

Information to support you to access meals

Here is a summary of some local and national meal services you may wish to consider. Warwickshire County Council cannot endorse any of these services and the list is not exhaustive, you may find there are other options more suited to your individual needs available in your area. Please note all efforts have been made to ensure the information below is correct, however there may be changes when you make contact.

Meal Delivery Services

There are some meal delivery services that are providing services nationally you may wish to consider. You can purchase recipe kits with all the ingredients for you to prepare your own meals or have frozen or chilled ready meals delivered. Prices vary from around £4 per meal.

Some examples include:

- Wiltshire Farm Foods (frozen meals) (tel: 0800 077 3100)
<https://www.wiltshirefarmfoods.com/>
- Parsley Box (microwaveable meals) (tel: 0131 326 0131)
<https://www.parsleybox.com/>
- HelloFresh (meal recipe kits) (tel: 020 7138 9055)
<https://www.hellofresh.co.uk/>
- Gousto (meal recipe kits) (tel: 020 3011 1002)
<https://www.gousto.co.uk/>
- AllPlants (vegan meals) (tel: 0208 068 1700)
<https://allplants.com/>
- Bare Nutrition (chilled meals) (tel: 07564 908128)
<https://www.thebarenutrition.co.uk/>
- [Prep Perfect](https://www.prepperfect.co.uk/) (tel: 0116 276 0222)
<https://www.prepperfect.co.uk/>
- Mindful Chef (tel: 020 3950 0455)
<https://www.mindfulchef.com/>

Ediblelinks

Nuneaton and Bedworth Healthy Living Network Ediblelinks delivers chilled food twice a week to Nuneaton Bedworth and North Warwickshire please call 01827 715125 to find out more.

*Please note this list is not exhaustive and **Warwickshire County Council cannot endorse these services**. There are others on the market you may wish to consider. The information was correct at the time of collation but may change.*

Day Centres

Day centres may be an alternative to some customers who can access them. These provide a chargeable service and can include meals for those who attend. The following day centres are currently in operation.

Centre name	Address	Contact details
Khair in the Community	Edward Street Community Centre 120 Edward Street Nuneaton CV11 5RD	Centre co-ordinator: Abeda Vorajee Email address: kitc_kitc@hotmail.co.uk Telephone: 024 7767 8612
Satkaar Asian Elders Day Care Services	17a-17b Queensway Trading Estate Queensway Leamington Spa CV31 3LZ	Centre co-ordinator: Mrs Kalia Email address: satkaar@btconnect.com Telephone: 01926 315191
Sikh Mission Day Centre	Sikh Mission Day Centre Sikh Mission Resource Centre Unit 1 1 Marlborough Road Nuneaton CV11 5PG	Centre co-ordinator: Gurmit Pahal Email address: sikhmission@hotmail.co.uk Telephone: 024 7637 0014
Waverley Day Centre	65 Waverley Road Kenilworth CV8 1JL	Centre co-ordinator: Anne Cross Email address: waverley@keepitgood.com Telephone: 01926 852365

Dementia Day Centres Lunch Clubs

If you or your family member is living with Dementia, there are Dementia Day centres which provide lunch to those who attend there may be a charge. Please visit <https://www.ageuk.org.uk/services/in-your-area/day-centres/> or for more information call the Age UK Advice line **0800 678 1602**. Open 8am to 7pm, every day of the year.

Food couriers

Local restaurants, pubs or takeaways may have a delivery service for meals ordered daily. There are also food couriers such as Uber Eats, Just Eats and Deliveroo.

Supermarkets

Most major supermarkets offer a delivery service for groceries including frozen or chilled ready meals if you order above a certain amount.

Other help available

You may be able to access additional support depending on your individual need.

The following links provide some information on types of support that you may be able to access:

- Cost of Living support is available including support with food and energy costs www.warwickshire.gov.uk/costofliving
- **Caring Together Warwickshire** is the new carer wellbeing support service to support those who care for someone such as a family member who is vulnerable or has an illness or disability. For full information on carer support including referral to foodbanks visit www.caringtogetherwarwickshire.org.uk or **freephone 0800 197 5544**.
- If you or someone you care for is affected by Dementia support is available at **Dementia Connect**, please phone - **0333 150 3456** or Email - dementia.connect@alzheimers.org.uk. This service is provided by Alzheimer's Society and funded by Warwickshire County Council. For more information **visit** <https://dementia.warwickshire.gov.uk>
- **Your local Citizens Advice Bureau** may be able to advise you on financial support available to you and make a referral to foodbanks if needed. The national advice line is **0800 144 8848**.

Foodbanks

Most foodbanks operate on a voucher system and require you to have a referral from a professional like Citizens Advice, your GP (General Practitioner) or carer service. For information on your local Foodbanks and which is closest to you, please visit www.warwickshire.gov.uk/foodbanks.

Useful Foodbank telephone numbers include:

- North Warwickshire - 01827 718322
- Nuneaton & Bedworth - 07842 074987
- Rugby - 07557 680019
- Warwick - 07850 293383
- Stratford-on-Avon - 07736 929 029

NHS

If you need advice on Eating Well the NHS has some useful tips <https://www.nhs.uk/live-well/eat-well/>

Trussel Trust

Trussel Trust is a national charitable organisation that can support vulnerable people with access to food. Call the national help line 0808 208 2138 or visit <https://www.trusselltrust.org/get-help/>