

# Top tips for running Food for Life Get Togethers:

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These top tips will help you make your Get Together a success. Anyone can host a Get Together after all. So whether you're cooking, growing, or eating together, here are a few things to think about:

**Make sure that the space you use for your Get Together is right for the kind of event you're running.** Is it big enough? Is there somewhere for people to wash their hands if you'll be doing cooking activities?

You might have people **attending who have mobility issues.** Make sure everyone has enough room to take part and interact with other people. It's about being inclusive.

**Some people, such as a group coming from a local care home, may arrange travel to and from the venue.** Try to be aware of this to avoid starting without people and finishing in good time for them to be collected.

**Always have a goal.** Explain to everyone what they will achieve through the task and how long you expect it to take. If possible show a picture or sample of the completed task. This is particularly relevant for cooking and growing events.

**Give very clear step-by-step directions and supply the right tools, materials and equipment.** Use language everyone will understand. Never assume that people will know what you're talking about.

**Allow enough time** for the activities happening at your Get Together.

People can make mistakes but try not to be critical. Instead, **remain positive and help them learn.**

**Encourage people to ask questions** and put thought into what they are doing and why.

**Be aware of safeguarding.** For example, if you're working with a school or a care home, they will have a policy you can refer to. If you need any more help or advice on this, then get in touch with us here at Food for Life.

**Keep it entertaining and fun.** The most important thing is that everyone has a good time and gets to know each other a little better!

