



**JOIN** THE NATION IN  
**CELEBRATION!**

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Your little guide to a right royal knees-up





# WELCOME TO THE CORONATION<sup>!</sup> BIG LUNCH!

The Big Lunch is the UK's annual celebration for neighbours and communities – a time when people come together to share friendship, food and fun.

This year we're inviting people to join the Coronation celebrations with a **Coronation Big Lunch**. Let's take to our streets, gardens and neighbourhoods and get to know one another a little better at the **community celebration** for the Coronation!

Just like our communities, Coronation Big Lunches come in all shapes and sizes. The **'big'** comes from being part of a national event – you'll be joining millions of across the UK getting together to celebrate, 6–8 May.



# MORE THAN JUST LUNCH

Every year since 2009 Big Lunches have had a positive impact on communities.

Whether you're joining in to be part of history and celebrate the Coronation, to fundraise for a local cause, or simply to have a bit of fun, bringing people together over a bite to eat 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 too.

“

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 said 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 Coronation Big Lunch checklist to get your plans underway...

## LITTLE THINGS TO HELP PLAN YOUR CORONATION 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 Coronation Big Lunch and feel proud
- Share your stories and photos with us

@edencommunities | #CoronationBigLunch





## ➔ 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 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 WHEN TO CELEBRATE!

Whether you decide to watch the Coronation ceremony with your community, have a right royal knees up and raise funds with a Big Lunch, or bring everyone together for tea and cake after a Big Help Out: you've got yourself a Coronation Big Lunch!

If lunch time isn't best, put up the fairy lights and host a Lunar Lunch in the evening – it's a great way to include shift workers and night owls.



Bring your neighbours and communities together to share friendship, food and fun over the Coronation weekend, 6-8 May.



## ➔ PICK A PLACE TO PARTY

You can hold a Coronation 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 when and where you're holding your Coronation 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 event 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.

“

I sent a note through everyone's door asking people to bring a dish and turn up dressed in red, white and blue!

Ian, Norwich

”





“

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

”

## ➔ GET EXCITED AND ADD A LITTLE EXTRA!

People are the key ingredient, so a Coronation 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 celebration 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 royally-themed games to help bring people together. An activity that people can do on the day, like making Coronation crowns (there's a template in your pack), is great for helping to start 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, a bake-sale or tin tombola at your Coronation Big Lunch, or you could organise a right royal raffle with prizes donated by local businesses.



### PLAN AHEAD IF YOU'RE GOING BIG

If you're thinking about a big Coronation 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 too – 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 [CoronationBigLunch.com](https://www.CoronationBigLunch.com)



# GREAT THINGS HAPPEN WHEN WE GET TOGETHER!

The most important part of a Coronation 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 Coronation Big Lunch looks like, you're doing something great.

If you haven't already, explore **CoronationBigLunch.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 **#CoronationBigLunch** 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**

**0800 022 3357**

**CORONATIONBIGLUNCH.COM**

THANKS  
FOR JOINING  
IN!



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THE  
JULIA AND HANS RAUSING  
TRUST





# YOU'RE INVITED!

 TO:

 WHERE & WHEN:

 RSVP:



eden project



   [CoronationBigLunch.com](https://www.CoronationBigLunch.com)  
[@edencommunities](https://www.instagram.com/edencommunities) | [#CoronationBigLunch](https://www.facebook.com/CoronationBigLunch)

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YOU ARE INVITED TO

# A RIGHT ROYAL KNEES UP!

 YOU'RE INVITED TO:

 WHERE & WHEN:

The Coronation Big Lunch brings neighbours and communities together to share friendship, food and fun.

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

   @edencommunities | #CoronationBigLunch



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**CORONATION**



**big lunch**



**CoronationBigLunch.com**



# CONVERSATION MENU

## FOR STARTERS

Have you ever met a member of the Royal Family?

What's your favourite way to spend a Bank Holiday?

## TUCK IN

What's something nice that's happened to you this week?

What's the best advice you've ever heard?



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# CONVERSATION MENU

## FOR STARTERS

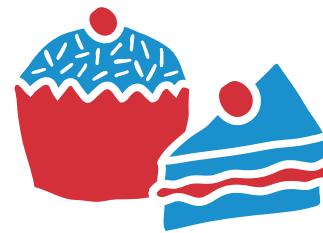
What's been the best part of your day so far?

What's the last occasion you celebrated?

## TUCK IN

Do you have a hidden talent?

If you could pick up a new skill in an instant, what would it be?



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@edencommunities | #CoronationBigLunch



eden project COMMUNITY FUND



## GREAT FOR SHARING

Where do kings and queens get crowned?

*A: On the head!*

## SWEET STUFF

Who's the kindest person you know and why?

What's the last thing that made you laugh out loud?



## GREAT FOR SHARING

What did one plate say to the other plate?

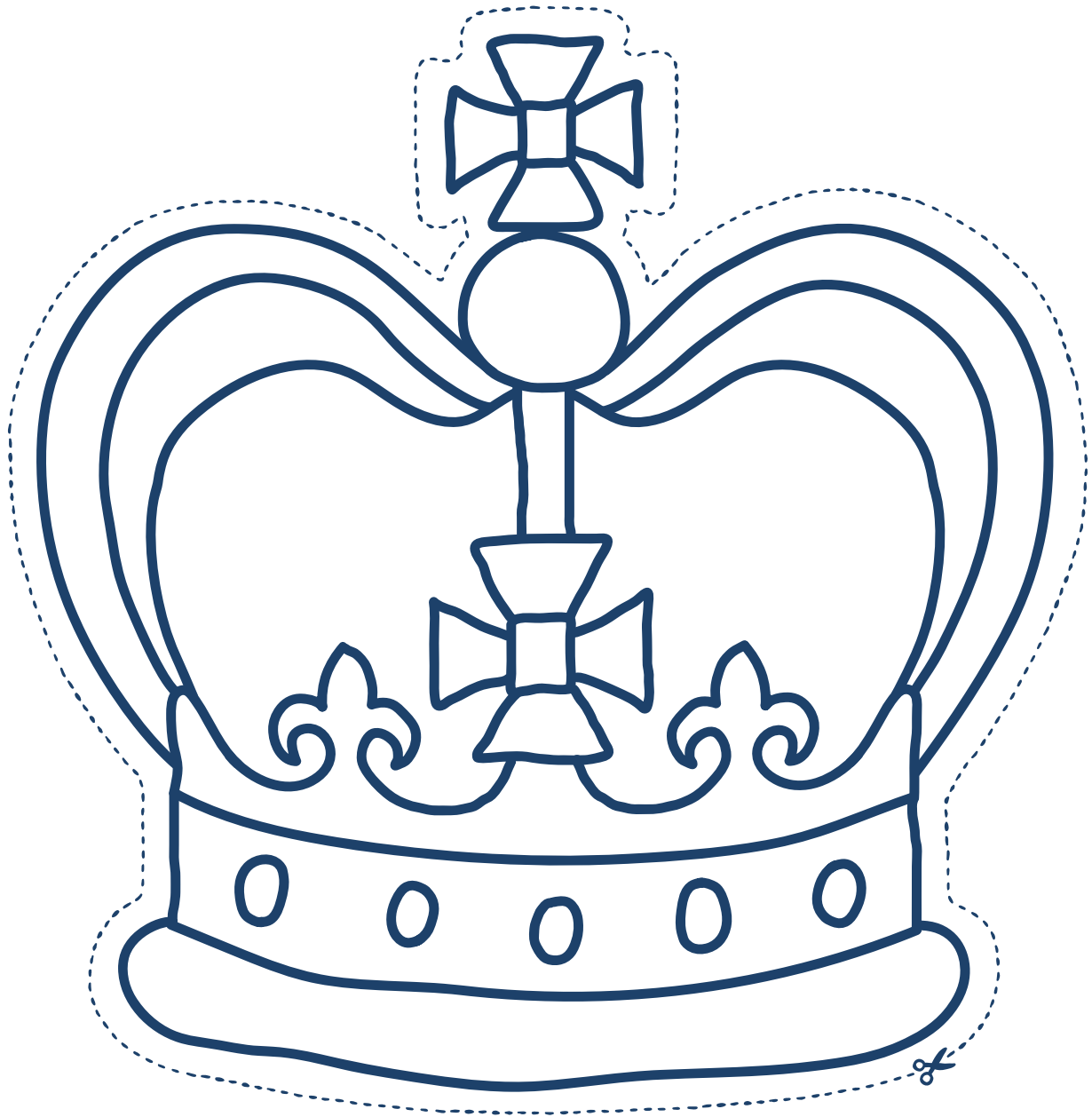
*A: Lunch is on me!*

## SWEET STUFF

Who's someone you really admire?

What's one thing you are grateful for today?

# CORONATION CROWN TEMPLATE



Print, decorate and cut out. Attach to a headband to make your coronation crown.

HAPPILY BROUGHT TO YOU BY

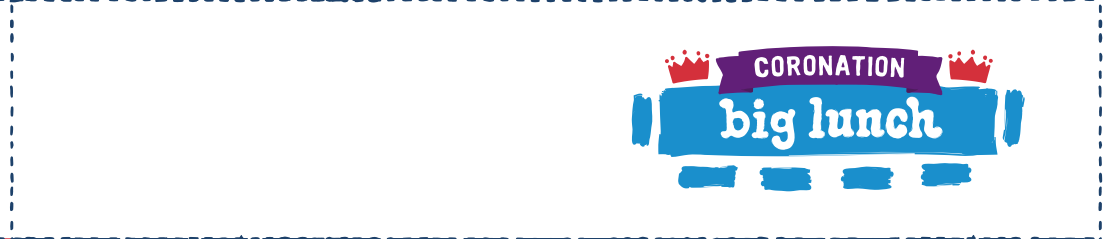
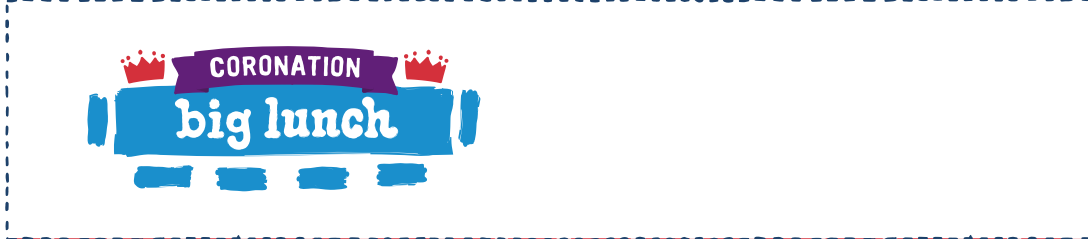
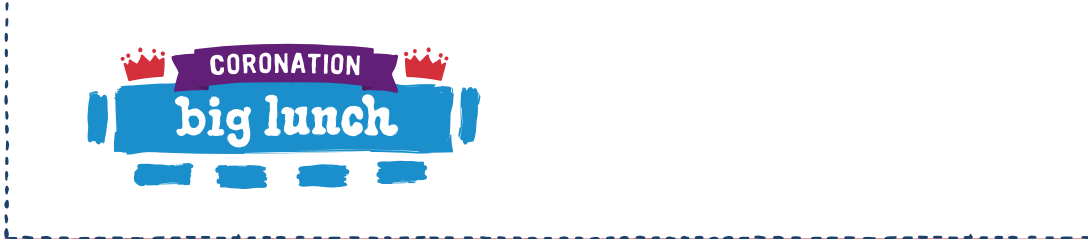
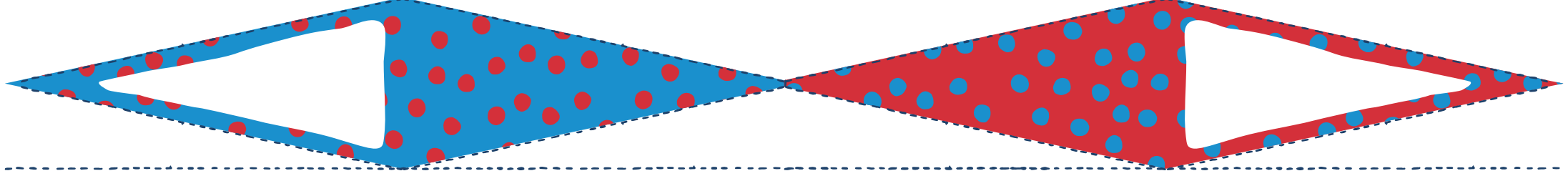
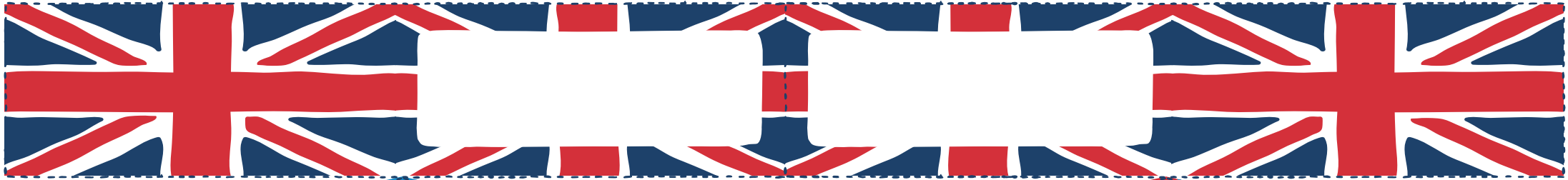


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Carefully cut along the dotted lines, fold the flags in the centre and glue around cocktail sticks. Write in the blank spaces and use to decorate your spread!





# CAN YOU FIND SOMEONE WHO..?



Was born in another country

Can wiggle their eyebrows

Is vegan or vegetarian

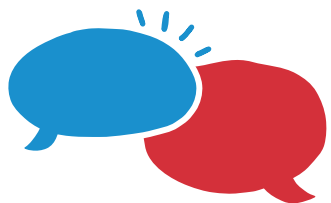
Is left handed

Likes the same music as you

Has a pet

Can do a cartwheel

Can speak another language



# CAN YOU FIND SOMEONE WHO..?



Was born in another country

Can wiggle their eyebrows

Is vegan or vegetarian

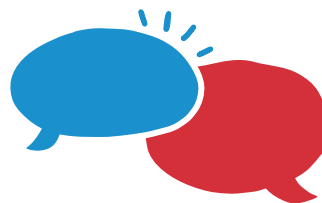
Is left handed

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# TORTINE ALL'ARANCIA (EASY ORANGE CUPCAKES)

BY GIUSEPPE DELL'ANNO

“

Tortine all'arancia are inspired by pan d'arancio, an orange flavoured cake originally from Sicily. They are arguably the easiest and quickest treat I've ever learnt to bake. It takes less than 10 minutes to prepare the batter as you can make it entirely in a food processor, there's nothing to peel, whip or pipe, plus you'll be left with very little washing-up too!

The recipe is extremely robust, so it's ideal for younger or less experienced bakers, but don't be fooled: despite being super simple to make, these cupcakes are extraordinarily flavoursome. The high orange juice content gives the crumb softness, and the peel gives it a moreish and sophisticated kick. Not to mention that your kitchen will smell amazing while baking these little treats.

”

Tortine all'arancia can be prepared in advance and even frozen, making them ideal for your Coronation Big Lunch celebrations!



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© Matt Russell



If you haven't got a food processor or blender, finely grate/chop the oranges and beat the ingredients together in a bowl. Or, use an extra orange and zest, peel and chop them instead of using whole.

## Ingredients

Makes 18 cupcakes

- 320g unwaxed oranges (about 2 medium oranges)
- 120g egg (about 2 large eggs)
- 80g vegetable oil (preferably corn or sunflower)
- 1 tsp vanilla bean paste or vanilla extract
- 80g whole milk
- 250g plain flour
- 2 tsp baking powder
- 250g caster sugar
- 1/8 tsp salt
- 100g orange marmalade

## Method

1. Preheat the oven to 160°C fan/gas mark 4 and line two muffin trays with muffin cases.
2. Wash and dry the oranges, then slice off the top and bottom. Dice them roughly, place in a food processor and blitz to a pulp.
3. Add the eggs, oil, milk and vanilla to the same bowl and blend again at high speed for about one minute, or until the mixture is smooth.
4. Next, add the flour, baking powder, sugar and salt and give it a final short blitz to incorporate the dry ingredients. Scrape the sides of the bowl if necessary.
5. Distribute the batter evenly across the muffin cases and bake for 35-40 minutes or until an inserted skewer comes out clean.
6. Take the cupcakes out of the oven and let them cool slightly, in the meantime, warm up the marmalade (about one minute in the microwave or a little longer on the hob), brush the tops of the cupcakes using a pastry brush or drizzle with a spoon and leave to cool.
7. Enjoy!

*Tortine all'arancia* keep for 3-4 days in an airtight container; once baked, they can be frozen and stored for up to one month.

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