

## 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](mailto: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 place every 2 weeks in Newcastle City Centre. Come along for a cuppa, chat and meet new people. Contact [ruth.dodds@ageukgateshead.org.uk](mailto: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
- 

## 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](#)
- 

## 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
- 

## 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](mailto: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](mailto: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](mailto: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](http://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](mailto:admin@anthonycareservices.org.uk)

**Website:** [www.anthonycareservices.org.uk](http://www.anthonycareservices.org.uk)

**Telephone:** 0191 234 5775

**Address:** Welbeck Road, NE6 3BT

## **St Martin's Centre**

**Email:** [info@stmartinscentre.org.uk](mailto: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](mailto:info@newcastlene1ltd.com)

**Website:** [www.getintonewcastle.co.uk](http://www.getintonewcastle.co.uk)

**Telephone:** 0191 211 3951

**Address:** Newcastle NE1 Ltd, NE1 1LE

## **What's on North East**

**Email:** [info@whatsonnortheast.com](mailto:info@whatsonnortheast.com)

**Website:** [www.whatsonnortheast.com](http://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](http://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](http://www.royalvoluntaryservice.org.uk)

**Telephone:** 0191 300 9334

**Address:** Correspondence to:, NE30 2AY

## **Silverline Memories**

**Email:** hello@silverlinememories.com

**Website:** [www.silverlinememories.com](http://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](http://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](http://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](mailto: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](mailto:info@jenian.co.uk)

**Website:** [www.jenian.co.uk](http://www.jenian.co.uk)

**Telephone:** 0191 236 5878

**Address:** Woodlands Hall, NE13 6JR

### **Skeptics in the Pub**

**Email:** [sitp.ncl@gmail.com](mailto:sitp.ncl@gmail.com)

**Telephone:** 0191 236 5878

### **St Mary Magdalene Church**

**Email:** [patcraighead@hotmail.co.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto:enquiries@ymcanewcastle.com)

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

**Telephone:** 0191 275 9855

**Address:** YMCA, NE6 3AB

## FoodCycle Byker

**Email:** [Byker@foodcycle.org.uk](mailto: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](mailto: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](http://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

---

## Related Articles

[Day centres and services](#)

[Needs Assessment with Adult Social Care](#)

[Things to do in Newcastle](#)

[Hobbies](#)

[Fitness Activities](#)

[Finding a partner](#)

[Finding friends and Befriending services](#)

[Personal budgets for care and support](#)

[Introduction to Adult Social Care](#)

[Free meals and affordable food in Newcastle](#)