



WHAT IS THE BIRMINGHAM IN 100 MEALS PROJECT?

We are delighted that you're interested in our project! So... why are we doing this, what is actually involved with it and what would you have to do if you wanted to take part?

WHAT'S THE POINT?

Let's start with why we are doing this (apart from having a bit of fun and eating some nice food)...

Well, we think there is an opportunity for **people from all across Birmingham** to come together and learn more about others that share the same city. In a big place, it's not always easy to find out about those that live on the 'other side of town' or have a different background to our own. What we all have in common, though, is food. And we think **having a meal together** is a good place **to start making new friendships** that bring our city – our home – together.

GETTING INVOLVED

There are 3 main ways to get involved (see page 2 for contact details):

- 1) You can **host a meal** – that means that you will organise the meal, invite people and cook for them in your own home
- 2) You can **attend a meal** at someone else's home
- 3) You can help us to **tell people about the project** and suggest people that may want to host or attend a meal

WHAT'S IN IT FOR YOU?

We hope the meals – which are on us, by the way! – will provide you with **an opportunity to make new friends and learn interesting things about other people and places in Birmingham** that you might not come across in your day-to-day lives.

HOW DOES IT WORK?

- 1) Someone (hopefully you...) talks to us and agrees to host a meal – they are the 'host'.

- 2) The **host invites a friend or family member to the meal, but asks that person to bring someone else as well that the host does not know**. This additional guest needs to be from a different ward of the city and of a different cultural background to the host. See www.birmingham.gov.uk/wards for details of the city's different wards.
- 3) The **host can also invite other friends or family members too**, but preferably people that the other attendees don't know. In an ideal world, there **should be between 4 and 6 people at each meal in total**.
- 4) Once the attendees are confirmed, the **host contacts everyone to confirm a date and checks about any necessary dietary requirements**, which should be factored in to the food that's bought and prepared.
- 5) The **host gets some money from us** – currently **£50** – to buy ingredients **AND** to cover the **safe travel expenses** of those attending the meal. The food does not have to be special or expensive; it should be the food that you would ordinarily prepare for yourself and your family.
- 6) The **meal takes place** at the host's address at a time to suit everyone – it's best to establish a start time and an end time.
- 7) After the meal, **we ask everyone who hosted and attended to fill in a short questionnaire** which can be completed online, on paper or via email (you choose). The questions will be about the conversations you had during the meal, but also a little bit about the food. We are trying to limit the amount of personal information we collect, but we will need some.

WHAT HAPPENS AFTER THE MEALS TAKE PLACE?

Through the questionnaires, we will have **information that will help us to create a 'map'** of how the different areas of the city came together through the meals. We are hoping that all of the city's wards will have been represented and to make this map public (although we won't be displaying personal information) so that people can see what happened.

We also think that there will be some interesting conversations during the meals and we will be analysing the topics about which people speak.

CONTACT DETAILS

You can **find out more and get involved** in a number of ways...

- **Email** 100meals@gmail.com or **call** Tom French on 07949 248119
- Follow us on **Twitter** and tweet us [@100MealsBham](https://twitter.com/100MealsBham)
- Visit our **website** at www.in100meals.org.uk