



LET'S SHARE
FRIENDSHIP, FOOD
AND FUN!

Your little guide to The Big Lunch





WELCOME TO THE BIG LUNCH!

The Big Lunch is the UK's annual celebration for neighbours and communities – a time when people come together over food to grow community connections and get to know one another a little better.

Just like our communities, Big Lunches come in all shapes and sizes. The **'big'** comes from being part of a national event – you'll be joining millions of people across the UK getting together in a simple act of community friendship.



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MORE THAN JUST LUNCH

People decide to do a Big Lunch for lots of different reasons; to celebrate all that's great about their community, say cheers to volunteers or to fundraise for something that matters locally.

Whether you're joining in just to have fun, to say thanks or to support a great cause, organising a Big Lunch and bringing people together to share friendship, food and fun isn't just a lovely thing to do – it can make a real difference to the places we live and how we feel about them.

“

I love The Big Lunch because there's a lovely sense of celebration and welcoming new neighbours in. On our street we now help each other out, exchange skills and have meaningful conversations and relationships.

Andrew, Liverpool

”

17.2M

people **took part** in 2022

12.8m people felt **closer to their neighbours** after taking part in a Big Lunch



73% of Big Lunch participants say they're now more likely to **get involved in community activities**



79% of participants say The Big Lunch has had a **positive impact on their community**

11.7m people say The Big Lunch helped them **feel less lonely**



A whopping **£22 million** was raised in 2022, **75%** of which went to local **charities and causes!**



LET'S GET STARTED →

You've decided to join in – so what's next?

Tuck into our bite-sized steps and use our Big Lunch checklist to get your plans underway...

LITTLE THINGS TO HELP PLAN YOUR BIG LUNCH

- Invite people to join you and see who's happy to help
- Decide on a date and whether it's lunch, brunch or supper at sunset
- Pick a place to party
- Spread the word – now it's really happening!
- Get excited and add any extras
- Enjoy your Big Lunch and feel proud.
- Share your stories and photos with us

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➔ INVITE PEOPLE TO JOIN YOU

Everyone has something they can bring to the table, so anything you might need is likely to be right on your doorstep. If you already know a couple of your neighbours, get them together to start planning.

Don't know many people in the area? Knock on a few doors or drop a note through letterboxes introducing yourself and the idea – you'll be surprised how keen people are. It just takes one person to take the first step and get The Big Lunch ball rolling!



“

When I look back, I can't believe there were a few years I wanted to do it but had to work up the courage. All you have to do is voice your interest and get a few neighbours to help you get started.

Joanne, Belfast

”

➔ DECIDE ON A DATE

You can host a Big Lunch at any time, from the Bank Holiday weekend in May for the Coronation through to the Month of Community in June – choose what works for your community!

Whether it's tea on the doorstep, a picnic in the park or a full-blown street party, the idea is to get together with our neighbours and community for some friendship, food and fun.

If you'd prefer an evening get together, put up the fairy lights and host a Lunar Lunch as the sun sets – it's a great way to include shift workers and night owls!



No matter when you're joining in The Big Lunch is the chance for everyone to celebrate community connections and get to know one another a little better.



➔ PICK A PLACE

You can hold a Big Lunch anywhere that you can bring people together – gardens, parks, streets, playgrounds, schools, church halls, workplace canteens and community centres.

Try and hold it somewhere that's accessible and welcoming to everyone, even better if it's free or cheap to use.



Worried about the weather?
Check out [TheBigLunch.com/weather](https://www.thebiglunch.com/weather) for our top tips on weather-proofing your Big Lunch!

“

We held our Big Lunch in the park and asked people to bring along a picnic!

Eugenie, Rutherglen

”

➔ SPREAD THE WORD

Once you've decided on your date and where you're holding your Big Lunch let people know they're invited. There's posters and invitations in your pack that you can edit; send them digitally or print and post them. Knock on doors and talk to people too - it'll reassure them about coming along on the day, and we bet you'll find people to help with the organising!

If you're part of a local WhatsApp or Facebook group you could share your Big Lunch details online, and if you're not a member of Nextdoor yet, take a minute to sign up, it's a great way to connect with other locals.

Don't forget to let people know what time it starts and encourage everyone to bring what they can to share - food, drinks, cutlery, plates or even a chair or two.



“

We sat down and handwrote invitations and then delivered them to all the houses in the area. About 50 people came and everyone said it was such a good idea!

Claire, Birmingham

”



“

We had a bouncy castle which was a huge hit with the children and the adults enjoyed the live music...if anyone is thinking of holding a Big Lunch...do not be afraid it will enhance any street and bring people together.

Sue, Cardiff

”



“

We enjoyed The Big Lunch so much that we wanted to help other people at the same time. The causes are always close to our hearts. We donated money to our local hospice when a neighbour's relative was there.

Lynda, Colchester

”

➔ ADD A LITTLE EXTRA

People are the key ingredient, so a Big Lunch can be as small as inviting your next-door neighbour over for a cuppa and a chat. If you have time or some willing volunteers though, there's lots you can do to make your Big Lunch feel really special.

Play some music and put up decorations to add to the atmosphere, download our conversation menu to get people chatting or organise a few games to help bring people together. An activity that people can focus on, like a craft table, is great for starting conversations and creating connections too.

From your local community group to the charity shop on your high-street, The Big Lunch is also a great opportunity to fundraise for something that matters in your community. Last year a whopping £22 million was raised, 75% of which went to local charities or causes! It can be as simple as a donation jar, or bake-sale at your Big Lunch, or you could organise a quiz, raffle or tombola table with prizes donated by local businesses.



PLAN AHEAD IF YOU'RE GOING BIG

If you're thinking about a big Big Lunch (something more like a fete), consider insurance, licences, and check with your local council about permits and other arrangements. Permission to close your road can take a few weeks so make sure you apply nice and early.

If you are having a larger event think about how you'll let everyone know they're invited – you could contact local press to help spread the word and get everyone excited!



For more fundraising ideas, games and decorations, plus information on insurance options, closing your road and hosting a bigger event head to TheBigLunch.com



GREAT THINGS HAPPEN WHEN WE GET TOGETHER!

The most important part of a Big Lunch is bringing people together to share friendship, food and fun.

Whether it's big or small, planned or last minute, the connections made have a lasting impact and help build stronger, happier communities – so whatever your Big Lunch looks like, you're doing something great.

If you haven't already, explore **TheBigLunch.com**, it's packed with useful info and things you can make and do.

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:

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THEBIGLUNCH.COM

THANKS
FOR JOINING
IN!



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