Promoting health, social care and well-being for adults

Lunch Clubs

Revised January 2017
Eating proper meals regularly is important for health and wellbeing. However sometimes it can seem a lot of effort to prepare a healthy, nutritious meal for yourself, especially if you are on your own.

Your health and well-being:

☐ If your needs change and you require assistance with ordering, storage or cooking of meals, contact Wrexham County Borough Council, Adult Social Care.

Telephone: “Contact Wrexham Office” 01978 292000 or call at the “Contact Wrexham” office, Lord Street, Wrecsam

☐ If you feel that your nutritional needs have or are changing, your weight has suddenly increased or decreased, or you are experiencing excessive thirst, tiredness or an unexplained change in energy levels, please contact your GP.

Luncheon Clubs

Wrexham Council has identified a list of lunch club providers across the County, below.

Whilst the Council may have provided some initial support to some of the lunch clubs in their set-up process the Social Care Department (Social Services) does not contract with, monitor or regulate lunch clubs. Lunch clubs are largely run by voluntary and community organisations, with some organised in community business, for example, pubs, clubs and café's.

Lunch clubs can provide social contact, a nutritious meal, some social and or leisure activity and can be a good source of health and well-being information.

As lunch clubs are set up and run largely by volunteers, the services that are offered and the costs differ across each club. The information below attempts to summarise this information, for example the approximate cost of attendance whether transport is provided etc: However it is recommended that you contact the person responsible for the luncheon club, prior to attending, to verify this information is correct.

The Council is taking a lead role in lunch club development. There may be small one-off grants available to support the development of new lunch clubs and to support existing clubs. It is also hoped that links can be established between lunch clubs and health and well-being activities, including inter-generational activities.

Lunch Clubs are required to comply with the Food Safety Act 1990 and all relevant regulations made there-under. Lunch Clubs should register with the Food Safety Section of Wrexham County Borough Council and seek advice before the Club begins to operate (Telephone: 01978 315750). Following registration, Lunch Clubs will be subject to food safety inspections in order to ensure compliance.

If you are interested in setting up or developing a lunch club and would like some information, please contact:
**January 2017**

Inclusion on this Lunch Club list does not imply or constitute a recommendation

<table>
<thead>
<tr>
<th>Club Name</th>
<th>Lunch Club Venue</th>
<th>Day Provided / Cost</th>
<th>Co-ordinator/Contact Telephone / e-mail</th>
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</thead>
</table>
| **Bronnington / Ty Broughton / Whitewell**     | ‘Horse & Jockey’ Grindley Brook Whitchurch SY13 4QJ | Last Thursday every month  
£6 for 1 course  
£7.50 2 courses  
Tea & coffee free | Booking essential - 7 days before Club  
Mrs Dania Groome  
01948 780414  
jubileelc@btinternet.com |
| **Brymbo Luncheon Club**                       | Brymbo Methodist Chapel High Street Brymbo, LL11 5Bl | Friday, weekly  
11.15 – 2.45  
£4.00 for 2 courses inc tea/coffee/orange | Sylvia Greenaway  
01978 756523  
07939649050 (M)  
brianstapley@talktalk.net |
| **Brynteg Community House Lunch Club**        | Brynteg Community House Cafe 17 Darby Road Brynteg Wrexham | Thursday Fortnightly  
12 – 2  
£4.00 for 3 courses Inc. activities | Eva Jones  
01978 756650  
Irene Thompson  
communityhouse@hotmail.co.uk  
DianeWASP@aol.com |
| **Bwlchgwyn Lunch Club**                       | Village Hall Bwlchgwyn             | 2\textsuperscript{nd} & 4\textsuperscript{th} Tuesday  
12 noon  
NOT IN AUGUST  
£5 for 2 courses & hot drink | Booking essential as venue can change.  
Chris Moore  
01978 758420  
chris.pinelodge@outlook.com  
Jean Rogers  
01978 755271 |
| **Cefn Mawr Luncheon Club**                    | The Old Canteen Activity Centre Plas KynastonLane | Wednesday weekly  
[NOT Christmas fortnight]  
12.30 - 2.00  
£3.00, 2 course, | Booking essential by Tuesday lunch time.  
Kris Morrison  
07531 310335  
01978 821515 |
<p>| <strong>Chirk Methodist Community Lunch Club</strong> | <strong>Chirk Methodist Church Chapel Lane Chirk LL14 5NF</strong> | <strong>1st &amp; 3rd Wednesday each month</strong> | Transport provided on 1st Wed. session 60+ Also a number of places available to neighbouring localities where no Lunch Club currently exists, but no transport would be provided. | Brenda Wilford 01691 778425 <a href="mailto:brendawilford844@btinternet.com">brendawilford844@btinternet.com</a> |
| <strong>Chirk Glyn Wylfa Lunch Club</strong> | <strong>Caffi Wylfa Castle Road Chirk LL14 5BS</strong> | <strong>3rd Thursday, monthly 12.30 for 1 [closed June/ July/ August]</strong> | <strong>£6.50 2 course hot meal + activities [quiz / speaker…]</strong> | Diane Burgess 01691 770460 <a href="mailto:diane_m_burgess@hotmail.com">diane_m_burgess@hotmail.com</a> <a href="mailto:enquiries@glynwylfa.co.uk">enquiries@glynwylfa.co.uk</a> <a href="mailto:administrator@glynwylfa.co.uk">administrator@glynwylfa.co.uk</a> |
| <strong>Coedpoeth Young at Heart Lunch Club</strong> | <strong>Parish Hall Park Road Coedpoeth Wrexham LL11 3TD</strong> | <strong>Friday Weekly 11.00 – dinner served about 12 – finish 2.00 £4 for 2 courses and drinks</strong> | | Gladys Griffiths 01978 757205 <a href="mailto:joycej007@btinternet.com">joycej007@btinternet.com</a> |
| <strong>Glyn Ceiriog Lunch Club</strong> | <strong>Christian Centre New Road Glyn Ceiriog Llangollen LL20</strong> | <strong>Friday Fortnightly £3.50 2 courses 12 – 1.00pm</strong> | | Rowenna Lewis 01691 718796 |
| <strong>Gresford/Marford Lunch Club</strong> | <strong>Mario’s The Old Post</strong> | <strong>Wednesday, weekly 12.15</strong> | <strong>Please book – phone</strong> | Beryl Blackmore |</p>
<table>
<thead>
<tr>
<th>Luncheon Club</th>
<th>Address</th>
<th>Time</th>
<th>Cost</th>
<th>Contact Details</th>
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<tbody>
<tr>
<td><strong>Gwersyllt Luncheon Club</strong></td>
<td>Gwersyllt Community Resource Centre Second Avenue Gwersyllt</td>
<td>Every other Thursday (term time only). 11.30 - 2.00</td>
<td>Cost of meal £5</td>
<td>Gwenfair Jones 01978 755 048 <a href="mailto:gwenfair60@btinternet.com">gwenfair60@btinternet.com</a></td>
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<tr>
<td><strong>Lay Church of Nazarene Luncheon Club</strong></td>
<td>Llay Church of Nazarene Community Hall Nant-y-gaer Road Llay Wrexham LL12 0SG</td>
<td>Wednesday weekly but not school holidays £3.50 for 3 courses £2.50 soup &amp; sweet Meal is at 12 Activity Programme from 9.30am.</td>
<td>Clive Coleclough <a href="mailto:clive.coleclough@btinternet.com">clive.coleclough@btinternet.com</a></td>
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<tr>
<td><strong>Lay ‘Men’s Breakfast Club’</strong></td>
<td>Llay Church of Nazarene Community Hall Nant-y-gaer Road Llay Wrexham LL12 0SG</td>
<td>Last Saturday each month £3.00 Full breakfast, coffee/tea, toast</td>
<td>Dave Cooke <a href="mailto:dave.cooke@teams4u.com">dave.cooke@teams4u.com</a></td>
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<tr>
<td><strong>Marchwiel Lunch Club</strong></td>
<td>Piercy Hall Piercy Avenue Marchwiel Wrexham</td>
<td>last Friday in the month £5 for 2 courses</td>
<td>Gary Sage 01978 314344 <a href="mailto:marchwielvillagehall@hotmail.co.uk">marchwielvillagehall@hotmail.co.uk</a></td>
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<tr>
<td><strong>Marford/Gresford Lunch Club</strong></td>
<td>Mario’s The Old Post Office 23 Chester Road, Gresford LL12 8NB</td>
<td>Wednesday, weekly 12.15 £5 2 course roast dinner</td>
<td>Please book – phone Mario’s 01978 501712</td>
<td>Beryl Blackmore 01978 855691 <a href="mailto:lindmore@hotmail.co.uk">lindmore@hotmail.co.uk</a></td>
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<tr>
<td>Club Name</td>
<td>Lunch Club</td>
<td>Day Provided / Cost</td>
<td>Co-ordinator/Contact</td>
<td>Telephone / e-mail</td>
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<td><strong>Overton</strong></td>
<td>The White Horse Lunch Club</td>
<td>Monthly: 2\textsuperscript{nd} Wednesday</td>
<td>Mrs Gwyneth Austin</td>
<td>01978 710672</td>
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<tr>
<td><strong>Penley</strong> Rainbow Centre Lunch Club</td>
<td>Penley Rainbow Centre Lunch Club</td>
<td>1\textsuperscript{st} Thursday of each month lunch 12.30 £5.50 for 2 courses</td>
<td>Geraldine Vaughan</td>
<td>01948 830730 <a href="mailto:geraldinev@penleyrainbowcentre.co.uk">geraldinev@penleyrainbowcentre.co.uk</a></td>
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<tr>
<td><strong>Penycae</strong> Luncheon Club</td>
<td>‘Hampden Arms’, Acrefair, Wrexham</td>
<td>Friday, weekly. 12.00 - 3.00 2 course meal for £5.00</td>
<td>Geoff Edwards</td>
<td>01978 845214 <a href="mailto:geoffedwards@talktalk.net">geoffedwards@talktalk.net</a></td>
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<tr>
<td><strong>Plas Madoc Communities First Lunch Club</strong></td>
<td>Duke of Wellington Pub Lunch Club</td>
<td>Monday, weekly 12.00 - 2.00 £5.00 for 2 courses</td>
<td>Duke of Wellington Pub 01978 820000</td>
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<tr>
<td><strong>Rossett</strong></td>
<td>Presbyterian Church Hall Lunch Club</td>
<td>2\textsuperscript{nd} Tuesday 12.30pm £2 Soup course, pudding, tea/coffee</td>
<td>Mike Thompson 01244 570723</td>
<td><a href="mailto:mikepvr@live.com">mikepvr@live.com</a></td>
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<td>Venue</td>
<td>Venue Details</td>
<td>Notes</td>
<td>Contact Information</td>
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<td><strong>Acton</strong></td>
<td><strong>Acton</strong> Community Centre 2nd and 4th Friday in the month</td>
<td><strong>book in advance by Monday evening before lunch date</strong></td>
<td>Lynn Williams [Centre Manager] 01978 359795</td>
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<td>Acton Park Lunch Club</td>
<td>Overton Way Acton 12.00-1.30 Cost of meal £3.50</td>
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<td><a href="mailto:ActonCommunityResource@wrexham.gov.uk">ActonCommunityResource@wrexham.gov.uk</a></td>
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<td><strong>Borras Park</strong></td>
<td><strong>Borras Park Evangelical Church</strong> Thursday</td>
<td><strong>Rev. Mark Thomas 01978 314692</strong></td>
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<td>Evangelical Church Luncheon Club</td>
<td>Jeffreys Road Borras Park LL12 7PG</td>
<td><strong>Mike O’Brien 01244 571323 <a href="mailto:mob@borraparkchurch.org.uk">mob@borraparkchurch.org.uk</a></strong></td>
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<td><strong>Caia Park</strong></td>
<td><strong>Deva House</strong> Deva Way Caia Park Wrexham LL13 9EU</td>
<td><strong>Kath Riley 01978 355971 <a href="mailto:kath.riley@caiapark.org">kath.riley@caiapark.org</a></strong></td>
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<td>Deva House Lunch Club</td>
<td>Monday – Friday Weekly 12.30 £6.00 2 courses Transport locally – costing £4 Centre open 9.30 – 3.30</td>
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<td><strong>Caia Park</strong></td>
<td><strong>St Mark’s Church</strong> St Mark’s Church Bryn Eglwys Rd</td>
<td><strong>Sandra Haskey 01978 362684 <a href="mailto:sandra.haskey@aol.co.uk">sandra.haskey@aol.co.uk</a></strong></td>
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<td>St Mark’s Church Lunch Club</td>
<td>Caia Park Wrexham monthly £3.50 for 2-courses</td>
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<td><strong>Temporarily Closed</strong></td>
<td><strong>Garden Village Bethel Presbyterian Church</strong></td>
<td><strong>Jill Morris 01978 855267 <a href="mailto:jmorris661@btinternet.com">jmorris661@btinternet.com</a> Janet Davies 01978 355762</strong></td>
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<td>Lunch Club</td>
<td>Kenyon Avenue Garden Village Wrexham 12.15 – 1.45 £3.00 2 courses plus Tea or Coffee</td>
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<td>Location</td>
<td>Club Details</td>
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<td>Contact Details</td>
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<td><strong>Garden Village</strong></td>
<td><strong>St Margaret’s Lunch Club</strong>&lt;br&gt;St Margaret’s Church&lt;br&gt;Chester Road&lt;br&gt;Garden Village&lt;br&gt;Wrexham</td>
<td>Tuesdays [2(^{nd}) &amp; 4(^{th})]&lt;br&gt;[not August or late December]&lt;br&gt;12.00-2.30&lt;br&gt;£3 for 2 courses with cup of tea</td>
<td>Steve Cannon&lt;br&gt;01978 311380&lt;br&gt;<a href="mailto:stevecannon@clara.co.uk">stevecannon@clara.co.uk</a></td>
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<td><strong>Hightown</strong></td>
<td><strong>Community Centre Lunch Club</strong>&lt;br&gt;Hightown Community Centre&lt;br&gt;Wrexham</td>
<td>Weekly, Wednesday&lt;br&gt;12.00 - 1.45&lt;br&gt;Cost of meal £3.70&lt;br&gt;Followed by Pensioners Club until 3.40pm</td>
<td>Mr Allan Atkinson&lt;br&gt;01978 350152&lt;br&gt;07901820910&lt;br&gt;<a href="mailto:allanatkinson3927@outlook.com">allanatkinson3927@outlook.com</a></td>
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<td><strong>Hightown</strong></td>
<td><strong>Sylvester Court Lunch Club</strong>&lt;br&gt;Sylvester Court&lt;br&gt;Hightown&lt;br&gt;Wrexham&lt;br&gt;LL13 8QN</td>
<td>Wednesday&lt;br&gt;Fortnightly&lt;br&gt;12.30 for 1.00&lt;br&gt;£3 for 2 courses</td>
<td>Dianne Hughes&lt;br&gt;Scheme Manager at Sylvester Court&lt;br&gt;01978 351039&lt;br&gt;<a href="mailto:dianne.hughes@wwha.co.uk">dianne.hughes@wwha.co.uk</a></td>
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<td><strong>Rhosddu</strong></td>
<td><strong>Good Companion Lunch Club</strong>&lt;br&gt;The Salvation Army&lt;br&gt;Garden Road&lt;br&gt;Rhosddu&lt;br&gt;Wrexham&lt;br&gt;LL11 2NU</td>
<td>Wednesday&lt;br&gt;Weekly&lt;br&gt;12.15 onwards&lt;br&gt;£3 for 2 courses&lt;br&gt;Tea &amp; Coffee</td>
<td>Sally Ellinson&lt;br&gt;01978 311076</td>
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<td><strong>King Street</strong></td>
<td><strong>Trinity Church Lunch Club</strong>&lt;br&gt;Trinity Presbyterian Church Hall&lt;br&gt;King Street&lt;br&gt;Wrexham&lt;br&gt;LL11 1SE</td>
<td>Tuesday&lt;br&gt;weekly&lt;br&gt;12.00 – 1.30&lt;br&gt;£3.00 for 2 courses&lt;br&gt;Tea or Coffee</td>
<td>Pamela Davies&lt;br&gt;01978 290241&lt;br&gt;<a href="mailto:minister@trinitywrexham.org.uk">minister@trinitywrexham.org.uk</a></td>
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</table>
| **Regent Street**  
Wrexham Methodist Church Lunch Club | Wrexham Methodist Church Regent Street  
Wrexham LL11 1RY | Wednesday weekly  
12.30  
£4-00 for two courses plus Tea and coffee  
Hopefully, some activities after meal. | Jenny Benyon  
01978 265505  
jennybenyon717@btinternet.com  
rgbrown9@talktalk.net |
|---|---|---|---|
| **Temple Row**  
St Giles Parish Church Lunch Club | St Giles Parish Church Temple Row  
Wrexham | Thursday Fortnightly,  
12 noon,  
£3.50 for 2 courses | Stella Whitham  
01978 355808  
[Parish Office]  
stellawhitham@gmail.com |
| **VIEW Lunch Club**  
Visually Impaired Endeavours in Wrexham | Phone before Club – as club meets in different places. | First Tuesday of every month  
12.00- 2.00  
Menu | Jennifer Rainsbury  
01978 358738  
John Davies 07896657285  
nigelandjennifer@rainsbury.plus.com  
davies50@btinternet.com |
| **ICAN Lunch Club**  
Independent Connected Active Network | Acton Community Resource Centre  
Overton Way Acton  
Wrexham LL12 7LB | 1st Friday only;  
10-12.30pm.  
2-course hot meal, unlimited tea, coffee, biscuits  
£10 INCLUDES ACTIVITIES | Lindsay Sullivan  
0845 0549969  
LSullivan@acnew.org.uk |

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**Hot Meal Delivery**

**apetito Ltd**  
apetito Ltd can provide and deliver nutritious hot meals every day across Wrexham, as well as being able to cater for a number of special dietary requirements.

- Tel: 0808 271 6600

**Deva House Day Centre**, Deva Way, Wrexham, LL13 9EU can deliver hot meals within Caia Park, Hightown, Acton and Borras.
Frozen Meal Delivery
It is possible to buy a week (or a fortnight's) supply of nutritionally balanced frozen meals, delivered to your home, which you can then reheat in a microwave or conventional oven.

You choose the meals you would like from a brochure or from the delivery company's website. Two companies which operate in the local area are:

**Wiltshire Farm Foods**
- Tel: 0800 773 3100
- www.wiltshirefarmfoods.com

**Oakhouse Foods**
- Tel: 0333 370 2517 [Wrexham Branch]
- Email: wrexham@oakhousefoods.co.uk
- www.oakhousefoods.co.uk