

Reflecting on 1 year of Dinner To Your Door

In August 2016, Dementia Friendly Communities in Helmsdale launched their Dinner To Your Door service, providing freshly-prepared two and three course meals to residents in Helmsdale, Loth and Portgower two days per week.

Over the past year the service has grown beyond expectation with expansion into Brora and Golspie and a regular customer base of over 80 people.

Karina Ross, Social Programme Manager for Dementia Friendly Communities, says of the service: "We have been astounded by how well-received Dinner To Your Door has been. The high demand for the meals led to us increasing from a two days per week service to five days earlier this year, which has enabled us to branch out into Brora and Golspie."

Meals are delivered in either microwave or oven-proof containers depending on the preferred re-heating method. The Dinner To Your Door delivery driver will assist in re-heating the meals where required and is also happy to spare some time to sit and have a blether too.

Karina explains: "As an organisation our key focus is on social inclusion and supporting people within their own homes and communities as much as we possibly can. Our Dinner To Your Door service is open to everyone, whether it be older people who find it difficult to cook, mums looking for a bit of relief from the kitchen or those who live alone who often don't see the benefit of cooking a fresh meal for one. There are no boundaries for us in terms of who we will help."

Dinner To Your Door now delivers to residents of Helmsdale, Loth and Portgower on a Monday and Wednesday with collection from Helmsdale Community Centre available on a Friday. Deliveries to customers in Brora and Golspie take place on a Tuesday and Thursday.

Prices are very reasonable and include delivery with a three-course meal costing just £6.50, a starter and main £5, a main and dessert £5, and a starter and dessert for just £3.50. Frozen meals are also available on request. Monthly menus are available on the Dementia Friendly Communities website at adementiafriendlycommunity.com/dinner-to-your-door

Dinner To Your Door processes and procedures were created and implemented to comply with the Scottish Environmental Health Policy and a full Environmental Health Officer inspection, including Hazard Analysis and Critical Control Points (HACCP), was carried out in August 2016. HACCP are Food Safety Management Systems which seek to identify food safety hazards and put appropriate safety measures in place to prevent problems occurring.

If you are interested in finding out more about the service or placing an order contact Karina Ross on 01431 821655 or email karina@dementia-friendly.com