

Food and Friends

There are lots of great places that you can visit on your own or with friends around Newcastle. Some community organisations offer special discounts for older people and others provide a tailored service such as lunch clubs where you can socialise with other like minded people. Please see below for more information on places where you can eat out in Newcastle:

Coffee mornings and Tea clubs

Mondays

[The NewBridge Project](#) runs Community Coffee Mornings on Mondays 11am to 12.30pm at the Shieldfield Centre.

[Lifting Neighbourhoods Together](#) at Building Futures East run a weekly community coffee morning in Walker 10:30am to 12:30pm

[Pottery Bank Community Centre](#) runs a Brew, Bite and Bingo session on Mondays

Tuesdays

[St Martin's Centre](#) run a tea club on a Tuesday from 1.30pm to 3.30pm for older people alongside Bingo

[Age UK Gateshead](#) run a friendship group in Fenham for people over the age of 50. They meet for a cuppa and a chat every 2 weeks on Tuesdays. It's free to attend. There is a cost for your food and drinks.

[Tyne & Wear Archives & Museums](#) run a free drop-in Museum Social every first Tuesday of the month across their museums and art galleries. There will be free tea, coffee and refreshments on the go and you'll be able to chat to museum staff.

Wednesdays

[Elders Council](#) has the Mile Castle social and cup of tea sessions, 10am to 12pm on the third Wednesday of every month at the Mile Castle on the West Road.

[Age UK Gateshead](#) run a friendship group in Fawdon for people over the age of 50. They meet for a cuppa and a chat every 2 weeks on Wednesdays. It's free to attend. There is a cost for your food and drinks. Contact Ruth Dodds for more information ruth.dodds@ageukgateshead.org.uk

Merton Lodge Community Hub run a weekly breakfast club from 10am to 12pm.

Fridays

Newcastle U3A has a membership Coffee Morning every 3rd Friday from 10.30 am to 12 noon at St John's Church Hall, Grainger Street, Newcastle. £1 entry entitles you to a free tea/coffee and home baked cake. New members welcome.

Merton Lodge Community Hub run a weekly breakfast club from 10am to 12pm.

Saturdays

St Matthew's church, Dinnington runs a coffee morning every second Saturday at 10.30 am for one hour

St Andrew's, Newgate Street runs a charity coffee morning every Saturday 9.30 am to 1 pm. All welcome

Evening meals

FoodCycle Westgate offers a free, cooked meal on Thursdays at 6.45pm. Everyone is welcome.

FoodCycle Byker offers a free, cooked meal at 7 pm on Thursdays. Everyone welcome.

FoodCycle Benwell offers a free, cooked meal at 6.30 pm on Mondays. Everyone welcome.

Community Cafes

Blakelaw Community Centre and Cafe is open 7 days a week for low cost food and drinks. They also run a Community Market, library, nursery and social activities.

Brunswick Methodist church is open for coffee on Tuesdays, Wednesdays and Thursdays 10.45am to 1.15 pm

Big River Bakery is a community bakery and cafe in Shieldfield. They bake and sell fresh artisan bread, pies, pastries and cakes. Pay what you feel for food on Wednesdays. They're a Winter Wellbeing Hub where you can spend time with a hot drink and keep warm in the city.

Chapel House and District Community Association (CHADCA) has a coffee shop open Mondays to Fridays

The Chatty Cafe Scheme includes: The Owl Tree Children's Cafe in Kenton, Costa in Gosforth, Costa in Kingston Park

Cornerstone Benwell run Corner Kitchen Community café open Wednesday and Thursday between 9am and 2pm. Serving very low cost food.

The Lemington Centre Maximo's Deli serves refreshments, snacks and light lunches on Mondays to Fridays, 8am to 3pm

The Wicker Chair Coffee House and Bistro is run in partnership **JET**, a local charity. They serve breakfasts, lunches, snacks and refreshments from Monday to Saturday.

West End Women and Girls Centre open a Community Bakery Monday to Friday

The Magic Hat Cafe combines a great, accessible eating experience with raising awareness on food waste. They are open Thursday to Sunday 10am to 4pm in Newcastle City Centre.

The Seven Bridges provides experience and training for people who want to start a career in catering or hospitality and is open 7 days per week.

St James's and St Basil's church has a cafe that is open on Saturday from 10.30 am to 1pm

Mary's Place is a café for the homeless and people in need. It's open Monday from 10am to 1pm. They offer:

Newcastle Cathedral has Café 16 which is run with the St Oswin Project and ex offenders will be supported and trained towards qualifications and employment. Open Tuesdays to Saturdays, 10am to 4pm.

Pottery Bank Community Centre has a community cafe open Monday to Friday.

Lunch and leisure clubs

Mondays

West End Women and Girls Centre run a Community Bakery and Winter Warmers sessions on Mondays.

Marys place at The Mercy Hub is a drop in centre with a café for those in need which is open on a Monday 10 am to 1 pm.

Fenwicks Friendly Folk meet up regularly at Fenwick's The Terrace Restaurant twice a month. They also arrange outings and birthday celebrations.

Tuesdays

Hand in Hand run a Lunch Club at Trinity Church, Station Road, Wallsend NE28 8SA on Tuesdays from 12 noon to 2.30pm.

St James's Church, Benwell runs a lunch club on a Tuesday. Ring or email to let them know you are interested.

Denton Youth and Community Project run lunch clubs on Tuesdays at 12pm. Contact them to let them know you'd like to attend.

The Chatty Cafe Online on Tuesdays, Thursdays and Fridays

Wednesdays

[FoodCycle Walker](#) runs a free lunch club on a Wednesday, 12.30 pm at Monkchester Community Centre. No need to book, just turn up. All welcome.

[Newcastle Deaf Centre](#) run a lunch club on Wednesdays for anyone, 11 to 2 pm. Pay as you please cafe,

Thursdays

[South Mountain Older Peoples Chinese Group](#) on Thursday 12 noon till 2pm from February 2022

Fridays

[Walker Parish Church](#) Young at Heart Club for people over 50. It's a friendly support service. A place to meet and socialise with a quiz, bingo and lunch. 12pm to 2pm on Fridays. Ran by [Chain Reaction](#) and [YMCA Newcastle](#)

[St. George's Church, Jesmond](#) run the Friday Cafe which offers an opportunity for all age groups to drop in for tea, coffee, homemade cakes and scones. They especially welcome people affected in any way by a dementia.

[Holy Spirit Church, Denton](#) Lunch Club on the last Friday of the Month 12.30pm to 4pm. A 2 course meal and hot drinks are available. Costs £4. Call to book

Everyday

[Newcastle College's](#) Chefs' Academy and Bistro trains chefs and you can arrange to have lunch or dinner with friends.

Dementia and memory cafes

[Read our Dementia Friendly Newcastle article](#) for more information on memory cafe's, dementia activities and groups.

[Search Our events calendar for Dementia events](#)

Day services for older people

Day services are places that you can go for a day or half a day, where you can:

- meet new people
- enjoy a meal and join in social activities

- learn new skills
- get care and support, if you need it

You can pay for this support yourself. Or some people may be eligible for support from Adult Social Care.

[Read more about day centres and services](#)

Learning disability and autism groups

[Skills for People](#) with Pass it on Parents, holds a parent and carer coffee and social group at St Martin's Community Centre. Check their Facebook page. Wednesday 10.30am to 12pm. Also on Tuesdays at their own location from 10.30am to 12pm.

Read more on [services in Newcastle for people with learning disabilities](#) and [autism support services](#).

LGBTQ+ groups

[Age UK Gateshead in Newcastle](#) run a friendship group for older LGBTQ+ people over 55 years old. It takes places every 2 weeks in Newcastle City Centre. Come along for a cuppa, chat and meet new people. Contact ruth.dodds@ageukgateshead.org.uk for more information.

Men's Groups

There is a weekly [Men's Pie Club](#) which runs in a variety of venues across the city. They bring men together to meet new friends and chat to fellow pie-lovers – to learn, cook, share, sell and to eat great healthy pies. You don't have to be able to cook. They meet at:

- [Byker Sands Family Centre](#) on Mondays 10am to 12pm
 - [Ouseburn Community Centre](#), Mondays 5.30 to 7pm and Wednesdays, 2pm to 4pm
 - [Throckley Community Hall](#) Wednesdays 10am to 12pm
 - [Fenham Library](#), Wednesdays 2.30pm to 4.30pm and Thursdays 2pm to 4pm
 - [Riverside Community Health](#), Thursdays 12.30pm to 2.30pm
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Online cafes

[The Chatty Cafe Online](#) on Tuesdays, Thursdays and Fridays

Tea Dances

[The Jenian School of Dancing](#) has 50/50 dances which include tea and coffee for a small charge.

Tea Parties

[Reengage](#) offer monthly afternoon tea parties for people over 75 who live alone. You need to fill in an online form or call to join a group.

Women's groups

[Newcastle Ladies that Lunch](#) is a social group for women in the North East who want to make new friends and have fun. They organise regular meals out and coffee mornings, daytime events and some evenings. Most venues are in and around Tyneside and Wearside.

[West End Women and Girls Centre](#) open a Community Bakery Monday to Friday

Sustainable living

There are lots of reasons to choose food and drink more carefully now that we know the impact on our environment can be critical. Perhaps you want to know which plant based foods are most nutritious or which fish can be caught sustainably or which cafes and restaurants to go to? Below there are a few links that may help you make choices that have lower impact on our marine life, forests and climate:

- [Good Fish Guide](#)
 - [Better Food](#)
 - [Sustainable Food Places Network Newcastle](#)
 - [Food Newcastle](#)
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Check the accessibility of the centre before you visit

[AccessAble](#) can help you to plan your trips to places like cinemas, theatres, restaurants, railway stations, hotels, colleges, universities and more. They visit and review the accessibility of places in Newcastle. Use their directory of venues to find wheelchair friendly venues, read more about facilities and disabled access available. Such as:

- photos of the facilities
 - entrance to the building
 - accessible toilets or changing places
 - how easy it is to move around the venue
 - lifts
 - transport and parking
 - dementia friendly
 - quiet or safe space
 - sign language
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Other useful information

- [Get Into Newcastle](#) for ideas on where to eat out in Newcastle, special offers and discounts.
- [AccessAble](#) offer information and reviews about accessible venues in the North East to help you plan your visit.
- [What's on North East](#) for ideas and information about upcoming events and activities in the North East.
- [Day Centres article](#) on InformationNOW
- [Chain Reaction](#) is an alternative service to a traditional day centre, and offers short-term support if you are feeling isolated and lonely, or are experiencing mental health difficulties. The aim is to help you to re-connect with sources of support from within your local community.

Last updated: March 28, 2025

Useful Organisations

Alzheimer's Society Newcastle

Email: newcastle@alzheimers.org.uk

Website: <https://www.alzheimers.org.uk/find-support-near-you>

Telephone: 0191 298 3989

Address: Alzheimer's Society – Newcastle Dementia Support (Postal address c/o Alzheimer's Society), PL6 5FS

Shine On (formerly Caring Hands)

Email: contact@shineoncharity.org.uk

Website: <https://www.shineoncharity.org.uk/>

Telephone: 0191 261 5234

Address: Shine On, NE6 5QN

Nourish Food School

Email: hello@nourishfoodschoo.co.uk

Website: <https://www.nourishfoodschoo.co.uk/>

Telephone: 07888280155

Address: Nourish Food School, NE6 5PA

REengage

Email: <https://www.reengage.org.uk/>

Website: www.reengage.org.uk

Telephone: 0800 716 543

Address: 7 Bell Yard, WC2A 2JR

St Anthony of Padua Community Association

Email: admin@anthonycareservices.org.uk

Website: www.anthonycareservices.org.uk

Telephone: 0191 234 5775

Address: Welbeck Road, NE6 3BT

St Martin's Centre

Email: info@stmartinscentre.org.uk

Website: <http://www.stmartinscentre.org.uk>

Telephone: 0191 276 4002

Address: St Martin's Centre, NE6 2RJ

Get Into Newcastle NE1

Email: info@newcastlene1ltd.com

Website: www.getintonewcastle.co.uk

Telephone: 0191 211 3951

Address: Newcastle NE1 Ltd, NE1 1LE

What's on North East

Email: info@whatsonnortheast.com

Website: www.whatsonnortheast.com

Telephone: 03000 261 221

Address: Visit County Durham, DH1 1WA

AccessAble

Email: hello@accessable.co.uk

Website: <https://www.accessable.co.uk/organisations/newcastle-city-council/>

Telephone: 01438 842 710

Address: Unit 7 Arlington Court, SG1 2FS

Healthworks – The Lemington Centre

Email: hwn@hwn.org.uk

Website: <http://www.healthworksnewcastle.org.uk/our-centres/lemington-centre/>

Telephone: 0191 264 1959

Address: The Lemington Centre, NE15 8RZ

Hand in Hand

Email: admin@handinhandproject.org.uk

Website: www.handinhandproject.org.uk

Telephone: 0191 264 1959

Address: Trinity Methodist Church, NE28 8SA

Abbey Court Care Home

Email: abbeycourt@prestwickcare.co.uk

Website: <https://www.prestwickcare.co.uk/our-homes/abbey-court/>

Telephone: 0191 285 1720

Address: Kenton Road, NE3 3UW

KeyRing

Email: kimberley.sanders@keyring.org

Website: <http://www.keyring.org>

Telephone: 07717 784468

Address: KeyRing, SE17 2QB

Royal Voluntary Service (RVS)

Email: tynewearhub@royalvoluntaryservice.org.uk

Website: www.royalvoluntaryservice.org.uk

Telephone: 0191 300 9334

Address: Correspondence to:, NE30 2AY

Silverline Memories

Email: hello@silverlinememories.com

Website: www.silverlinememories.com

Telephone: 0191 603 0095

Address: Dementia Activity Centre, NE3 3BE

St Wilfrid's Parish Church, Newbiggin Hall

Website: <http://www.achurchnearyou.com/newbiggin-hall-st-wilfrid/>

Telephone: 0191 603 0095

Address: St. Wilfreds Vicarage, NE5 4DA

Denton Youth and Community Project

Email: info@dycp.org.uk

Website: <http://www.dycp.org.uk/>

Telephone: 0191 264 7566

Address: Hillhead Road, NE5 1DN

St. Vincent's Centre Newcastle

Email: stvincentsnewcastle@svp.org.uk

Website: <https://www.svp.org.uk/st-vincents-newcastle/>

Telephone: 0191 261 6027

Address: St Vincents Centre Newcastle, NE1 2TQ

Chapel House and District Community Association (CHADCA)

Email: chadca.centre@gmail.com

Telephone: 07758 256 780

Address: CHADCA Centre, NE5 1EG

Heaton Community Centre

Email: heatoncc@hotmail.co.uk

Website: <http://www.heatoncc.org.uk/>

Telephone: 0191 276 6712

Address: Heaton Community Centre, NE6 5LT

Cornerstone Benwell

Email: cornerstonebenwell@gmail.com

Website: www.facebook.com/cornerstonebenwell

Telephone: 0191 226 0941

Address: 62 Armstrong Road, NE4 7TU

West End Women and Girls Centre

Email: info@westendwomenandgirls.co.uk

Website: www.westendwomenandgirls.co.uk

Telephone: 0191 273 4942

Address: The Stephenson Building, NE4 6SQ

Walkerville Community Centre

Email: walkervillecommunitycentre@hotmail.co.uk

Website: <https://walkervillecommunity.wixsite.com/mysite>

Telephone: 0191 262 3147

Address: 6 Pinewood Close, NE6 4SZ

Fawdon Community Centre

Email: esme.reily@newcastlecat.org.uk

Website: <http://www.newcastlecat.org.uk/>

Telephone: 07804828355

Address: Fawdon Park Road, NE3 2PJ

Jenian School of Dancing

Email: info@jenian.co.uk

Website: www.jenian.co.uk

Telephone: 0191 236 5878

Address: Woodlands Hall, NE13 6JR

Skeptics in the Pub

Email: sitp.ncl@gmail.com

Telephone: 0191 236 5878

St Mary Magdalene Church

Email: patcraighead@hotmail.co.uk

Website: <http://www.achurchnearyou.com/longbentonst-mary-magdalene/>

Telephone: 0191 266 2326

Address: St. Mary's Vicarage, NE12 8ST

The Wicker Chair Coffee House & Bistro

Email: julie22@jetnorth.org.uk

Website: <https://www.wickerchaircoffee.org.uk>

Telephone: 07968 184157

Address: Palatine Beds, NE5 5HH

All Saints Church

Email: post@allsaints-gosforth.org.uk

Website: <http://allsaintsgosforth.wixsite.com/all-saints-gosforth>

Telephone: 0191 2130450

Address: West Avenue, NE3 4ES

North East Chinese Association

Email: necancluk@hotmail.co.uk

Website: <http://necauk.org.uk/>

Telephone: 0191 261 8583

Address: 25-27 Stowell Street, NE1 4YB

YMCA Newcastle

Email: enquiries@ymcanewcastle.com

Website: <https://ymcanewcastle.com/>

Telephone: 0191 275 9855

Address: YMCA, NE6 3AB

FoodCycle Byker

Email: Byker@foodcycle.org.uk

Website: <https://www.foodcycle.org.uk/location/newcastle-byker/>

Telephone: 07377 866 316

Address: St Silas' Church, NE6 1DR

FoodCycle Walker

Email: monkchester@foodcycle.org.uk

Website: <https://www.foodcycle.org.uk/location/monkchester/>

Telephone: 07377 866 316

Address: Monkchester Community Centre, NE6 2LJ

Foodcycle Westgate

Email: westgate@foodcycle.org.uk

Website: <https://www.foodcycle.org.uk/location/newcastle-westgate/>

Telephone: 07377 866 316

Address: Westgate Baptist Church, NE4 6QD

The Magic Hat Cafe

Email: info@themagichatcafe.co.uk

Website: <http://www.themagichatcafe.co.uk/>

Telephone: 07522 058381

Address: Magic Hat Cafe, NE1 8AF

Marine Conservation Society

Email: info@mcsuk.org

Website: <https://www.mcsuk.org/>

Telephone: 01989 566017

Address: Overross House, HR9 7US

Mens Pie Club

Email: hello@menspieclub.co.uk

Website: <https://www.menspieclub.co.uk/>

Telephone: 07932378034

Address: Ouseburn Community Centre, NE6 5PA

St George's Church, Jesmond

Email: office@stgeorgesjesmond.org.uk

Website: <http://stgeorgesjesmond.org.uk>

Telephone: 0191 281 1659

St James' Church, Benwell Lane

Email: church@benwellscotswood.com

Website: <https://www.benwellscotswood.com/stjames>

Telephone: 0191 273 5356

Address: Benwell Lane, NE15 6RR

Search Newcastle

Email: info@searchnewcastle.org.uk

Website: www.searchnewcastle.org.uk

Telephone: 0191 273 7443

Address: Carnegie Building, NE4 8XS

Newcastle Deaf Centre

Email: deafcentre@svp.org.uk

Website: <https://svp.org.uk/microsite/svp-deaf-centre-newcastle>

Telephone: 0191 232 4104

Address: Newcastle Deaf Centre, NE4 6EE

Age UK Gateshead in Newcastle

Email: advice@ageukgateshead.org.uk

Website: <https://www.ageuk.org.uk/gateshead/>

Telephone: 0191 477 3559

Address: Age UK Gateshead, NE8 1BX

North East Museums

Email: info@northeastmuseums.org.uk

Website: <https://www.northeastmuseums.org.uk/>

Telephone: 0191 232 6789

Address: Discovery Museum, NE1 4JA

The Tower Cafe Limited

Email: ouseburnpizzaco@gmail.com

Website: <https://towercafe.co.uk/>

Telephone: 07456 274 421

Address: Leazes Park, NE2 4BJ

Big River Bakery

Email: andy@bigriverbakery.com

Website: <https://bigriverbakery.myshopify.com/>

Telephone: 077 4608 6924

Address: Big River Bakery, NE2 1XU

Holy Spirit Church

Website: <http://www.achurchnearyou.com/denton-holy-spirit/>

Telephone: 0191 267 4633

Address: Holy Spirit Church, NE5 2BE

The Chatty Cafe Scheme

Email: jenny@thechattycafescheme.co.uk

Website: <https://thechattycafescheme.co.uk/>

Telephone: 0191 267 4633

Blakelaw Community Centre

Email: esme.reily@newcastlecat.org.uk

Website: <http://www.newcastlecat.org.uk/>

Telephone: 07804828355

Address: Newcastle Community Asset Trust, NE5 3PN

The NewBridge Project

Email: admin@thenewbridgeproject.com

Website: <https://thenewbridgeproject.com/>

Telephone: 07708 195800

Address: The NewBridge Project, NE2 1AL

Telephone: 07708 195800

Pottery Bank Community Centre Ltd

Email: info@potterybankcc.co.uk

Website: <http://new.potterybankcc.co.uk/>

Telephone: 0191 224 2349

Address: Yelverton Crescent, NE6 3SW

Newcastle City Library

Email: information@newcastle.gov.uk

Website: <https://www.newcastle.gov.uk/services/libraries-culture/your-libraries/city-library>

Telephone: 0191 278 7878

Address: City Library, NE1 8AX

The Seven Bridges

Website: <https://thesevenbridges.co.uk/>

Telephone: 0191 278 7878

Address: Dance City, NE1 4BR

Merton Lodge Community Hub

Email: Mertonlodgebenwell@gmail.com

Website: <https://www.facebook.com/groups/mertonlodgecommunitygroup/>

Telephone: 0748 7665 733

Address: Merton Lodge Community Hub, NE4 8JD

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