

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.

If the general suggestions below are not suitable to you or your family member please contact the council's Customer Service centre for social care support advice and/or referral on 01926 410410 as soon as possible.

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/>

- Mindful Chef (tel: 020 3950 0455)

<https://www.mindfulchef.com/>

Meal options in the Community

Here are some options to consider to access meals in your local community. This list is not exhaustive and there may be others available closer to you. Good places to start is your local faith groups, local cafes and lunch clubs. If you access services, they may be able to give information on meal options in your area. **For most of these there is a charge and there is usually not a delivery option.**

The following table are examples of meal options in the different locality areas there may be others in your area.

Locality	What's on offer/ Location	Opening times and contact
Nuneaton, Bedworth and North Warwickshire	Nuneaton and Bedworth Healthy Living Network Ediblelinks delivers chilled food twice a week as well as social supermarket to Nuneaton Bedworth and North Warwickshire	Phone 01827 715125 to find out more.
	Camp Hill (Mobile) Community Pantry www.thecommunitypantry.org.uk/ Location: Cedar Road, Camp Hill, Nuneaton, CV10 9DL.	Open on Fridays 12pm to 4pm Phone 01926 350 800 hello@thecommunitypantry.org.uk
	New Arley (Mobile) Community Pantry, www.thecommunitypantry.org.uk/ Location: Gun Hill, New Arley, Nuneaton, CV7 8HA.	Open on Thursdays 11am to 3pm Phone 01926 350 800 hello@thecommunitypantry.org.uk
	Wembrook Community Centre provides meals are usually a bowl of soup and a roll for a donation based, pay what you can afford. Location: Donnithorne Ave, Nuneaton CV11 4QL	Every Wednesday at 11:30 am. Phone 024 7632 8364
	The Bedworth Community Grocery is available to support families in Bedworth. For an annual fee of around £5 members can shop for redistributed surplus, food, fresh fruit and vegetables, canned foods. Website: https://communitygrocery.org.uk/bedworth/ Location: The Harbour Centre 12 Congreve Walk, Bedworth. CV12 8LY	Opening Times: Mon, Tues, Thurs, Fri 9:30am – 4:15pm, Wed: 9:30am – 6:00pm, Phone 02477 331511 Email: bedworth@communitygrocery.org.uk .
Rugby	The Hub Café at the Rugby Methodist Church Centre sells drinks, snacks, lunches and delicious cakes. Location: Russelsheim Way, Rugby, CV22 7TB	Opening Times: Tues - Thurs 10am – 2pm Fri 10am – 12pm Phone: 07541 754209

	<p>Thirteen Bells Café at the St Andrews Church, sells a selection of hot and cold snacks, tea, cakes, soups and rolls</p> <p>Location: Church Street, Rugby, CV21 3PT</p>	<p>Opening Times: Mon, Tues and Fri 10am-2pm and Sat until 12 noon</p> <p>Phone 01788 565609</p>
South Warwickshire	<p>The Gap Community Centre in Warwick runs a lunch club.</p> <p>Location: Oakwood Grove, Warwick, CV34 5TD</p>	<p>every Wednesdays 10am – 1pm for £5.</p> <p>Phone 01926 494200</p>
	<p>Lillington Community Pantry</p> <p>www.thecommunitypantry.org.uk/</p> <p>Location: Pound Lane, Leamington Spa CV32 7RT.</p>	<p>Open on Thurs and Fri 11am to 3pm.</p> <p>Phone 01926 350 800 hello@thecommunitypantry.org.uk</p>
	<p>VASA is a South Warwickshire–based charity that offers lots of support such as community café and a memory club that includes lunch. Please contact to find out which days and services that may help you.</p>	<p>Phone 01789 613457 hello@vasa.org.uk</p>

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

Food Delivery

Local restaurants, pubs or takeaways may have a delivery service for meals ordered daily. They may also use online food delivery/courier services.

Supermarkets

Most major supermarkets offer a delivery service for groceries including frozen or chilled ready meals if you order above a certain amount. Online food delivery/courier services can also deliver groceries from some supermarkets. Please check your local supermarket for what they may offer.

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 Eating Well Guide

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/>

Transport Services

There are a number of Transport schemes across the county to Day centres and other appointments if you have difficulty to do so. For latest information visit

<https://www.warwickshire.gov.uk/healthtransport> or the following numbers in your area:

- For North Warwickshire call Beeline on **01827 717074**
- For Nuneaton and Bedworth call Medicar **024 7664 0088**
- A Supported Shopping Service is provided by Volunteer Friends every Wednesday in Bedworth Nuneaton and Bulkington. **Phone: 02476315151** or visit <https://volunteerfriends.org.uk/supported-shopping-service/> for more information
- For Stratford and Avon, Warwick and Rugby call VASA **01789 262889**
- For Southam call Southam Town Council on **01926 815817**

Day Centres

Day centres may be an alternative to some customers who can access them. These provide a chargeable service and can includes 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	Centre co-ordinator: Abeda Vorajee Email address: kitc_kitc@hotmail.co.uk

	Nuneaton CV11 5RD	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

Other help available

You may be able to access additional support depending on your individual need. These support services may not provide food but can advise if you or your family member is vulnerable what support you may be able to access. The following links provide some information on types of support that you may be able to access in your community:

- **Dementia Day Centres** If you or your family member is living with Dementia, there are Dementia Day centres some of these may offer lunch as part of their service. 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.
- Cost of Living support is available including support with food and energy costs www.warwickshire.gov.uk/costofliving call the **Cost of Living support line: 0800 408 1449** or Email: costofliving@warwickshire.gov.uk
- **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 adviceline is **0800 144 8848**.
- **Warwickshire Local Welfare Scheme** helps our most vulnerable residents at times of unavoidable crisis when they have no other means of help. To enquire about support, call the Local Welfare Scheme on **0800 4081448** or **01926 359182**. **Opening hours** Monday to Thursday from 9am to 5pm
Friday from 9am to 4.30pm
- **SearchOut** If you or your family member has online access then SearchOut Warwickshire is may help you find and access organisations, services and events that are local to you. <https://searchout.warwickshire.gov.uk/>