



**DO YOU ENJOY A FRIENDLY CHIT CHAT?  
DO YOU ENJOY COACH HOLIDAYS IN THE UK?**

**If you answered yes to at least one then....  
BRING A FRIEND TO OUR COFFEE  
MORNING**

**AT CAFÉ NO. 26, STOCKTON ROAD, SUNDERLAND  
ON THURSDAY 21<sup>ST</sup> JANUARY 2010 FROM  
10AM TILL 12PM**

**We would be very pleased if you would join us and bring a friend to our  
Coffee Morning**

The object of this event is to introduce a friend or neighbour who does not get out of the house very much, who may be lonely and just needs some company for a couple of hours. It is also a chance to find out about some of the great UK coach holidays on offer at Age Concern Sunderland

It would be great if everyone could bring someone along (or several people!) and make this a wonderful event. However, if you are unable to bring someone on this occasion, please do still come and join us for a chat and a cuppa!!

**Everyone will receive a FREE cake or homemade scone with the purchase of their cup of tea or coffee!**

Please ring Carly to let us know if you will be coming on 0191 514 8324

**We look forward to seeing you!**

The four national Age Concerns in the UK have joined together with Help the Aged to form new national charities dedicated to improving the lives of older people.

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Great holidays made easy

## (MORECAMBE & THE LAKES)

(Direct By coach)  
(Monday 17<sup>th</sup> to Friday 21<sup>st</sup> May 2010)  
(5 days only £229 per person)

## (HIGHLANDS SPECTACULAR)

(Direct By coach)  
(Sunday 13<sup>th</sup> to Thursday 17<sup>th</sup> June 2010)  
(5 days only £239 per Person)

## (LINCOLNSHIRE ESCAPE)

(Direct By coach)  
(Friday 8<sup>th</sup> to Monday 11<sup>th</sup> October 2010)  
(4 days only £159 per person)

## (BLACKPOOL TURKEY & TINSEL)

(Direct By coach)  
(Friday 19<sup>th</sup> to Monday 22<sup>nd</sup> November 2010)  
(4 days only £149 per person)

Please contact us for details: **0191 514 1131**

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