



ganyr  
an eden project



ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED



## The Big Lunch - Guides

(2 meeting - in a row)

### Meeting 1 - (2 hours)

|         |  |
|---------|--|
| 10 mins | Collect subs, play start up game   |
| 20 mins | <p>Talk about the benefits of having a community Big Lunch. Are there any groups in your community who might particularly benefit from getting to know each other? How could you help this happen?</p> <p>Make a plan of the kind of Big Lunch you would like to organise. Do you want to invite a friend each, or would you like to open your lunch up to the local community, or key figures? Maybe you could link with another unit or section.</p> <p>Talk about The Big Lunch, why it's happening and what the Guides will need to do (make invites, bring food etc). Who are they going to invite?</p>   |
| 70 mins | <p>Split into patrols, each patrol chose one of: food, decorations, invitations, entertainment and the Big Clean Up to arrange.</p> <p>Food - make a list of food and share it out so that everyone is bringing something (make sure they know what they are bringing!)</p> <p>Decorations - decorate table cloths and bunting (allow for other patrols to be able to do this once they have finished their discussions)</p> <p>Invitations - design and write invitations for everyone you are planning to invite</p> <p>Entertainment - Choose a theme for your Big Lunch (make sure you tell everybody as soon as you've chosen it (or you may want to ask for their opinions first). Think of some games and activities that will get everyone involved.</p> <p>Big Clean Up - Who is going to be responsible for cleaning up? Are you going to get everyone to help? Where can you put the recycling and rubbish afterwards? Who will bring the bin bags? What about any washing up?</p> <p>After discussions are over everyone can help finish off the invitations and decorate bunting / tablecloths.</p> |
| 20 mins | Play a game to finish Irish stew (picnic themed)   |



## Meeting 2 - (2 hours)

|                |   |
|----------------|---|
| 20 mins        | Guides arrive and help set up for The Big Lunch (tablecloths, bunting, food etc)  |
| 1 hour 20 mins | <p>Visitors arrive, are greeted by the Guides, offered a drink and shown where to sit.</p> <p>Once most people have arrived welcome everybody and explain the idea of The Big Lunch. Ask the Guides to give out the community treasure hunt sheets and pens (if you are doing this activity) and start eating the lunch.</p> <p>Once everyone has finished eating, watch any entertainment then play some games (hopefully organised by the entertainment patrol!).</p> |
| 20 mins        | <p>The Big Clean Up patrol organise clearing away</p> <p>If there is time then play another game.</p> <p>Thank everyone for coming.</p>   |



## Resources

### About The Big Lunch

The Big Lunch is a very simple idea from the Eden Project. The aim is to get as many people as possible across the whole of the UK to have lunch with their neighbours annually on or around the first Sunday in June in a simple act of community, friendship and fun.

Since starting in 2009, thousands of Big Lunches have taken place in all types of community across the UK. Last year 3.65 million people took to their streets, gardens and community spaces for the fifth annual Big Lunch. A Big Lunch can be anything from a few neighbours getting together in the garden or on the street, to a full blown street party with food, music and decoration that quite literally stops the traffic.

Girlguiding Cymru has made a promise to encourage its 20,000 members across Wales to get involved.

### Invitation ideas:

Make sure you include the time, date and place of your Big Lunch, who to contact to say if they are coming and what they need to bring.

**Y cinio mawr**  
the big lunch

eden project ASDA Matalan Sainsbury's

ASDA Matalan Sainsbury's

I/To  
Enter recipient name here.....

Ymunwch â ni yng Nghinio Mawr/  
Join us at the .....

Enter your lunch details here...

..... Big Lunch!

Un diwrnod mewn blwyddyn i gymdogion y  
DU ddod at ei glydd/ The UK's annual one  
day get together for neighbours

Dyddiad/Date: Enter date here...

Amser/Time: Enter time here...

Lleoliad/Location:  
Enter location here...

RSVP:  
Enter RSVP details here...

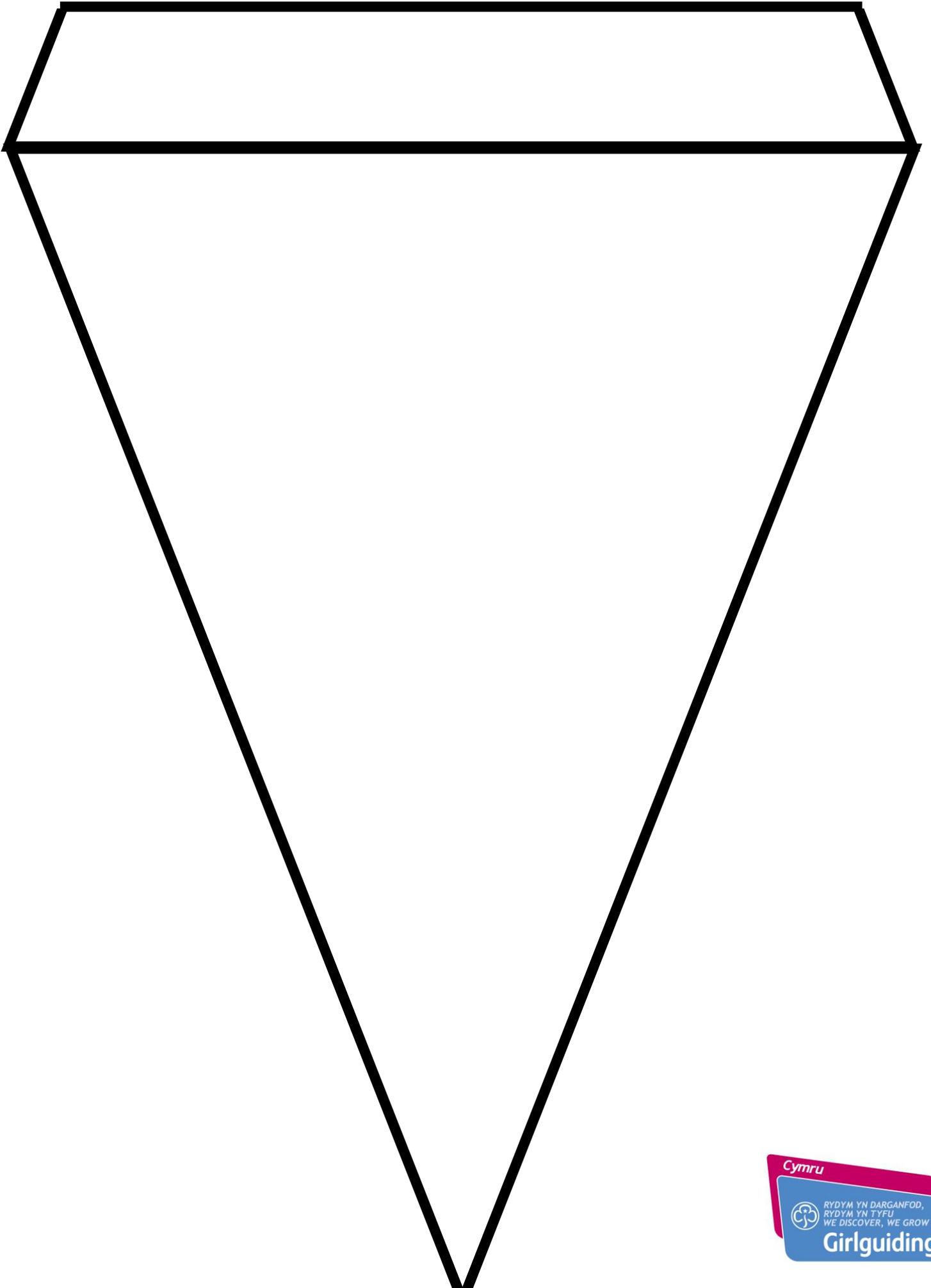
Gwybodaeth ychwanegol/  
Extra info:  
Enter extra details here...

Beth fyddwch chi'n ddod at y bwrdd?  
What will you bring to the table?

www.thebiglunch.com

### Easy bunting:

Cut out triangle of paper, fold over the top 3cm as a flap. Decorate triangles. Space out the triangles along a piece of string (remember to leave about 50cm at the end for tying it up) and sellotape the flaps down.





## Suggestions of games to play:

- Irish stew (picnic themed)

Stand in lines of 5, the first person in each line is named table, the second is named table cloth, third is named sandwiches, fourth is crisps and fifth is cake. When their name is called the players run up the hall, round a chair (or other object) and back to their lines. The first person back gets a point. A tablecloth cannot run without a table so if tablecloth is called then they must take the table with them (holding hands). If picnic is called then all the team must hold hands and run, the first team back (in one piece) gets a point.

- The mars bar game

What you'll need:

- 2x mars bar
- 2x dice
- 2x knife and fork
- 2x scarf, hat, gloves, coat (or other outer clothing)

Big Lunchers take it in turns to roll the dice. The first person to roll a double races to put on the outfit and tuck into that tasty chocolate using the knife and fork. The other players keep trying to roll a double. As soon as another player rolls a double it's their turn to put on the outfit (as quick as the first player can take it off - no stalling!) and get eating.

- Kingsmill's Munchy Memory Game (Kim's Game)

What you'll need:

- Tray
- Tea towel
- Pen and paper
- Various food items (or packaging)

You'll need to use a number of food items for this game. Anything from your fridge or kitchen cupboards will do - although the smaller the better. Place some of the items onto a tray and let the participants have a good look. After 30 seconds cover the tray with a tea towel and get the players to write down as many objects as they can remember. The person with the most objects on their list will be the winner.



- **Community treasure hunt**

Create a list of questions and give the list to all the Big Lunchers. Everyone has to try and find someone who fits the bill for each question. The winner is whoever has answers for the most questions by the end of lunch.

- **Obstacle course**

Made from whatever you've got! Crawling under tables, bouncing balls, relay race, balancing things on hands or heads, use your imagination.

More games can be found at [www.thebiglunch.com](http://www.thebiglunch.com)

### **Shopping / to bring list**

#### **Meeting 1**

- Meeting plan
- Paper / light card to make invitations
- Invitation template (if you are using one)
- Paper tablecloths
- Felt tips / pens / pencils
- Triangle template (if you are using one)
- Scissors
- Paper for bunting (recycled paper (eg magazines) or plain paper to decorate)
- String
- Sellotape

#### **Meeting 2**

- Meeting plan
- Tablecloths
- Bunting
- Cups / plates / bowls / cutlery / napkins
- Cloths for spills
- Any extra food or drink required
- Pens
- Bin bags / recycling bags
- Anything needed for the games you have chosen (including prizes)



## Community Treasure Hunt

Can you find someone who:

|                                 |                      |                  |                                       |
|---------------------------------|----------------------|------------------|---------------------------------------|
| Is the oldest person here?      | Has two sisters?     | Has a cat?       | Is the youngest person here?          |
| Has a name starting with 'S'?   | Can ride a bicycle?  | Loves chocolate? | Has been on holiday abroad this year? |
| Likes reading Jaqueline Wilson? | Has a son?           | Works shifts?    | Has stayed in a caravan this year?    |
| Likes to sing in the shower?    | Is ticklish?         | Is on a diet?    | Favourite animal is a dolphin?        |
| Enjoys coming to Brownies?      | Likes One Direction? | Hates sprouts?   | Can speak another language?           |