

# Become a Tablehood Incubator



## What is Tablehood

Tablehood is an ecosystem that supports neighbours to come together for meals. This can be as simple as filling a seat at your dinner table, or as big as a street party.

For more information

Phone: 0448337699

TestKitchenSA@gmail.com

## Why we do it

Because the more frequently a community eats together, the better everyone is at supporting each other. It helps to build trust, belonging, safety and support which benefits everyone, and especially people who may feel a great desire for company.

## Why we think you might join us

We hope you have your own reason for joining Tablehood and we would love to hear it. Until then, here are some of the reasons we think you might like to join us:

- You recognise the importance of being socially connected at all stages of life
- You want to help people who are on their own to find others to share moments with
- You see how you could strengthen connections within your own organisation / community with Tablehood
- Because sharing in regular homely meals has far-reaching, and long-lasting benefits for our children (improved self-esteem, resilience, better performance at school), right through to our older home-alone neighbours (mealtime company, greater food intake, wellbeing)
- You know of people whose lives could be changed with Tablehood
- Because being a Tablehood Incubator is easy and the benefits and impacts are great

## What is a Tablehood Incubator?

A Tablehood Incubator is a community organisation (school, church, service club etc.) who hosts events to attract and equip new hosts from within their membership, and to support and celebrate continued hosting. They are places where the Tablehood culture starts and grows.

## How?

By hosting simple events within your organisation!

We're sure you're good at putting on events to bring your community together (a sausage sizzle, a morning tea), that's all you need to do.

Tablehood provides the reason, and all the communication materials you will need.

Best of all, we're there every step of the way to share the experience with you.

### Incubator Journey



# TABLEHOOD