

Meals at home

If you are finding it difficult to prepare your own meals you may want to consider arranging to have hot meals delivered to your home. Newcastle City Council is one of many organisations who provide a 'Meals at home' service.

What is the 'Meals at home' service?

[The Newcastle City Council 'Meals at home' service](#) provides hot healthy meals delivered to your door. All meals take into account cultural and dietary needs.

You can receive meals on a long term, short term or emergency basis, every day, all year round. All the meals are cooked from fresh ingredients on the day you get them. They can cater for a wide variety of dietary needs including:

- vegetarian
- gluten free
- soft and pureed
- reduced sugar

If you have a special dietary need, please contact them.

All the meals are produced to the Caroline Walker National Guidelines, so that they are nutritionally balanced.

Drivers are trained in awareness of age related illnesses and the importance of nutrition and they also receive a DBS check. They will arrange to contact a family member or friend or the doctor if they are concerned for your wellbeing.

The service can also provide meals to residential accommodation, lunch clubs and day centres.

How can I get Meals at Home?

Anyone can ask for [Meals at Home](#) whether you receive other [care and support](#) services from Newcastle City Council or not.

Contact [Newcastle City Council 'Meals at home' service](#) for more information on meal choices and how to buy the meals.

Other organisations that provide meals at home

- [CareHub](#) offer a local service to older people who need extra help around the home with a Meals at Home Service.
 - [Oakhouse Foods](#) offer over 300 frozen meals which can be ordered on a flexible basis. You can order by telephone or online. Contact them for a free brochure.
 - [Wiltshire Farm Foods](#) have over 300 dishes, which you can order on a flexible basis. They can cater for many different dietary requirements. Meals arrive frozen, in sturdy plastic trays, ready to put in the freezer.
 - [Meals with Care - RVS](#) offer a wide range of menu choices, covering cultural as well as dietary needs. Meals are delivered frozen, and all of the menus are designed to provide a good, balanced diet.
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Food delivery and online shopping

Other ways to get food delivered at home are:

[Order your food shopping online](#) and choose a range of fresh or frozen meals from one of the many supermarkets that offer home delivery.

[Help with shopping](#) or assisted shopping services are available locally. They can collect you from home and take you to the local supermarket.

Shopmobility

[Newcastle Shopmobility](#) provides battery-powered scooters and wheelchairs for people with mobility issues. This gives you freedom and independence to travel around the city centre; to shop or to use the range of attractions that are available in Newcastle, including Eldon Square, Eldon Gardens, part of Northumberland Street

and the Grainger Market. To use the service you need to register as a member.

Last updated: July 19, 2019

Useful Organisations

Oakhouse Foods

Email: N.East@oakhousefoods.co.uk

Website: www.oakhousefoods.co.uk

Telephone: 01642 221 112

Address: Unit 21/22 Collingwood Court, TS2 1RP

Meals at Home - Newcastle City Council service

Email: meals@newcastle.gov.uk

Website:

<https://www.newcastle.gov.uk/services/care-and-support/information-and-support-adults/staying-home/meals-home>

Telephone: 0191 277 3978

Address: Adult Services Directorate, NE1 8PB

Meals with Care - Royal Voluntary Service (RVS)

Website:

<https://www.royalvoluntaryservice.org.uk/get-help/support-at-home/meals-on-wheels>

Telephone: 0845 608 0122

Community Health and Social Care Direct - Newcastle City Council

Email: scd@newcastle.gov.uk

Website: <http://www.newcastle.gov.uk/health-and-social-care/adult-social-care>

Telephone: 0191 278 8377

Wiltshire Farm Foods Ltd

Email: newcastle@wiltshirefarmfoods.co.uk

Website: www.wiltshirefarmfoods.co.uk

Telephone: 01670 511 070

Address: Unit 4B, Coopies Field, NE61 6JT

CareHub

Email: info@fergusonlodge.co.uk

Website: <http://www.fergusonlodge.co.uk/>

Telephone: 0845 370 6123

Address: Ferguson Lane, NE15 7PL

Related Articles

[Home care](#)

[Home adaptations, equipment and aids](#)

[Day centres and services](#)

[Looking after someone](#)

[Your Care: Needs assessments](#)

[Your Care: Financial assessments](#)

[Direct Payments](#)

[Help with shopping](#)

[Personal budgets for care and support](#)

What you can do online

Care and support