

Community Meals Services

Ready-Meal delivery companies

- **Wiltshire Farm Foods**

(frozen meals including mini-meals & dysphagia meal options)

Delivery area: Nationwide

Email / Contact Form: <https://wiltshirefarmfoods.com/contact-us/>

Phone: 0800 077 3100

Website: <https://wiltshirefarmfoods.com/>

Brochure: <https://wiltshirefarmfoods.com/brochure>

- **Oakhouse Foods**

(frozen meals including mini-meals & dysphagia meal options)

Delivery area: Nationwide

Email / Contact Form: <https://www.oakhousefoods.co.uk/contact>

Phone: 0333 370 6700

Website: <https://www.oakhousefoods.co.uk/>

Brochure: <https://www.oakhousefoods.co.uk/brochure-request>

- **Parsley Box**

(cupboard stored ready-meals, no need to freeze or refrigerate)

Delivery area: Nationwide (free delivery on orders over £40)

Email /Contact Form: <https://www.parsleybox.com/help/contact/>

Phone: 0131 326 0131

Website: <https://www.parsleybox.com/>

Brochure: <https://www.parsleybox.com/about-us/catalogue/>

Meals on Wheels providers

- **UK Meals on Wheels location map (search by address or postcode)**

Website: <https://mealsonwheelsuk.org/map/>

Norfolk & Suffolk

- **Good Wholesome Food**
(hot meals provided Mon – Fri, lunch clubs also available at certain locations)

Delivery area: Most areas of East Anglia including Norwich, Suffolk and Cambridgeshire

Email / Contact form: <http://www.goodhomefoods.co.uk/contact.html>

Phone: 01603 465717

Website: <http://www.goodhomefoods.co.uk/Index.html>

- **Grandma's Kitchen**
(fresh-cooked hot meals delivered, served on a plate)

Delivery area: North & South Lowestoft, Pakefield, Carlton Colville, Kessingland, Southwold, Beccles, Gorleston, Great Yarmouth & Hopton (will expand to suit within reason, call to discuss if your area is not covered)

Email: enquiries@grandmas-kitchen.co.uk

Contact Form: <https://www.grandmas-kitchen.co.uk/contact-us/>

Phone: 01502 537733

Website: <https://www.grandmas-kitchen.co.uk/>

Menu: <https://www.grandmas-kitchen.co.uk/menu/>

Suffolk only

- **Cottage Kitchen**
(freshly cooked hot, chilled or freshly frozen meals delivered)

Delivery area: Halesworth, Holton and surrounding villages, Bungay, Ditchingham, Reydon & Southwold

Phone: 01986 873236

Website: <https://cottagekitchenmealsonwheels.co.uk/>

Menus: <https://cottagekitchenmealsonwheels.co.uk/menus/>

- **The Hot Meal Service**
(fresh cooked meals delivered ready to eat, Mon – Fri except Bank Holidays)

Delivery area: Halesworth, Holton, Wenhaston and Wissett, Beccles, Worlingham, and Loddon, Earsham, Bungay, Ditchingham, Harleston and Wortwell

Email / Contact Form: <https://www.thehotmealservice.co.uk/contactus>

Phone: 01603 742373

Website: <https://www.thehotmealservice.co.uk/>

Menu: <https://www.thehotmealservice.co.uk/menu>

- **Aspect Living**
(hot lunch-time meals delivered 365 days a year)

Delivery area: majority of the Suffolk area

Email: enquiries@aspectliving.org.uk

Phone: 01473 749927

Website: <https://aspectliving.org.uk/>

Menus: <https://aspectliving.org.uk/sample-meal-choices/>

Lunch Clubs

Norfolk

- **Website:** <https://www.agespace.org/local/norfolk/enjoying-life/local-lunch-clubs>
- **Website:** <https://communitydirectory.norfolk.gov.uk/> (Type “lunch club” into Category)

Suffolk

- **Website:** <https://www.agespace.org/local/suffolk/enjoying-life/local-lunch-clubs>
- **Website:** <https://infolink.suffolk.gov.uk/> (Type “lunch club” into Key Words)

Help with food shopping

Shop Mobility scheme

If you're visiting a shopping mall or a supermarket, there may be a shop mobility scheme or electric wheelchair or cart available for you to hire or loan. Ask at your local supermarkets.

Help during your shopping trip

Supermarkets may offer an assisted shopping service to help you shop. Check with your supermarket to see if it's something they do. If they offer it, you'll need to book this in advance, so staff are available.

Grocery deliveries (order online)

Many supermarkets and food shops can deliver food to your door on a day you choose (may need to book in advance).

Tesco Whoosh deliveries (order online)

- Same-day home delivery from your local Tesco Express. Choose from everyday essentials, meals and more and a local delivery partner will deliver in from as little as 20 minutes.

Morrisons deliveries (order online or by telephone)

- **Regular online orders:** home delivery service with convenient 1-hour delivery windows.
- **On-demand online orders:** choose from over 500 grocery items from Morrisons stores for delivery via Deliveroo in as little as 30 minutes.

- **Doorstep delivery** for vulnerable, shielding or self-isolating customers: order by telephone, choose from 47 essential items for delivery next day. Call 0345 611 6111 and select option five.

Other useful websites

Norfolk & Suffolk

- **Save food & money:** <https://www.foodsavvy.org.uk/about>

Norfolk only

- **Food banks:** <https://communitydirectory.norfolk.gov.uk/> (type “food bank” into Category)
- **Financial support:** If you are in financial hardship, Norfolk County Council can supply essential kitchen appliances and advice if you are eligible: <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/client-hardship-service>
- **Support & advice: Age UK Norfolk**
 - Website: <https://www.ageuk.org.uk/norfolk/our-services/>
 - Phone: 0300 500 1217 (Monday-Friday 10am to 4pm)
 - Email: advice@ageuknorfolk.org.uk

Suffolk only

- **Food banks:** <https://infolink.suffolk.gov.uk/> (Type “food bank” into Key Words)
- **Financial support:** The Local Welfare Assistance Scheme helps those experiencing financial hardship. This could mean you are struggling to afford the basics, such as food, heating, clothing and fuel, or to pay your household bills: <https://www.suffolk.gov.uk/community-and-safety/communities/healthier/suffolk-local-welfare-assistance-scheme>
- **Support & advice: Age UK National (to get advice on local services)**
 - Website: <https://www.ageuk.org.uk/>
 - Phone: 0800 055 6112 (8am to 7pm, every day of the year)
 - Email / Contact Form: <https://www.ageuk.org.uk/contact-us/information-and-advice/>