighbours have one in theirs.



★ **LEAVE A GIFT ON SOMEONE'S DOORSTEP**, it could be a small food parcel, spare seedlings or something edible you've grown.

★ **MAKE BUNTING** and spread some neighbourly joy by hanging it outside for all to see (check out our ideas and templates). Decorate your front door, balcony or window.

★ **POST A PHOTO FROM A PREVIOUS BIG LUNCH** or your favourite neighbourhood memory to a neighbour with a positive story attached.

★ Share a list of ingredients ahead of a call or video chat and **COOK THE SAME THING, AT THE SAME TIME**, but virtually.

★ **POST EACH OF YOUR NEIGHBOURS A BUNTING TRIANGLE**, set up string with pegs on in your street and watch your community bunting grow.

★ **SEND A CARD OR WRITE A NOTE TO SAY THANK YOU**. You could post it through a letterbox, leave on a doorstep or post it on a community Facebook or WhatsApp group.

★ **SHARE A FAVOURITE COMMUNITY MOMENT** by dropping a 'remember when this happened' note next-door.

★ Celebrate Big Lunch weekend by making a piece of edible art. **MAKE PEOPLE SMILE** with a food carving on your doorstep or by sharing some fun shaped biscuits.

★ **CREATE A COMMUNITY SCRAP BOOK**, once you've made a start pass it on to a neighbour for them to add to and pass on again.

★ **WRITE A FRIENDLY NOTE** and drop it to a neighbour you've not spoken to before, introduce yourself and family.

★ Create an area where people can **WRITE MESSAGES OF KINDNESS**, thanks, hopes and wishes. It could be with chalk on a wall or the pavement or hanging notes on a tree.

★ **JOIN IN OUR WEEKEND OF ACTIVITIES** – visit **THEBIGLUNCH.COM** to see our programme of events taking place over The Big Virtual Lunch weekend!

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



Let us know how you're joining in



#BIGVIRTUALLUNCH #THEBIGLUNCH