

## **Community Meals – Alternative Options**

If you're experiencing health problems and are struggling to get out to the shops or prepare healthy meals for yourself at home, there will be ways in which you can overcome these difficulties.

We have provided some suggestions on how you can continue to have a prepared meal even if you find it hard to get out and about and able to prepare a meal for yourself and you're able to use an oven or microwave, you could consider buying ready meals.

You could also arrange for a care worker to come in and prepare meals through a private home care agency (we recommend using one which is registered and inspected by the Care Quality Commission).

### **SUPERMARKET READY MEALS**

Nearly all of the supermarkets big or small will have ready meals available and most have an on-line ordering system which a friend or relative could put in place for you.

### **HOME SUPPORT MEALS**

Support can be provided with meal preparation as part of an assessed need.

### **DINING/DAY CENTRES**

Peggy Dodd - <http://www.peggy-dodd-centre.org.uk/index.php> - activities for dementia which also include a two course lunch.

Age UK - <http://www.ageuk.org.uk/bathandnortheastsomerset/your-services/day-services/> run lunch clubs at various locations ranging from twice weekly to monthly. Teas/cakes and main meals choices.

Salvation Army - <https://www.salvationarmy.org.uk/older-people> 3 locations around the area - cafes, drop-in centres and day centres provide meals and snacks. Also offers a Good Neighbour Service for shopping and welfare support.

### **LUNCHEON CLUBS**

Nexus Church - <http://www.nexusbath.org.uk/lunchclub.htm> at Walcot Church provides a 2-course meal for £3.70 on a Monday.

<http://wellbeingoptions.co.uk/index.php/Calendar> - supporting adults to live independently. Advertises some lunch clubs on the calendar of events.

Housing Care – advice/information for older people

<http://www.housingcare.org/service/list/s-67-lunch-clubs/l-234-bath-north-east-somerset.aspx>

### **FROZEN MEAL DELIVERIES**

Oakhouse Foods - <https://www.oakhousefoods.co.uk/main-meals.html>

Wiltshire farm Foods - <https://www.wiltshirefarmfoods.com/frozen-ready-meals>

Cook Food - <http://www.cookfood.net/shops/clifton>

Cavendish Cooks - <https://www.cavendishcooks.co.uk/>

Please note that the council are providing this list to prompt awareness of other options and alternatives and are not promoting any particular organisation or company.

Age UK Bath and North East Somerset will be happy to help  
and guide you to suitable options.

<https://www.ageuk.org.uk/bathandnortheastsomerset/>