

BIG LUNCH EVALUATION



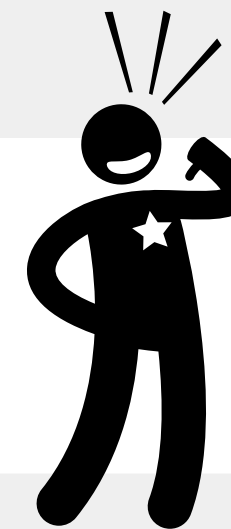
KEY TAKEAWAYS



5220 attendees



Seven events across Thurrock



The events made most attendees feel **proud** of their local area.

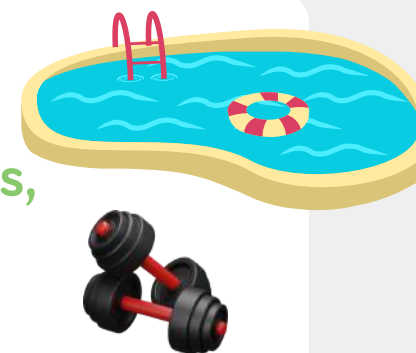


Local residents are most passionate about their community, outdoor spaces, and having friends and family nearby.

Big Lunch events proved to be **positive**, and mostly seen as **fun**, **exciting**, and **friendly**.



Areas could be improved by an increase in green and outdoor spaces such as parks, physical activities such as swimming and gyms.



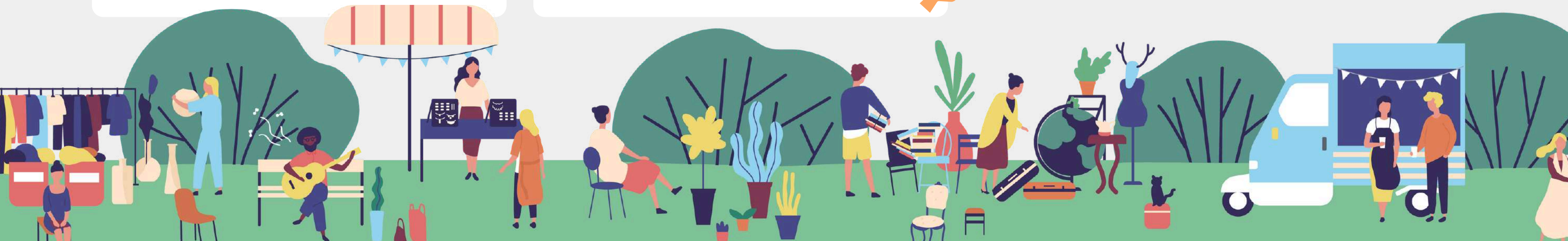
A desire to have greater efforts focused on providing opportunities and activities for children, young people and people with disabilities.



Further advertising of events, providing opportunities for charity work and age specific related activities could increase levels of community involvement.



On average, local residents participate in **30-149 minutes of physical activity** per week. From the survey, it could be suggested that **16-19 year olds** have the lowest levels of physical activity.*

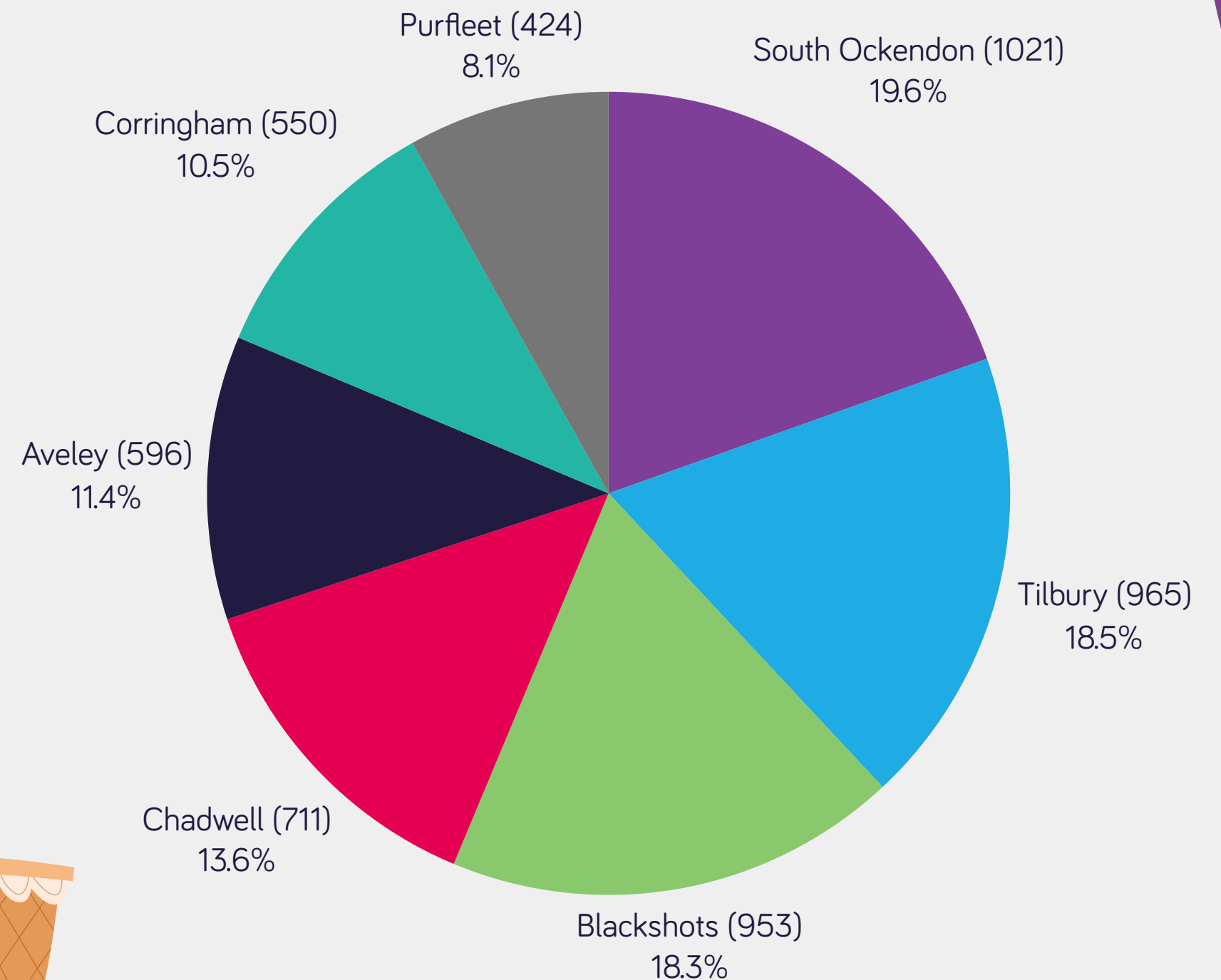


THURROCK BIG LUNCH EVALUATION

From the 27th July to the 28th of August 2025, The Big Lunch delivered seven free events across the Thurrock communities. In partnership with Start Thurrock, Thurrock Council, Thurrock CVS, Impulse Leisure and Active Essex, the aim was to bring communities together. Celebrating community, the events encouraged connection, creativity and active lifestyles by providing inclusive opportunities for families to enjoy sports, workshops and share picnics.

Across the seven events, there were a total of 5220 attendees of all ages, with the highest total noted in South Ockendon.

Attendees were asked to complete a survey in partnership with Start Thurrock and Thurrock Council to offer insights into their community, levels of physical activity and feedback from the event they attended. In total, 152 attendees responses were recorded.



WHAT THREE WORDS WOULD YOU USE TO DESCRIBE YOUR EXPERIENCE?

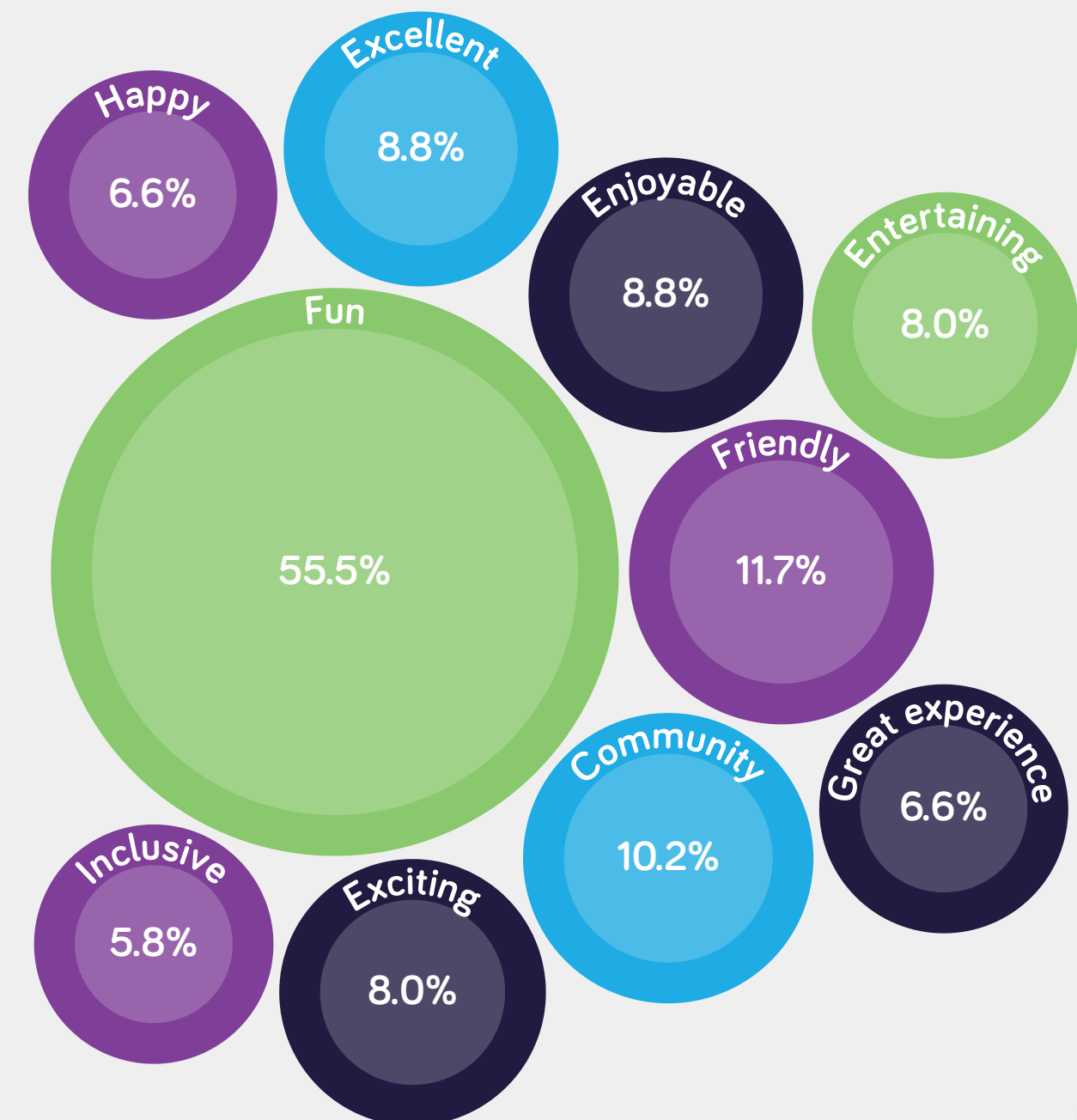
Overall feedback from attendees was deemed to be positive, with 96% rating their experience as either very good or good, and 1.3% rating poor due to the event being cancelled, or a desire for more appropriate staff in designated areas.

When asked to describe their experience in three words, more than half of respondents identified 'fun' as part of their description. In total, attendees used 73 different terms to describe their experience, with over 97% of responses noted to be positive.

In addition, 83% of respondents stated they had attended with friends and/or family, with 9% attending on their own.



Top ten phrases used to describe attendees experience of the event:



OUR LOCAL AREAS

When asked if respondents felt the event they attended made them feel proud of their local area, 89.3% strongly agreed or agreed, demonstrating a sense of local pride. This was further echoed through respondents being asked what they loved most about their local area, with over half stating the 'community'. This theme was centred around how residents felt a sense of togetherness, with further quotes detailing the community spirit in their local area.

Additionally, local residents were passionate about the 'green and outdoor spaces' available to them for opportunities to enjoy leisurely walks as well as parks for children. Whilst the majority of responses were positive, several respondents stated 'nothing' portraying an unsatisfying feeling towards their local area.



DESIRES OF IMPROVING OUR LOCAL AREA

When asked what people felt was missing from their local area, the most popular responses surrounded physical activity opportunities in addition to having a stronger focus on young people and children. Several respondents stated that they desired more activities and spaces dedicated to young people and children in addition to opportunities to feel part of a community such as neighbourhood groups, and places to meet others such as a community building.

Furthermore, two responses stated a desire for a stronger focus on activities for people with disabilities. Whilst there was a diverse range of responses, the four leading categories were socially constructed as follows:



COMMUNITY INVOLVEMENT

A strong sense of community influence was reflected in the survey demonstrated by 94.6% of respondents strongly agreeing or agreeing that when people in their area get involved, they can really change the way it is run. Building upon this finding further, respondents were also asked what could inspire them to get involved in their area, which provided insights into the factors that could encourage greater local participation:



Community

Desire to be part of a shared local network:
“Teamwork, more opportunities to be part of a community team.”



Events

Events that are family focused and/or free across the different areas:
“More days like today.”



Advertising

Larger visibility of what is happening in the local area:
“More awareness of what’s going on.”



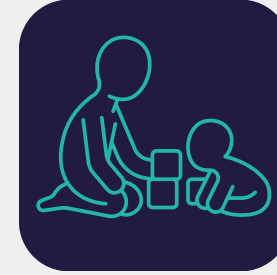
Activities

Age specific activities for the elderly and children, and focused activities:
“Free dance/drama classes for adults.”



Charity work

Volunteering and helping with charities in the area:
“Raising money for local charities.”



Child friendly opportunities

Being able to be involved with their children, potentially due to childcare arrangements:
“Includes my children.”

PHYSICAL ACTIVITY

Respondents were asked how many minutes of moderate-intensity activity they typically completed in a week, with 148 responses.

Whilst just over one third of people stated 0-29 minutes, over half stated they achieved between 30-149 minutes. Despite a larger number of responses from people aged between 35-39, there was a higher proportion of lower activity levels for people aged 16-19, with seven out of nine stating they achieved 0-29 minutes of physical activity each week.

84.9% of respondents either strongly agreed or agreed to feeling as though they have the opportunity to be physically active.

93.3% of respondents strongly agreed or agreed that they felt they have the ability to be physically active.

80.9% of respondents strongly agreed or agreed that they found exercising enjoyable and satisfying.

