

## Come Eat Together activities

### Monday

Monday Lunch <i>2 course home cooked lunch followed by an activity</i>	12.00—2.00pm <i>Weekly</i>	Newton Aycliffe Youth & Community Centre, <b>Newton Aycliffe DL5 4HT</b>	£4.00 per session
<b>NEW</b> Come Eat @ The Elms <i>2 course meal followed by an activity</i>	1.00—2.30pm <i>2<sup>nd</sup> Monday of the month</i>	The Elms, <b>Chester le Street DH2 3EJ</b>	£6.00 per session

### Tuesday

Coffee Morning <i>Friendly chat &amp; activities</i>	10.00am—12.00noon <i>last Tuesday of the month</i>	Locomotion <b>Welcome Building, DL4 1PQ</b>	FREE
<b>NEW</b> Come Eat @ The Avenue <i>2 course meal followed by an activity</i>	12.00—2.00pm <i>1<sup>st</sup> Tuesday of the month</i>	The Avenue <b>High Shincliffe DH1 2PT</b>	£7.00 per session
<b>NEW</b> Come Eat @ The Green Tree <i>Activity followed by a 2 course meal</i>	12.30—2.30pm <i>4<sup>th</sup> Tuesday of the month</i>	The Green Tree 1727, <b>Tudhoe Village DL16 6LE</b>	£7.00 per session
<b>NEW</b> Come Eat @ Spectrum <i>2 course meal with good company &amp; conversation</i>	12.00—2.00pm <i>3<sup>rd</sup> Tuesday of the month</i>	Spectrum Leisure Centre, <b>Willington DL15 0JA</b>	£5.00 per session
<b>NEW</b> Come Eat @ Betjeman <i>2 course meal with good company &amp; conversation</i>	12.00—2.00pm <i>Weekly</i>	Betjeman Resource Centre, <b>Stanley DH9 6UD</b>	£3.50 per session

## Tuesday (continued)

Dining at the King's <i>2 course meal in good company followed by an activity</i>	12.00—2.30pm <i>4<sup>th</sup> Tuesday of the month</i>	King's Head Pub, <b>Lanchester DH7 0EX</b>	£6.95 per session
<b>NEW</b> Trinity Lunch Club <i>2 course meal with good company and conversation</i>	12.30—2.30pm <i>1<sup>st</sup> Tuesday of the month</i>	Trinity Church <b>Spennymoor DL16 7NB</b>	£4.70 per session
New College Durham Lunch <i>2 course meal with good company and conversation</i>	12.30—2.30pm <i>2<sup>nd</sup> Tuesday of the month</i>	New College, <b>Framwellgate Moor Campus DH1 5ES</b>	£5.00 per session
<b>NEW</b> Come Eat @ The Old Mill <i>2 course meal followed by an activity</i>	12.00—2.00pm <i>2<sup>nd</sup> Tuesday of the month</i>	The Old Mill <b>Metal Bridge DH6 5NX</b>	£7.00 per session
<b>NEW</b> Ladies Afternoon Tea <i>Afternoon tea followed by an activity</i>	1.30—3.00pm <i>1<sup>st</sup> Tuesday of the month</i>	St Nicholas' Church, <b>Market Place, Durham DH1 3NJ</b>	£3.00 per session

## Wednesday

Breakfast @ Belmont <i>A hearty English breakfast for men</i>	9.30—10.30am <i>1<sup>st</sup> Wednesday of the month</i>	Pulman Skoda Durham, <b>Belmont Ind Estate DH1 1HP</b>	£4.00 per session
Gentlemen's Breakfast Club <i>A hearty English breakfast followed by a guest speaker</i>	9.30—10.45am <i>3<sup>rd</sup> Wednesday of the month</i>	Café Cenno, <b>Durham Indoor Market DH1 3NJ</b>	£4.00 per session
<b>NEW</b> Come Eat @ The Saxon Inn <i>2 course meal followed by a pub quiz</i>	12.00—2.00pm <i>2<sup>nd</sup> Wednesday of the month</i>	The Saxon Inn, <b>Escomb DL14 7SY</b>	£7.00 per session
Shildon Dine and Dance <i>Hot lunch followed by a tea dance with live music</i>	12.00—3.00pm <i>1<sup>st</sup> Wednesday of the month</i>	Shildon Civic Hall, <b>Shildon DL4 1AH</b>	£6.00 per session
Come Eat @ The Carriage <i>2 course meal followed by a pub quiz</i>	12.00—2.00pm <i>3<sup>rd</sup> Wednesday of the month</i>	The Carriage, <b>Crook DL15 9HU</b>	£6.00 per session

## Wednesday (continued)

Tanfield Lea Lunch Club <i>2 course lunch in good company followed by an activity</i>	12.00—2.00pm <i>fortnightly</i>	Tanfield Lea Community Centre, <b>Tanfield Lea DH9 9LZ</b>	£4.50 per session
Derwentside College <i>2 course meal with good company and conversation</i>	12.30—2.30pm <i>2<sup>nd</sup> Wednesday of the month</i>	Derwentside College, <b>Consett DH8 5EE</b>	£6.00 per session
<b>NEW</b> Come Eat @ The Three Horse Shoes <i>2 course meal followed by a quiz</i>	12.30—2.00pm <i>4<sup>th</sup> Wednesday of the month</i>	The Three Horse Shoes, <b>Maiden Law DH7 0QT</b>	£7.00 per session

## Thursday

<b>NEW</b> The Kingslodge Lunch Club <i>2 course meal with a quiz and time to chat</i>	12.00—2.00pm <i>2<sup>nd</sup> Thursday of the month</i>	The Kingslodge Inn, <b>Durham DH1 4BG</b>	£6.50 per session
Bishop Auckland College Lunch <i>2 course meal prepared &amp; served by students followed by choice of college activities</i>	12.00—3.00pm <i>last Thursday of the month during term time</i>	Bishop Auckland College, <b>Bishop Auckland DL14 6JZ</b>	£6.50 per session
East Durham College Lunch <i>2 course meal with good company and conversation</i>	12.00—2.00pm <i>2<sup>nd</sup> Thursday of the month during term time</i>	Peterlee Campus <b>Peterlee SR8 2RN</b>	£5.95 per session
Dining By The Boundary <i>2 course meal in good company followed by an activity</i>	1.00—2.30pm <i>4<sup>th</sup> Thursday of the month</i>	Emirates International Cricket Ground <b>Chester le Street DH3 3QR</b>	£7.00 per session

## Friday

Meet, Play, Eat <i>Enjoy an exciting new activity followed by a bar meal</i>	11.00am—1.00pm <i>1<sup>st</sup> Friday of the month</i>	Oak Leaf Sports Complex, <b>Newton Aycliffe DL5 6QZ</b>	£5.00 per session
Northumbrian Water Lunch Club <i>2 course meal followed by an activity</i>	1.00—2.30pm <i>3<sup>rd</sup> Friday of the month</i>	Boldon House, Wheatlands Way, <b>Pity Me DH1 5FA</b>	£3.70 per session

# Help with shopping

Fortnightly shopping clubs operate in the following areas

Where	Time	When	Cost
Wear Valley	9.15am - 12.30pm	Fortnightly on Tuesdays	£5.00
Bishop Auckland	10.00am - 12.30pm	Fortnightly on Tuesdays	£2.50
Shildon	10.00am - 12.30pm	Fortnightly on Thursdays	£2.50
Chester le Street	11.00am - 3.00pm	Fortnightly on Thursdays	£5.00
Newton Aycliffe	9.30am - 12.30pm	Fortnightly on Fridays	£4.00
Teesdale	10.00am - 1.30pm	Fortnightly on Fridays	£6.00

## Healthy Eating for Older People

An interactive course to raise awareness of our changing nutritional needs as we get older. The course includes simple cookery demonstrations and food tastings with great ideas for meals. These courses are delivered in community venues.

## Growing fruit and vegetables

Great for those who would like to have a go at growing easy fruit and vegetables. You don't even need to have a garden. Lots of sensible advice and suggestions to save you money and help you feel good as you grow your own. At every session there are seeds and plants to take away and skilled volunteers to give tailored advice. These sessions are delivered in community venues.

## Learn to shop online

We have developed an enjoyable session to help even the most nervous computer user gain confidence and skills to shop online. Never struggle to get to the shops again! Everyone gets a shopping online pack to take away. These courses are delivered in community venues by trained and supportive volunteers. Learning at home is also available.

**For more information contact us as pre-booking is essential for all activities**

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National Lottery Awards  
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