



Hot meals for all in Helmsdale

At the start of September, a new Dinner To Your Door service was launched in Helmsdale, on Tuesdays and Thursdays. The service, based on the old Meals on Wheels concept, was introduced as a trial in August to ensure that older residents were receiving at least one hot meal a day alongside the meals provided on Mondays, Wednesdays and Fridays at the Helmsdale Well-being Hub.

The service has now expanded and is available to everyone and is delivering two- or three-course meals to more than 15 residents in Helmsdale and, more recently, Brora. Meals are prepared in the kitchen at Helmsdale Community Centre and, at the time of delivery, Dinner To Your Door staff will provide support with re-heating the meals if required. Frozen meals are also available to order.

Steve Henderson, Programme Manager and Interim Project Manager for Dinner To Your Door says: "We have had a great response so far and our staff have really hit the ground running. We all learnt a lot during the trial month and are now able to provide a service that is both professional and personal in equal measure. Nutrition can be a real problem for many members of our community, including older people and young or first-time mothers. This is our way of lending a helping hand when it is needed."

The Dinner To Your Door process has been fully approved by an Environmental Health Officer and all staff are compliant with food safety regulations.

The service is run by Dementia Friendly Communities under their Creative Communities brand. To find out more about this service visit the Dementia Friendly Communities office in Helmsdale Community Centre or call 01431 821655.