



Focus on Food and Fluid First

County Durham
and Darlington
NHS Foundation Trust

Information on Luncheon Clubs

Darlington Hospital:

Bi-monthly luncheon clubs are hosted at Hollies Restaurant, Darlington Memorial Hospital. Advance booking required. To book or for further details please call 01325 743307.

Age UK County Durham and Age UK Darlington: provides a wide range of groups and activities to promote health and wellbeing, including lunch clubs for people aged 50+ to come together to share good food and good company. For more information contact:

- Durham: Tel: 0191 374 6367. E-mail: info@ageukcountydurham.org.uk
- Darlington: Tel: 01325 362832. Email: info@ageukdarlington.org.uk

This leaflet is under development.
Further information on luncheon clubs will be included.

This leaflet was produced as part of the F4 campaign, Focus on Food and Fluid First at CDDFT, by the Nutrition and Hydration Improvement Team.

Please note this list is not exhaustive and County Durham and Darlington NHS Foundation Trust does not formally endorse these companies

