**Meals on Wheels – Service expansion information**

We wanted to tell you about our **free Meals on Wheels service** which we think some of your patients might benefit from. The service has so far delivered over 2,000 meals and is now been **expanded to offer a further 125 places and to include people living in Gorgie, Balgreen and Leith.**

LifeCare’s Meals on Wheels service launched in September last year in direct response to the Covid-19 pandemic.

The service is:

* Delivering **fresh, nutritious meals, hot and ready to eat**
* To over **65s** in **North Edinburgh,** twice a week
* **Free of charge**- this project is currently fully funded thanks to Barclays 100x100 UK Covid-19 Community Relief Programme.

We have found that the service has been of benefit to

* Older carers in need of some respite
* Those who cannot currently attend day or lunch clubs
* Those who are recovering after a period of illness, a fall or a stay in hospital
* Those who are struggling with their mobility
* Those who have become more isolated due to the pandemic
* Those at risk of food deprivation

We hope that the service will not only benefit people now but protect them from the longer term impacts of the pandemic and help then to maintain their strength, health and abilities so they can re-entre the community when the pandemic is over.

Following the service’s success so far and in light of a new ‘stay at home’ orders we are **now extending the support to provide 400 meals every week**.

### *“It's first-class and could not be better…I look forward to Monday and Wednesday knowing I am going to get a lovely cooked hot meal. Many, many thanks to all”*

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### *“the whole day is a little bit lighter for not having to worry, or even think, about preparing a main meal”*

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### *“We get properly fresh cooked meals twice a week and very tasty too! … Don’t know how we managed before this help- thank you”*

*“A huge difference. I find it more and more difficult to motivate myself to prepare and cook food … it is also difficult for me to stand for any period of time in the kitchen…Deliverers(!) are always cheerful which helps a lot- especially in this difficult time”*

If you know of anyone who would benefit from the service please get in touch

**0131 343 0940**

Best wishes,

Naomi

Naomi Potts

Service Coordinator Help at Home

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