



# **RADYR AND MORGANSTOWN**

## **LUNCH CLUB**

**Radyr and Morganstown Community Council, working with Age Connects Cardiff, have restarted the Lunch Club for those over the age of 50 in the area at the Ty Nant in Morganstown and it has had a number of successful meetings.**

**It has been decided to hold it every two weeks for the time being. The meetings for Feb and March will therefore be held on:**

**Friday Feb 16<sup>th</sup>**

**Friday March 2<sup>nd</sup>**

**Friday March 16<sup>th</sup>**

**Friday March 30<sup>th</sup>**

**Volunteer drivers will be available to take you to and from the meal and there will full wheelchair access.**

**Main meals vary in price from £3.99 to £6.50**

- You may wish to attend**
- You may be able to give up a little time to volunteer, either as a driver or to host**

**In either case, please contact Martin Smidman, Volunteer Manager at Age Connects Cardiff and the Vale:**

**Telephone:**

**07870 988381**

**Email: [martin.smidman@ageconnectscardiff.org.uk](mailto:martin.smidman@ageconnectscardiff.org.uk)**