



From neighbours sharing food and fun to litter picks that tidy up the town, **The Big Lunch** and **The Big Help Out** bring people of all ages and backgrounds together to do something positive where they live.

OVER 15M PEOPLE TOOK PART IN 2026!

Here's what they had to say...



GROWS LOCAL CONNECTIONS



8 IN 10 PEOPLE

met someone new they would like to stay in touch with.

89%

say they have a better understanding of people from different walks of life.

86%

say they feel they belong more in their community.

“Finally met the bloke upstairs, turns out he's sound, we just talked about football all day.”

Attendee*

BOOSTS WELLBEING

88%

agree that joining in is good for their mental health and wellbeing.

4 IN 5

people say it helped them feel less lonely.



GREAT FOR PEOPLE AND PLANET

93%

feel more motivated to actively support nature and their environment.

“I thought I knew most people but there were people I'd never met before. The whole family got involved, even kids, it just felt we did something worthwhile.”

Attendee*



SPARKS

COMMUNITY ACTION



87%

feel inspired to get more involved in volunteering.

6 IN 7

people say they're more likely to take part in future community activities.

“Many people who initially attended as guests have gone on to become volunteers, helping to support future events and community projects.”

Organiser*

To find out more about our impact visit
EdenProjectCommunities.com

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*National survey and Organisers survey, 2026