RECIPE FOR SUCCESS
FOR AN EWF GROUP

INGREDIENTS:
- Volunteers
- Participants
- Healthy Food
- Conversation
- Ideas
- Fun
- Inclusion
- Belonging
- Enjoyment of simple pleasures

METHOD:
- Bring together a group of dedicated volunteers
- Plot and scheme on where to host a group meal
- Plot and scheme on when to host a group meal
- Plot and scheme on what to cook for a group meal
- Invite a group of older people along to sit together, share a meal, enjoy each others company and conversation
- Blend all ingredients together until a smooth consistency is reached
- Cook up a storm and share it as a group!

Enjoy and repeat