



## **Hackney** Lunch Clubs

**Creating community,  
one plate at a time**

**Lunch Clubs in Hackney  
for people 55 and over**

Hackney lunch clubs are more than just a meal — they're your community kitchen where good food and good company come together.

Eat healthy, nutritious food

Make new friends

Attend health awareness sessions

Improve your wellbeing

Try new activities



Connect with others and make new friends

We are a network of lunch clubs, serving affordable lunches to Hackney's culturally diverse communities.

Our clubs decrease isolation, improve health and wellbeing and increase social 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 lunches at an affordable price.
- Health awareness sessions.
- Movement and fitness classes. (chair based exercise, Tai Chi, Line dancing, yoga)\*
- Leisure activities (BINGO, Mah Jong, Tavla, Karaoke)\*
- Cultural outings and day trips.
- Advice and support services.

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

# Our Lunch Clubs



## 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 Chats Lunch Club 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

**£5** for lunch, **£6.50** for lunch & exercise,  
cash only

**Membership £1 weekly**



## East and Southeast Asian Community Centre

East and Southeast Asian cuisine | Dalston



Join us for culturally appropriate, nutritious hot meals at our lunch club for older members of East and Southeast Asian communities. Enjoy wellbeing and social activities, group birthday parties, festival events, and short trips. Connect with others, share stories, and reduce isolation in a warm and supportive environment. There's always something exciting happening!

**East and Southeast Asian Community Centre,**  
12-14 Englefield Road N1 4LS

**Lunch served:** 12.30-1pm, Mondays, Wednesdays,  
Fridays

**Book ahead.** 07955 834 748

info@hackneychinese.org.uk

**£3** for lunch, cash and card

**Membership £10 per year**



## Hackney Caribbean Elderly Organisation

Caribbean | Stoke Newington

HCEO welcomes all older individuals who need support. We provide a warm and accessible environment to come together to enjoy freshly cooked lunches and engaging activities such as exercise, arts & culture, health workshops, games, and music therapy. We also offer advocacy and a Dementia Memory & Wellbeing Group every Monday. Our dedicated volunteers are here to assist you. Join us and experience community, support and shared moments.

**39 Leswin Road, London N16 7NX**

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

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

**£5** for lunch, cash, standing order and direct debit

**Membership £15 per year**



## Hackney Cypriot Association

Cypriot cuisine | 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

**£5** for lunch, cash only

**No membership fee**



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 and Turkish Community Centre

Kurdish/Turkish cuisine | Dalston

If you would like to taste delicious home-cooked Kurdish and Turkish meals, come and join us at Halkevi on Mondays and Wednesdays. Enjoy traditional cuisine, meet new friends, and share stories in a welcoming environment. Participate in our activities and feel the warmth of our community. We look forward to seeing you!

**31-33 Dalston Lane, London E8 3DF**

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

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

**Free lunch for members**

**Membership £20 per year**, by cash or bank transfer



## Holly Street Luncheon Club

General cuisine | Queensbridge



The Holly Street Luncheon Club welcomes older adults aged 55 and over in Hackney. Join us in a friendly space where you can share a nutritious meal and participate in activities that enhance physical and mental well-being. Connect with others, enjoy engaging events, and experience the sense of community. All are welcome to come and be part of our vibrant group!

**Marie Lloyd Centre, 329 Queensbridge Road, London E8 3LA**

**Lunch served:** 12.30-2pm, Tuesday, Wednesday, Thursday

**Book ahead.** 07831 583 343 | hs.lunchclub@aol.com

**£4.50 for lunch, cash only** **Membership £1 per week**

## Hot Line Meals Lunch Club at Schonfeld Square Care Home

Kosher/Jewish cuisine | 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 **£4.50 for lunch**

**Care home residents only.** 020 8800 0414 | info@hotlinemeals.org.uk

## Lunch Up, Woodberry Down Luncheon Club

General cuisine | Woodberry Down/Manor Park

We pay special attention to your dietary requirements, ensuring you enjoy a tasty meal in comfortable surroundings. Join us for a healthy, value-for-money, two-course meal while socialising with new friends. Experience the warmth of our community at Lunch Up in Woodberry Down. There's always a friendly face and a welcoming atmosphere waiting for you. We host popular cultural events and annual calendar celebrations at our club.



**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

**£4.90 for lunch, cash only**

**No membership fee**

## Nightingale Luncheon Club

General cuisine | 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

**£4 for lunch, cash only**

**Membership £20 per year or 38p per week**

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



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

Holly Street attendee



## North London Muslim Community Centre

Muslim, South Asian cuisine | 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.

Women: 1-3pm, Tuesdays

**Book ahead (membership).** 020 8806 1147 ex4 | [info@nlmcc.org.uk](mailto:info@nlmcc.org.uk)

**£100 annual membership** for men's club, **£50 annual membership** for women's

## VLC Phở Club at Centre 151 Vietnamese cuisine | Haggerston

Join us at the VLC Centre lunch club for a friendly gathering open to all. Enjoy homemade Vietnamese food while meeting new people. Participate in physical and cultural activities to keep both your body and mind healthy. Be part of our vibrant community at Centre 151, where there's always something to look forward to.

**Centre 151, 151 Whiston Road, London E2 8GU**

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

**Drop in.** 020 7739 3650 | [vietnamlaocambodia@yahoo.co.uk](mailto:vietnamlaocambodia@yahoo.co.uk)

**£5** for lunch, cash and card.

**Membership £10 per year.**



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

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



Illustration: Jane Smith. @janeillustration

# What's on when?

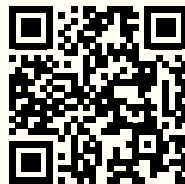
I like having a laugh and joke it makes you feel so much better, we always have a nice time here.

Nightingale attendee

Chats Lunch Club	Thursday	12-1.15pm	Chair-based exercise	£6*
East and Southeast Asian Community Centre	Mon/Weds/Fri	9.30-4.30pm	Karaoke, card games, mahjong, table tennis	£2-£2.50**
	Wednesday	10.45-11.45am	Line dancing	£1*
	Friday	11am-12pm	Yoga	Free
Hackney Caribbean Elderly Organisation	Monday	10.30am-2pm	Dementia memory group	By donation
	Tuesday	11am-12.30pm	Gentle exercise & movement to music	£2
	Tuesday	2-2.30pm	Range of social activities	
	Wednesday	11am-3.30pm	Art & culture workshop	£1
	Thursday	11am-12.30pm	Exercise	£1
	Thursday	2-3.30pm	Arts & crafts	£4
Hackney Cypriot Association	Tues/Weds/Thurs	10am-2pm	Tavla (backgammon) and card games	Free
	Tues/Thurs	10am-1pm	Advice and support	Free
	Thursday	11.30am-12.30pm	Bingo	£1
	Friday	11am-12pm	Chair-based exercise + breathing	Free
Halkevi	Mon-Weds	11am-2pm	Advice and support	Free
Holly Street Luncheon Club	Wednesday	1-2pm	Bingo	£1.50-£3
	Thursday	10-11.45am	Gentle exercise with Liz	£3
	Thursday	11.30am-12.30pm	Mindfulness	Free
	Thursday	1.30-3pm	Thyme to garden	Free
Hot Line Meals	Sunday-Thursday	4-6pm	Activities arranged by Schonfeld Square	Free
Nightingale Luncheon and Social Club	Monday	12-1pm	Seated exercise	Free
	Wednesday	1-2.30pm	Bingo	£4 for 3 books
VLC Phở Club at Centre 151	Weds + Saturday	10.30am-12pm	Physical exercise / Chinese dance	£1

\* includes lunch    \*\* recommended donation

# Good food, great company



## Hackney CVS supports a network of 12 Hackney lunch clubs which are financially supported by LB Hackney.

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.

### 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.

### Need more information? Get in touch

#### Rachel King

Lunch Clubs Development Coordinator



rachel@hcv.org.uk



020 7923 1962 ext 8184



hcv.org.uk/lunch-clubs/

**87%**  
of Lunch Club  
members feel  
happier

**Hackney**  
Lunch Clubs

#FairerSociety  
**hackney**  
cvs

In partnership with  
**Hackney**

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