



“Thank you as always for the excellent service you provide, I don't know how my mother in law would cope without this amazing facility.”



The Wellbeing Checks with Meals service is available at lunchtimes in your home, everyday of the year except Christmas Day and is aimed at older people.

Contact us to find out if it is available in your area and to request menus and information that can be sent direct to you, a relative, carer or friend.

Contact us:
02380 019 540

wellbeingcheckswithmeals@ageuksouthampton.org.uk



Wellbeing Checks with Meals

www.ageuk.org.uk/southampton

“Thank you for all you do, your drivers are amazing, and it’s because of you that mum can stay in her own home, it’s such a gift for us, so thank you.”

The Service

The Wellbeing Checks with Meals service has been specifically created to help older people remain independent in their own home. Our dedicated team will bring a hot meal at lunch time while also checking on the wellbeing of the person.

The meals have been designed by dietitians and nutritionists for older people by an external team using British ingredients.

In addition to over 100 standard menu choices, we can also accommodate special dietary requirements including low sugar, gluten free and texture modified meals.

Your meal will be delivered to your door by one of our caring, trained team members who will become a familiar face and be able to assist with plating the meal if required.



We provide several different payment options, and you are only charged for the days you receive the service.

Prices are available on enquiry.

As a registered charity, Age UK Wiltshire is providing this welfare service exempt from VAT, for which all customers are assessed against specific criteria and we record this information with the consent of the service used according to our GDPR guidelines. Our privacy policy can be viewed on our website.