



The Food Hub @ Hilldrop

Tuesday Lunch Club & Socials

Keep Warm. Keep Healthy. Stay informed.

Join us on Tuesday mornings for tea & coffee and a FREE HOT LUNCH served at 12.30pm.

We're here to provide a supportive environment in which to relax, share problems and have a healthy meal. Guests are welcome to get involved in our Tuesday craft activities and we will be inviting partner organisations in to provide information & advice sessions.



Tuesdays (term-time) from 10am to 3pm
Tea & Coffee served from 10am. Lunch served from 12.30pm

Drop-in and register. No need to book.

For more information email: elaine@hilldrop.org.uk or call
020 7607 9453

Hilldrop Community Centre, Community Lane, Hilldrop Road N7 0JE
0207 607 9453 www.hilldrop.org.uk

Join us on Tuesdays at Hilldrop Community Centre for a programme of activities, speakers & advice sessions. FREE LUNCH served at 12.30 / Tea & coffee available from 10am.

Drop in and sign up. No need to book.

DATE	Details
13 th September	10-12 Arts and Crafts – Needle Felting 1/3 12:30 Lunch 1:30-2:30 Easy Exercise with Caroline
20 th September	10-12 Arts and Crafts – Needle Felting 2/3 12:30 Lunch <i>1.30-2.30 Games and Chat tbc</i>
27 th September	10-12 Arts and Crafts – Needle Felting 3/3 12:30 Lunch <i>1.30-2.30 Games and Chat : SHARED LIVES CAMDEN</i>
4 th October	10-12 Arts and Crafts – Decorating the main hall for AGM 12:30 Lunch <i>1.30-2.30 Games and Chat tbc</i> 7pm Annual General meeting – all welcome – Supper provided
11 th October	10-12 Arts and Crafts – Hand Embroidery 1/3 12:30 Lunch 1:30-2:30 Easy Exercise with Caroline
18 th October	10-12 Arts and Crafts – Hand Embroidery 2/3 12:30 Lunch <i>1.30-2.30 Games and Chat tbc</i>
CLOSED for Half Term	
1 st November	10-12 Arts and Crafts – Hand Embroidery 3/3 12:30 Lunch <i>1.30-2.30 Games and Chat tbc</i>
8 th November	10-12 Arts and Crafts – Christmas Cards and Paper Craft 1/3 12:30 Lunch <i>1.30-2.30 Games and Chat: NORTH LONDON CARES</i>
15 th November	10-12 Arts and Crafts – Christmas Cards and Paper Craft 2/3 12:30 Lunch 1:30-2:30 Easy Exercise with Caroline
22 nd November	10-12 Arts and Crafts – Christmas Cards and Paper Craft 3/3 12:30 Lunch <i>1.30-2.30 Games and Chat tbc</i>
29 th November	10-12 Arts and Crafts – Fabric gifts and decorations 1/3 12:30 Lunch <i>1.30-2.30 Games and Chat tbc</i>
6 th December	10-12 Arts and Crafts – Fabric gifts and decorations 2/3 12:30 Lunch <i>1.30-2.30 Games and Chat tbc</i>
13 th December	10-12 Arts and Crafts – Fabric gifts and decorations 3/3 12:30 Lunch 1:30-2:30 Easy Exercise with Caroline
20 th December	10-12 Decorating the Hall and Preparing for Lunch 12:30 Christmas Lunch and celebrations till 3pm