



Lunch Clubs

Hackney

Open for Lunch

**HELLO
AGAIN,
HACKNEY**

Lunch Clubs in Hackney
for people 55 and over

A vibrant network of lunch clubs serving nutritious meals to Hackney's older residents (55+)

Eat healthy food

Make new friends

Learn about nutrition

Improve your wellbeing

Explore new activities

Enjoy a tasty nutritious meal

Connect with others

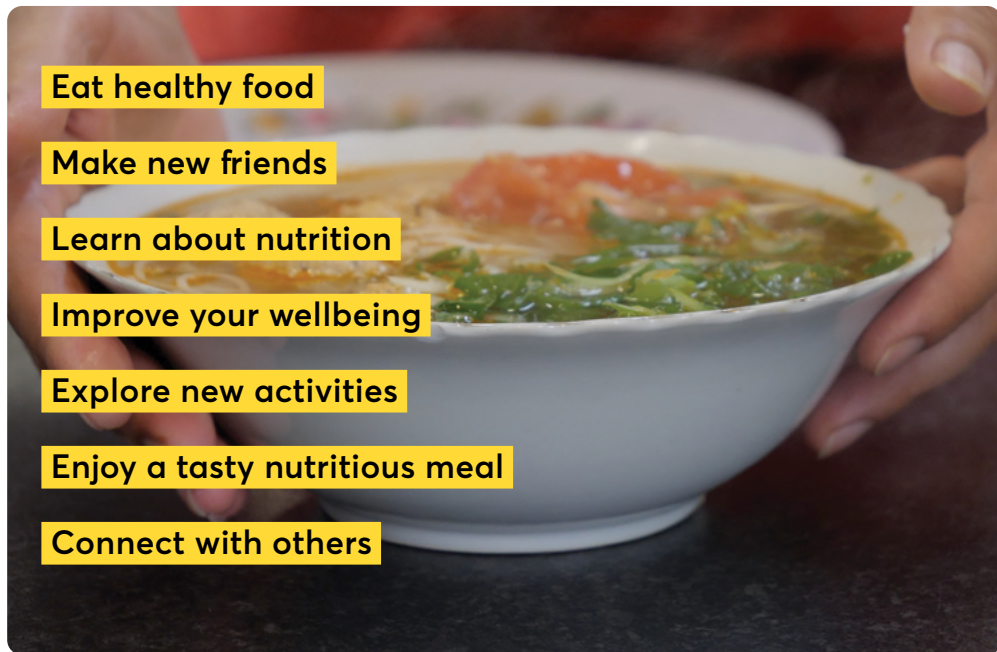


Photo by HCEO

Connect with others and make new friends

There are **12 Lunch Clubs** serving lunch to Hackney's diverse communities.

The clubs help to decrease isolation and improve health, wellbeing and connection.

Food is central to the lunch clubs but it's not just about lunch!



Get out and about in your local community



Our Lunch Clubs offer:



- **Nutritious healthy two course lunches at affordable prices**
- **Health and wellbeing sessions** (nutritional advice, health checks)*
- **Movement and fitness classes** (chair-based exercise, Tai Chi, line dancing, yoga)*
- **Leisure activities** (Bingo, Mah Jong, Backgammon/Tavla, Karaoke)*
- **Local cultural outings, walks in the park and trips to the seaside**
- **Advice and support services** (signposting, advocacy)

* Some of the activities may incur a small additional charge to the meal

Our Lunch Clubs



An Viet Foundation Vietnamese | London Fields

Hackney Chinese Community Services Chinese | London Fields



We provide culturally appropriate nutritious hot meals to older members of Chinese and Vietnamese communities. Wellbeing and social activities are organised alongside the lunch club, encouraging social and mutual support amongst club users. We hold group birthday parties for members every quarter, organise festival events and short trips to encourage active social interactions and reduce isolation amongst our users.



Hackney Chinese Community Services, 28-32 Ellingfort Road, E8 3PA
Lunch served: 12.30-1pm, Mondays, Wednesdays, Fridays
Book ahead. 020 8986 6171 | info@hackneychinese.org.uk

Chats Lunch Club Caribbean | Homerton/Lower Clapton

Our aim at Chats Lunch Club is to reduce isolation and provide a programme to meet individual social needs. Come along and be part of the CLC program. Everyone is welcome!

Clapton Park Methodist Church, 99 Chatsworth Road, London E5 0LH
Lunch served: 1.30-2pm, Thursdays
Drop-in. 07852-572-096 | chatslunchclub@yahoo.co.uk



Hackney Caribbean Elderly Organisation

Caribbean | Stoke Newington

HCEO provides a welcoming and warm environment for any older person who requires support. We offer delicious lunches freshly cooked on the premises, accompanied by activities such as exercise and movement, arts and crafts, games sessions and music therapy to help everyone who attends to meet friends, maintain their independence, stay healthy and have fun! We also offer Advocacy support via outreach and we have a Dementia Memory Group every Monday. We are lucky to have a wonderful group of volunteers to assist us in delivering all of our services.

39 Leswin Road, London N16 7NX

Lunch served: 1-2pm, Tuesdays, Wednesdays, Thursdays

Book ahead. 020 7923 3536 | info@hackneycaribbean.org.uk



Hackney Cypriot Association Cypriot | Dalston

This is a lively lunch club. We cook healthy Cypriot food at the premises. We have been providing lunches for years and this is the place to come and meet up with friends and/or make friends, play games, get support and have nice coffee.

5 Balls Pond Road, London, N1 4AX

Lunch served: 12-2pm, Tuesdays, Wednesdays, Thursdays, Fridays

Drop in. 0207 254 7920 | hackneycypriotassoc@gmail.com



The 3 course meals are nutritious healthy and meet my dietary needs.

Chats attendee

Making friends at the club has enhanced our confidence and wellbeing.

Chats attendee



Halkevi Kurdish/Turkish | Dalston

If you would like to taste home cooked Turkish and Kurdish lunches, please come and join us at Halkevi on Mondays and Wednesdays.

31-33 Dalston Lane, London E8 3DF

Lunch served: 12.30-2pm, Monday, Wednesday

Drop in. 020 7249 8855 | halkeviuk@gmail.com

Holly Street Luncheon Club

General | Queensbridge

Mondays: coffee and lunch. Tuesdays: wellbeing, therapy, counselling and massage. Wednesdays: lunch and bingo. Thursdays: chair-based exercise. Fridays: coffee and lunch.

331 Queensbridge Road, London E8 3LA

Lunch served: 12.30-2pm, Monday, Wednesday, Friday

Book ahead. 020 7923 1282 | HS.LunchClub@aol.com



Hot Line Meals Lunch Club Kosher/Jewish | Stamford Hill

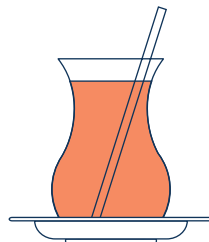
Hot Line Meals lunch club works in partnership with Schonfeld Square Care Home to target elderly Orthodox Jewish people who are socially and economically isolated. Hot Line Meals delivers daily freshly cooked, nutritious Kosher meals. Schonfeld Square provides a variety of engaging programmes and social activities in a warm and friendly environment.

Schonfeld Square Care Home, N16 0QQ (for residents only)

Lunch served: 12-1.30pm, Sunday to Thursday

Care home residents only. 020 8800 0414 |

info@hotlinemeals.org.uk



I love coming to the club for lunch and socialising. Without the club I would feel isolated.

Holly Street attendee

Thanks for your excellent and very good services. If it is not for this place, I won't have proper Cypriot food. I do not bother to cook just for me.

Hackney Cypriot Association attendee

Lunch Up, Woodberry Down Luncheon Club

General | Woodberry Down/Manor Park

We pay special attention to your dietary requirements. Enjoy a tasty meal in comfortable surroundings, while socialising with new friends. 2 course meal, healthy, value for money.



Redmond Community Centre, Kayani Ave, Woodberry Down, N4 2HF

Lunch served: 12.30-2pm, Tuesdays

Book ahead. 020 8802 7580 / 07804-693-461 | lunchup347@gmail.com

This Luncheon Club is absolutely marvellous, I am so grateful that I get to have my lunch every day with a really lovely bunch of people.

Nightingale attendee

Nightingale Luncheon Club General | Hackney Downs



As well as hot lunches cooked on the premises, we also provide health and wellbeing classes and awareness sessions on a host of topics that benefit our members and local people – linked into our local GP surgery. Our aim is to reduce isolation and loneliness for older people by providing a healthy hot meal, leisure and health activities, regular meeting places and

opportunities to make new friends. We are very friendly and go above and beyond for our members.

19 Olympus Square Nightingale Estate, London E5 8DS

Lunch served: 12-1.30pm, Monday-Friday

Book ahead. 020 8985 1309 | noreen.nightingaleclub@gmail.com

North London Muslim Community Centre

Muslim, South Asian | Stoke Newington/Stamford Hill



The NLMCC delivers an Elderly Lunch and Wellbeing Club for over 55's on Wednesday afternoon for men and Tuesday afternoon for women. Our club provides healthy meals, activities and social experiences for our users. We also help them to access appropriate statutory and community services to support their needs.

66-68 Cazenove Road, London N16 6AA

Lunch served: Men: 1.45-4pm (summer), 1.15-3.30pm (winter), Wednesdays.

Ladies: 1-3pm, Tuesdays

Book ahead (membership). 020 8806 1147 ex4 | info@nlmcc.org.uk

Centre 151-VLC Pho Club Vietnamese | Haggerston

The VLC centre lunch club is a friendly gathering taking place at Centre 151 and open to all. You will enjoy homemade Vietnamese food whilst meeting new people. You may also wish to join our physical and cultural activities to keep the body and mind healthy.



Centre 151, 151 Whiston Road, London E2 8GU

Lunch served: 12-1pm, Wednesdays, Saturdays.

Drop in. 020 7739 3650 | vietnamlaocambodia@yahoo.co.uk



You are never too far from a lunch club in Hackney!



What's on when?

I like having a laugh and joke it makes you feel so much better, we always have a nice time here.

Nightingale attendee

An Viet Foundation and Hackney Chinese Community Services (HCCS)	Mon/Weds/Fri	9.30am-4.30pm	Karaoke, card games, Mah Jong, Ping Pong	£1*
	Wednesday	11am-12pm	Yoga with TripSpace	Free
	Friday	11am-12pm	Tai Chi/fan dancing	£1*
Chats Lunch Club	Monday	12.15pm-1.15pm	Chair-based exercise	£3
	Thursday	12pm-1.15pm	Chair-based exercise	£6**
Hackney Caribbean Elderly Organisation	Monday	10.30am-2pm	Dementia memory group	Free
	Tuesday	11am-12.30pm	Gentle Exercise & Movement to Music	£2
	Wednesday	11am-12.30pm	Art workshop	£1
	Thursday	11am-12pm	Yoga with TripSpace	Free
Hackney Cypriot Association	Thurs (every other week)	11.30am-12pm	Bingo (every other week)	£1
	Tuesday	11am-12pm	Yoga with TripSpace	Free
	Tues/Weds/Thurs	10am-2pm	Tavla (backgammon) and card games	Free
	Tues/Thurs	10am-1pm	Advice and support	Free
	Friday	11am-12pm	Chair-based exercise + breathing	Free
Halkevi	Monday	11am-12pm	Chair-based exercise + breathing	Free
	Mon-Weds	11am-2pm	Advice and support	Free
Holly Street Luncheon Club	Wednesday	1pm-2pm	Bingo	£1.50-£3
	Thursday	10am-11.45am	Gentle exercise with Liz	£3
Hot Line Meals	Sunday-Thursday	4pm-6pm	Activities arranged by Schonfeld Square	Free
Nightingale Luncheon and Social Club	Tuesday	11.30am-12.30pm	Seated dance	Free
	Tuesday	12.30am-1.15pm	Seated bowls (boccia)	Free
North London Muslim Community Centre	Tuesday	12pm-1pm	Exercise with TripSpace	Free
Centre 151-VLC Pho Club	Wednesday + Saturday	10.30am-12pm	Physical exercise / Chinese dance	£1

* recommended donation

** includes lunch

Hackney CVS supports a network of 12 Hackney lunch clubs which are financially supported by LB Hackney. Some of our Lunch Clubs began serving lunches in the 1980s with Holly Street Luncheon Club on Queensbridge Road dating back to 1975.

Our lunch clubs aim to improve the health and wellbeing of people aged 55 and over in Hackney and neighbouring boroughs. The clubs invite older people to get out and about, eat well and connect with others, thus reducing social isolation and loneliness and improving quality of life. Members in the clubs are regularly invited to influence the design and delivery of the service they receive.

Many older people have been impacted by the pandemic and are now being hit by increasing fuel and food costs. Hackney's lunch clubs are more important than ever; providing warmth, food and connection.

Want to join a lunch club?

Contact the lunch club you are interested in to find out how you can join.

Interested in volunteering?

Lunch clubs are always looking for volunteers with regular time to spare to help with various tasks. Contact the lunch club you are interested in.

For general information about the Hackney Lunch Clubs programme please contact:

Rachel King, Lunch Clubs Development Coordinator

Tel: 020 7923 1962 ext 8184 | Email: rachel@hcv.org.uk

Website: www.hcv.org.uk/lunch-clubs/

Hackney CVS, The Adiaha Antigha Centre, 24-30 Dalston Lane, London E8 3AZ. Hackney CVS is a registered charity, number 1069736

