

Support with meals in Redbridge



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Support with meals - what is available?

If you are finding it difficult to go shopping or cook your own meals or if your carer is not able to cook you a meal in the daytime, there are a range of services that can help you.

If you wish you can choose services that deliver meals to your home. There are a number of suppliers who will be able to arrange this for you and cater to most dietary requirements.

Meal delivery services

OAKHOUSE FOODS

How it works?

You can request a brochure or go on the website to select which meals you would like. Once you have chosen what you want, you can place your order on the phone, by posting back an order form (included with your brochure) or go online. You can also hand your order form to your delivery driver.

Payment

Meals are individually priced with costs set out in the brochure or on the website. Delivery costs £1, or is free for orders over £30.

You can pay online or over the phone when you place your order, or by cash or cheque when your food is delivered.

Delivery

In addition to delivering your order the driver will put food away in your cupboards and freezer if you ask, and help you to fill out an order form if needed.

You can also set up a Drop and Go Service if you know you will not be in. Your food will be left in a safe space in a cool box.

Special diets

There are options available that cater to a number of special diets, including:

- vegetarian

- diabetic friendly
- free-from ranges (food free from a number of allergens, including gluten, dairy and nuts)
- dysphagia
- pureed and texture modified

Who to contact?

Tel: **01708 688644**

Email: **essex@oakhousefoods.co.uk**

Web: **www.oakhousefoods.co.uk**

WILTSHIRE FARM FOODS

How it works?

Wiltshire Farm Foods offers over 300 frozen meals, which can be ordered online or by calling the below number 24 hours a day, seven days a week. A free brochure is also available.

Payment

All meals are individually priced with costs set out on the website or in the brochure.

You can pay by card online or over the phone when you place your order, or by cash or cheque when your food is delivered.

Delivery

There is no delivery charge and you can choose the day you would like your meals delivered when placing your order.

Special diets

There are options available that cater to a number of special diets, including:

- vegetarian
- reduced sugar
- free-from ranges (food free from a number of allergens, including gluten, dairy and nuts)
- pureed and texture modified

Sainsburys**www.sainsburys.co.uk/shop/gb/groceries**

If you have questions about your grocery order, you can call **0800 328 1700**
(Monday to Sunday 8.00am to 11.00pm)

Tesco**www.tesco.com/groceries**

If you have questions about your grocery order, you can call **0800 323 4040**
(Monday to Saturday 7.00am to 11.00pm and Sunday 10.00am to 10.00pm)

Waitrose**www.waitrose.com**

If you have questions about your grocery order, you can call **0800 188 884**
(Monday-Friday 8.00am to 10.00pm, Saturday 8.00am to 9.00pm and Sunday 9.00am to 7.00pm)

Waitrose also offer a Secondary Contact option. This allows you to register an emergency contact; your local Waitrose branch will then phone them if you do not answer when they make your delivery.

Lunch clubs in Redbridge

If you are able to get out and about, there are a number of different lunch clubs and activity centres in the borough that you could consider attending. Lunch clubs provide a meal and also the chance to socialise and meet new people.

The cost of meals at a lunch club will vary between organisations and some activities do have waiting lists. We therefore recommend that you call the named contact before your visit to confirm prices and availability.

ALLAN BURGESS ACTIVITY CENTRE

Run by	Age UK Redbridge, Barking and Havering
Services on offer	A variety of activities are on offer every week at the Allan Burgess Centre. Breakfast, lunch (two courses) and snacks are available at the centre Monday – Friday.
Time	The Centre is open Monday to Friday, 9.30am to 3.30pm Breakfast 10.00am to 11.00am. Lunch 12.30pm to 1.30pm* Snacks are available throughout the day. Coffee morning runs on Saturday from 9.30am to 12.00pm. *Orders for lunch must be received by 11.00am the same day.
Location	Allan Burgess Activity Centre 2 Grove Park Wanstead E11 2DL
<p>Contact: Jackie Balman on 020 8989 6338 between 9.00am and 3.30pm E-mail: admin@ageukrbh.org.uk</p>	

GOODMAYES COMMUNITY LUNCH CLUB

Run by	Goodmayes Residents Association, in partnership with Redbridge Community Health and Social Services
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Services on offer	Traditional, vegetarian, ethnic and dietary two course meal. There is also an opportunity to take part in a keep fit exercise session beforehand (10.00am to 11.00am) for an extra charge.
Time	Tuesdays and Fridays 12:15pm to 2:30pm
Location	Goodmayes Community Centre 616C Green Lane Goodmayes IG3 9SE RM6 4YG
<p>Contact: Kusum on 0208 708 9872</p>	

MARJORIE COLLINS WELLBEING CENTRE

Run by	MS Society
Services on offer	A purpose-built centre for people with MS, offering a range of activities including exercise classes and arts and crafts. A two-course lunch is available on the days the Centre is open.
Time	The Centre is open Mondays, Tuesdays and Thursdays from 9.00am. Lunch is served at 12.30pm.* *Orders for lunch must be received by 10.30am the same day.
Location	237 Grove Road Chadwell Heath Romford RM6 4XF
<p>Contact: Lorna Lawrence on 020 8983 8148 E-mail: Lorna.Lawrence@mssociety.org.uk</p>	

MUSLIM WOMEN'S WELFARE ASSOCIATION LUNCH CLUB

Run by	Muslim Women's Welfare Association
Services on offer	A yoga session followed by conversation and lunch. Please note this club is for women only.
Time	Tuesdays 11.00am to 2.00pm: 11.00am-12:00pm Yoga 12.00pm-1.00pm Conversation 1.00pm-2.00pm Lunch (must be ordered the day before)
Location	The Parish Centre Cardinal Heenan Centre 326 High Road Ilford IG1 1QP
Contact: Shahida Sarwar on 07957 238 513 or 020 8215 4949	

REDBRIDGE COMMUNITY LUNCH CLUB

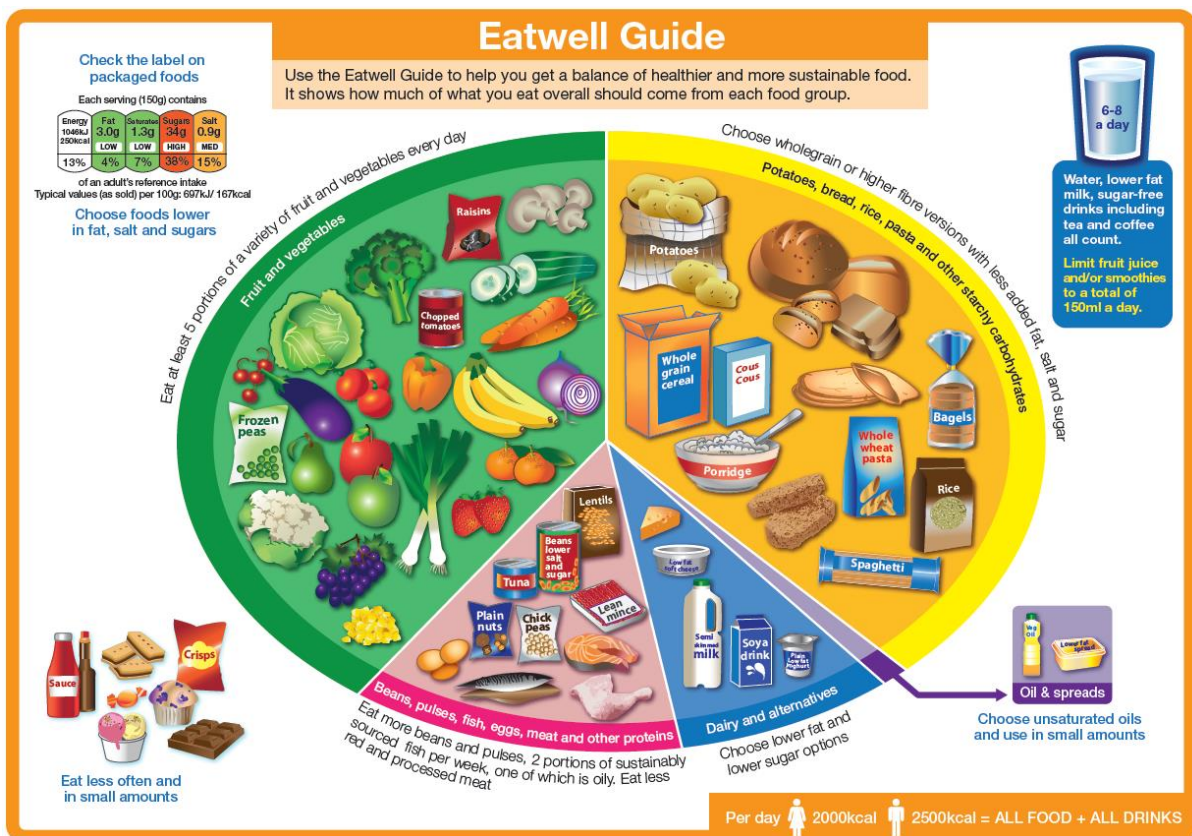
Run by	Redbridge Community Health and Social Services
Services on offer	Provides lunch and caters for the interests of its members by providing outings, pub lunches and community information. Also included are activities and chair based exercise sessions, all in a friendly environment.
Time	Monday and Thursday 10.00am to 2.00pm
Location	The Living Well Resource Centre 372 Chadwell Heath Lane Chadwell Heath RM6 4YG
Contact: Kusum on 0208 708 9872 or 07958 043760	

SCCP HOME MEAL SERVICE AND LUNCH CLUB

Run by	Social Care and Community Programmes (SCCP)
Services on offer	<p>Provides freshly prepared Asian meals daily. Vegetarian and non-vegetarian options available.</p> <p>Meals can be delivered to people's homes, picked up from the centre, or eaten at a lunch club Monday-Friday.</p>
Time	<p>Meals are available Monday-Sunday, 12.00pm to 2.00pm for delivery and pick up*.</p> <p>Lunch club runs Monday-Friday, 12.00pm to 2.00pm*.</p> <p>*Orders for meals must be received a minimum of a day in advance</p>
Location	<p>40 Argyle Road Ilford IG1 3BG</p>
<p>Contact: 020 8554 3377 E-mail: sccpredbridge@gmail.com</p>	

Healthy eating guide

- You should aim to have a balanced diet, which includes fruit and vegetables as well as food containing starch and protein. Foods rich in starch and fibre, preferably whole grain which are low in fat.
- Lean red meat, pulses (such as peas, beans and lentils), fish, (particularly oily fish such as sardines), eggs and nuts provide necessary protein.
- Fruit, especially citrus fruit, green vegetables, peppers, tomatoes and potatoes provide the necessary vitamins.
- Milk, cheese and yoghurt, in low fat varieties, provide protein and calcium.
- The “The Eatwell plate” demonstrates what a healthy diet consists of (see below).



Source: Food Standards Agency 2016

- You should aim to drink about 6 to 8 glasses (1.2 litres or just over 2 pints) of water every day to avoid getting dehydrated. Its fine to drink tea and coffee but should be balanced with water or other fluids each day. Sugary drinks and alcohol should be limited or avoided completely.

What if I need more support?

If you require support with heating up or preparing your meals, you can contact Redbridge Community Health and Social Services to discuss any issues you have.

The Redbridge First Contact Team will offer you advice, information and a Wellbeing Assessment if needed.

Visit: **mylife.redbridge.gov.uk** and complete the contact form

Telephone: **020 8708 7333** Monday to Friday 9.00am to 5.30pm

Text replay: 18001 020 8708 7333

To find information, advice and support to help you keep well, maintain your independence and live life the way you want, **visit mylife.redbridge.gov.uk**