



# Wellbeing Checks with Meals

Our Wellbeing Checks with Meals service has been specifically created to help older people remain independent in their own home. Our dedicated team will check on the client's wellbeing, while also bringing them a delicious hot meal at lunch time.

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.

[wellbeingcheckswithmeals@ageukwiltshire.org.uk](mailto:wellbeingcheckswithmeals@ageukwiltshire.org.uk)

**01793 279606**

[www.ageuk.org.uk/wiltshire](http://www.ageuk.org.uk/wiltshire)

"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 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.



Our service is available at lunchtimes throughout Swindon and Wiltshire as well as some areas of Bath and Northeast Somerset and the South Cotswolds.

Prices are available on enquiry.

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

“Thank you all for an amazing service over all this time – more than the meals, but the checking on Dad and letting me know whenever you felt something might be amiss – I can’t tell you how much I have appreciated your input in his life.”

 **Wiltshire  
ageUK**  
Let's change how we age