

# **Social and Friendship Groups for 50+ in Sunderland - 2026**



**Washington:** East, West, North, South, Central

**North:** Castle, Redhill, Southwick, Fulwell, St Peter's

**East:** Millfield, Hendon, St Michael's, Ryhope, Doxford

**Coalfields:** Shiney Row, Houghton, Copt Hill, Hetton

**West:** St Anne's, Pallion, Barnes, Sandhill, St Chad's, Silksworth

## Social and Friendship Groups - Monday

Location	Class	Venue	Time	Charge	Contact
West	Men's Group	Silksworth Youth and Community Centre	10.00am	Free	01915238000
West	Active Social: Tea & Chat	Broadway Community Centre, SR4 8LP	2.30pm	Free	0191 516 6083
East	Coffee Morning	Sunderland Mind Wellbeing Hub, SR1 2BB	10.30am	£1.50	01915657218
East	Lunch Club	Age UK Sunderland, Bradbury Centre Stockton Road	10.30am	£7.00	01915659045
East	Art and Chat Club	Age UK Sunderland, Bradbury Centre Stockton Road	10.30am	£3.00	01915659045
East	Lunch Club	Robert Wheatman Court Grangetown (Age UK Sunderland)	12.00 noon	£7.00	01915659045
Washington	Craft Group	Lambton Community Hub	12.30pm	£3.00	07958112061
Washington	Adult Art Class	Lambton Community Hub	10.00am	Free	07958112061
Washington	Men's Group	Washington Millennium Centre	1.00pm	Free	07784283609
North	Lunch Club	St Columba Cornhill Road Southwick (Age UK Sunderland)	11.00am	£7.00	01915659045
North	Food Social	Roker United Reformed Church	12.00pm	Free	07456946504

## Social and Friendship Groups - Tuesday

Location	Class	Venue	Time	Charge	Contact
East	Man Talks	Sunderland Mind Wellbeing Hub, SR1 2BB	10.30am	£1.50	01915657218
East	Lunch Club	Age UK Sunderland Bradbury Centre, SR2 7AQ	10.30am	£7.00	01915659045
East	Happy Singers Choir	Age UK Sunderland Bradbury Centre, SR2 7AQ	11.45am	£3.00	01915659045
East	Craft Club	Age UK Sunderland Bradbury Centre, SR2 7AQ	12.30pm	£3.00	01915659045
East	Family Fabric Creation	Sunderland Mind Wellbeing Hub, SR1 2BB	5.00pm	£1.50	01915657218
West	Coffee, Cack & Warm Space	Silksworth Youth and Community Centre	10.00am	Free	01915238000
West	Stroke Support Group	St Aldates Court, Grindon, SR4 9LT ( <b>Fortnightly</b> ) (Age UK Sunderland)	1.00pm	£3.00	01915659045
West	Social Supper (last Tues of month)	Broadway Community Centre, SR4 8LP	5.00pm	£7.00	01915166083
North	Walking Group	Beacon of Light Foyer, (Age UK Sunderland)	10.45am	£3.00	01915659045
North	Lunch Club	Castledene Court Hylton Castle, (Age UK Sunderland)	11.00am	£7.00	01915659045
North	Cooking on a Budget	Austin House	11.00am	Free	01915618272
North	Knit & Chat	Austin House	11.30am	Free	01915618272
North	Crafty 49ers	Austin House	12.30pm	Free	01915618272
North	Chit and Chat	Beacon of Light	2:00pm	Free	01915634749
North	Crafternoon	Roker United Reformed Church	2.00pm	Free	07483872325
North	Model Men	Roker United Reformed Church	2.00pm	Free	07483872325
Washington	Lunch Club	Donwell Care Home, Donwell, Washington, NE37 1EE (Age UK Sunderland)	11.00am	£7.00	01915659045

## Social and Friendship Groups - Wednesday

Location	Class	Venue	Time	Charge	Contact
East	Women's Walk & Talk	Sunderland Mind Wellbeing Hub, SR1 2BB	10.00am	£1.50	01915657218
East	Lunch Club	Age UK Sunderland Bradbury Centre, SR2 7AQ	10.30am	£7.00	01915659045
East	Cuppa & a Chat	Sunderland Mind Wellbeing Hub, SR1 2BB	1.00pm	£1.50	01915657218
East	Everlasting Memories Grif & Loss Support group	Sunderland Mind Wellbeing Hub, SR1 2BB	1.00pm	£1.50	01915657218
North	Over 55's coffee and activity	Beacon of Light	10:00am	£2.00	01915634749
North	Wear Together Hub	Beacon of Light	10:00am	£2.00	01915654749
North	Art Class	Austin House	10.00am	Free	01915618272
North	Senior Friendship Club	Austin House	11.30am	Free	01915618272
North	Groovy Gardeners	Roker United Reformed Church	12.00pm	Free	07456946504
North	Singing for Fun	Roker United Reformed Church [HOPS]	12.00pm	£4.00 discounts available	01915483722
West	Lunch Club	Silksworth Youth and Community Centre	12.00pm	Book in advance	0191 5238000
West	Day Club - Chat, Games	St Aldates Court Grindon, SR4 9LT (Age UK Sunderland)	12.30pm	£3.00	01915659045
Coalfields	Lunch Club	Philadelphia Cricket Club Bunker Hill Houghton, (Age UK Sunderland)	11.00am	£7.00	01915659045
Coalfields	Lunch Club	Myre Hall Houghton Le Spring (Age UK Sunderland)	11.00am	£7.00	01915659045
Coalfields	Carers' Time Out	The Old Rectory [HOPS] ( <b>4<sup>th</sup> Friday of the month</b> )	10.30am	Free	01915483722
Coalfields	Carers' Coffee Morning	The Old Rectory [HOPS] ( <b>2<sup>nd</sup> Friday of the month</b> )	10.30am	Free	01915483722

Please note that these details are provided as a courtesy. Sunderland City Council assumes no responsibility for any agreements made between you and an organisation or individual on this list. Before going along for the first time, you are strongly encouraged to contact the appropriate organisation to ensure that the details provided are up to date. If your organisation would like to have its activities added to this list, please send the relevant details to [pradeep.chockalingam@sunderland.gov.uk](mailto:pradeep.chockalingam@sunderland.gov.uk)

## Social and Friendship Groups - Thursday

Location	Class	Venue	Time	Charge	Contact
East	Fabric Creation	Sunderland Mind Wellbeing Hub, SR1 2BB	10.00am	£1.50	01915657218
East	Lunch Drop-in (2 Course meal)	Sunderland Mind Wellbeing Hub, SR1 2BB	10.30am	£3.50	01915657218
East	Lunch Club	Age UK Sunderland Bradbury Centre, SR2 7AQ	11.00am	£7.00	01915659045
East	Lunch Club	Nelson Close, Toward Road, SR2 8EA (Age UK Sunderland)	12.30pm	£7.00	01915659045
East	Wellbeing Crafts	Sunderland Mind Wellbeing Hub, SR1 2BB	1.00pm	£1.50	01915657218
North	Pit yard Reminisce	The Beacon of Light (Age UK Sunderland)	10.00pm	£3.00	01915659045
North	Cooking on a Budget	Austin House	11.00am	Free	01915618272
Coalfields	Social Bowls	Houghton Sports & Wellness Centre	9.00am	£1.10	01915843840
Coalfields	Moorsley Hut	Moorsley Road, Houghton Le Spring DH5 0ED	10.30 am	Contact venue for cost	07581183912
West	Women's Group	Silksworth Youth and Community Centre	10.00am	Free	01915238000
Washington	Crochet Workshop	Lambton Community Hub	10.30am	£3.00	07958112061
Washington	Lunch Club	Woodridge Gardens Oxclose (Age UK Sunderland)	11.00am	£7.00	01915659045
Washington	Adult Art Class	Lambton Community Hub	1.00pm	Free	07958112061

## Social and Friendship Groups - Friday

Location	Class	Venue	Time	Charge	Contact
West	Coffee morning	Silksworth Youth and Community Centre	10.00am	Free	01915238000
West	Music Memories & More	Broadway Community Centre	10.00am	Free	01915166083
West	Day Club	British Legion Vane Street Silksworth, SR3 1HW (Age UK Sunderland)	13:00pm	£3.00	01915659045
East	Friday Friends	Age UK Sunderland Bradbury Centre, SR2 7AQ	10:00am	£3.00	01915659045
East	Domino Group	Age UK Sunderland Bradbury Centre, SR2 7AQ	10.00am	£3.00	01915659045
East	Veterans support Group	Age UK Sunderland Bradbury Centre, SR2 7AQ	10.00am	£3.00	01915659045
East	Lunch Club	Age UK Sunderland Bradbury Centre, SR2 7AQ	10.00am	£7.00	01915659045
East	Friday Sing ~ a~ long	Age UK Sunderland Bradbury Centre, SR2 7AQ	12.30pm	£3.00	01915659045
East	Music Makers	Age UK Sunderland Bradbury Centre, SR2 7AQ	13:00pm	£3.00	01915659045
East	Knitting Group	Age UK Sunderland Bradbury Centre, SR2 7AQ	13:30pm	£3.00	01915659045
East	Scrabble Group	Age UK Sunderland Bradbury Centre, SR2 7AQ	14.00pm	£3.00	01915659045
Washington	Day Club - Chat, Bingo	Donwell Care Home, Donwell, Washington, NE37 1EE (Age UK Sunderland)	12.00noon	£3.00	01915659045
Washington	Lunch Club	Lambton Community Hub	12.30pm	£3.00	07958112061
Coalfields	Day club - Chat, Games	Gillwood Court , Station Rd, Houghton-Le-Spring, DH4 7LQ <b>(Fortnightly)</b> Age UK Sunderland	10.30am	£3.00	01915659045

## Social and Friendship Groups - Saturday

Location	Class	Venue	Time	Charge	Contact
West	Cuppa & Chat	Silksworth Park Tea Pavilion	12.00pm	Free	01915238000
Coalfields	Circle Dance	The Kepier Hall, Church St, Houghton le Spring DH4 4DN <b>(Monthly once from 3<sup>rd</sup> of January 2026)</b> [HOPS]	1.30 pm	£4.00 discounts available	01915483722

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