

# LET'S LUNCH

Age-friendly lunch groups  
across the borough of Sutton




## What's On Guide


Age UK Sutton is working with partner organisations to showcase a variety of Age-friendly activities across Sutton.


letsconnect@ageuksutton.org.uk  
www.ageuk.org.uk/sutton  
0208 078 0002



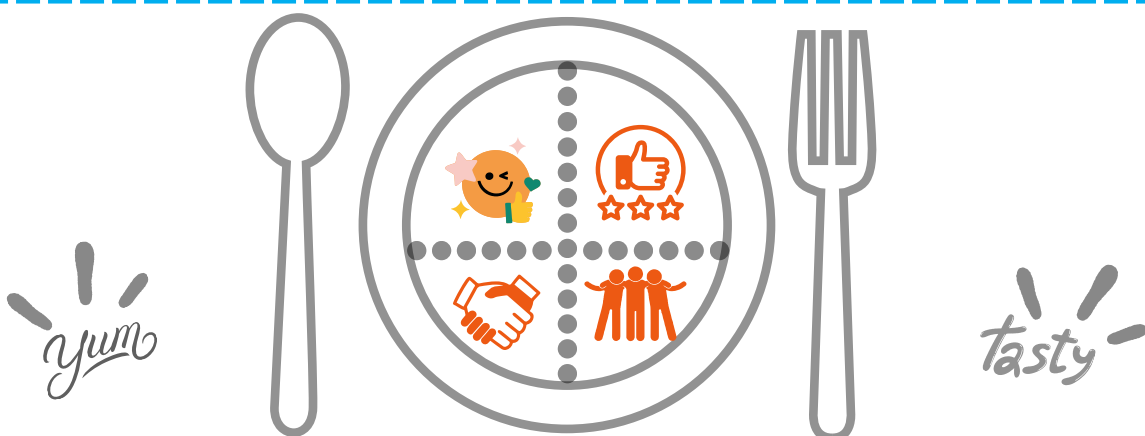
### Friendship Group

 Every other Tuesday. The friendship group runs in 12 week seasons after which members are supported to find new opportunities to socialise together.

 Accessible building with wide enough access for most mobility aids. Step free access. Close to Sutton High Street and transport links.

 Our Friendship Group provides older residents with a nutritious lunch, plus the opportunity to connect with others in a welcoming and friendly environment.

**FREE to join, although booking with Age UK Sutton is essential.**



#### Did you know...

Studies have proved that those who eat socially more often feel happier and are more satisfied with life, are more trusting of others, are more engaged with their local communities and have more friends they can depend on for support.

# LET'S LUNCH

MORE Age-friendly lunches across the borough of Sutton

Here is a sample of lunches across the borough.

**PLEASE NOTE:** Activities listed on this side are for information only. Please book direct with the organisations.



ACTIVITY	GROUP	AREA	CONTACT FOR MORE INFORMATION
Community lunch club All Saints Church	All Saints Church	Hackbridge	0208 646 1937 maureenavidal@googlemail.com
Friday drop in and lunch	Sutton Mental Health Foundation	Belmont	0208 770 0172 admin@smhf.org.uk
Lunch club	St Patricks Church	Wallington	0792 882 4251 office@stpats.org.uk
Senior lunches	The Sun Pub	Carshalton	0208 773 4549 bookings@thesuncarshalton.com

Can't see what you're looking for? Check out the full listings online: [ageuk.org.uk/sutton](http://ageuk.org.uk/sutton) or contact us: 0208 078 0002 / [letsconnect@ageuksutton.org.uk](mailto:letsconnect@ageuksutton.org.uk)



COMMUNITY FUND



Let's Connect