

A social activity group who organise regular monthly meals  
with groups of friends in enjoyable surroundings



**Meals out**  
New  
**with friends**

**January to June 2020**

Bookings must be made one week before the date of the meal.  
Please let us know if you wish to cancel.

**Call 0191 2877012 to place a booking from the list overleaf**



@ageuknorthtyneside



@ageUKNT



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# Evening Eaters

We meet at the venue at 5.45pm for a 6.00pm table booking on the first Thursday of each month

**Thursday 2nd January**

**The Gibraltar Rock - Tynemouth**

**Thursday 6th February**

**The Melton Constable - Seaton Sluice**

**Thursday 5th March**

**The Kings Arms - Seaton Sluice**

**Thursday 2nd April**

**The Cannon Inn - Earsdon**

**Thursday 7th May**

**The Briardene - Whitley Bay**

**Thursday 4th June**

**The Astley Arms - Seaton Sluice**

Call 0191 2877012 to place a booking from the list  
or contact us at [enquiries@ageuknorthtyneside.org.uk](mailto:enquiries@ageuknorthtyneside.org.uk)

# Lunch Bunch

We meet at the venue for a 12.00pm table booking on the second Wednesday of each month

**Wednesday 8th January**

**The Dolphin - North Shields**

**Wednesday 12th February**

**The Sandpiper - North Shields**

**Wednesday 11th March**

**Gibraltar Rock - Tynemouth**

**Wednesday 8th April**

**The Cottage Kitchen - Whitley Bay**

**Wednesday 13th May**

**My Shanghai - North Shields**

**Wednesday 10th June**

**Boundary Mill - Shiremoor**

**Places limited to 20 (if demand, may be increased)**

**Call 0191 2877012 to place a booking from the list  
or contact us at [enquiries@ageuknorthtyneside.org.uk](mailto:enquiries@ageuknorthtyneside.org.uk)**

# AgeUK North Tyneside Meals Out with Friends members' agreement

Thank you for joining our Meals Out with Friends group. The purpose of this group is to bring people together to enjoy a meal out on a regular basis, in welcoming surroundings.

For some people, attending this group may be their first time joining a social group and could play an important part in helping to relieve loneliness and isolation and improve health and wellbeing.

In order for the group to run in the most effective way possible and help ensure its longevity, we ask all group members to follow the formalities outlined below:

- 1. Anyone wishing to attend a meal must call Age UK North Tyneside to book a place on 0191 2877012.**
- 2. You must book a place for any meals you would like to attend before attending, otherwise a seat can't be guaranteed either at the same table or in the restaurant. Seats will be prioritised to those on the list of attendees.**
- 3. We would appreciate it if you could call to let us know if you are no longer able to attend a meal but understand that this isn't always possible.**
- 4. Please make sure the bill has been settled before you leave the restaurant – there have been occasions where other people have had to pay more than their share.**
- 5. All group members will remember to enjoy themselves and have fun!**

Open to anyone aged 50+ in North Tyneside, we would encourage you all to spread the word to friends, family and neighbours so more people can enjoy the experience.

For further information about Meals Out with Friends, or any other groups and services provided by Age UK North Tyneside, please do not hesitate to get in touch by calling 0191 2877012.