

# Community Meals on Wheels

## Adult Social Services and Housing



### Find out more

If you are experiencing difficulty cooking or preparing meals and feel that you may not be eating properly, a telephone call to the Meals Team is all you need to do. The service is open to any age group to help provide a good balanced diet.

Our hot meals are delivered at around midday Monday to Friday and are ready to eat. For the very vulnerable, it may also be possible to receive our new weekend service. Anyone can contact the Meals Team on your behalf or you can do this yourself. The service can be for a very short term if you are recovering from illness or long term where there is an ongoing need.

An important part of our service is that the person delivering your meal will ensure that you are safe and well, reporting any problems you may have to the Meals Team.

### Hot Meals

A range of meals are provided ensuring variety and interest and any special dietary needs such as diabetic or gluten free can be met. Particular dislikes can also be removed from your personal menu to ensure you receive a meal which you like.

### Tea Time Meals

When receiving a hot meal you can also arrange for a tea meal to be eaten later in the day. This will be either a sandwich or a salad with a roll and butter, accompanied by something sweet such as a piece of cake, scone or fruit.

### Prices

With effect from April 2011 Hot Meals with a pudding cost £3.70 and Teas cost £2.80.

### Contacting the Meals Team

For further information please contact Community Meals on Wheels:

North Somerset Council

Town Hall

Weston-super-Mare

BS23 1UJ

Telephone: **01275 882155**

Or find us on the North Somerset Council web site: <http://www.n-somerset.gov.uk/communitymeals>