

## All

### Yorkshire Lord Mayors and Mayor deliver Meals on Wheels

The 7<sup>th</sup> – 11<sup>th</sup> November is National Meals on Wheels Week. A time to celebrate and spread awareness of this wonderful British Institution that some of the UK's elderly benefit from. Meals on Wheels services not only provide a nutritional meal, but they also enable people to live independently in their own home for longer, and help reduce social isolation with the daily contact. It therefore helps both physical health and mental wellbeing.

Three lucky **Park Care Meals** customers had their meals delivered by their local Mayor to celebrate National Meals on Wheels week.

**Park Care Meals** teamed up with **Lord Mayor Fox** (Sheffield), **Lord Mayor Reid** (Bradford), and **Mayor Burgess** (Barnsley) to deliver a hot meal and cold tea for later in the day. The three customers got to chat with their Mayor over lunch and discuss the importance of the service to their daily lives.

Rik Shipley, Founder and Owner of **Park Care Meals** said of this week, "We believe that community meals are such a vital service for many elderly people in the UK and we therefore feel it is important to celebrate this during Meals on Wheels week. We are delighted that the Mayors have been able to partake in these celebrations. At **Park Care Meals** we are passionate about providing high quality, nutritionally well balanced food. This along with the daily contact from our delivery team make a real difference to the wellbeing of our customers. We are proud to be able to offer this service across Yorkshire".

If you or someone you know would benefit from a community meal you can contact Park Care Meals on 01709 365 077 or [info@parkcaremeals.co.uk](mailto:info@parkcaremeals.co.uk).



**Photo from Left to Right** – Mrs Janet Crookes (Park Care Meals Customer); Wayne Leary (Park Care Meals Delivery Driver); and Lord Mayor Fox.

**About Park Care Meals**

Park Care Meals is a family owned company that has been delivering Community Meals across Yorkshire for over 20 years. They offer a flexible, tailored service which includes the following

- Two Course Meals and Cold Teas
- Nutritionally well balanced meals
- Lots of meal variety, with over 40 different options available
- Both Hot and Frozen meal options
- Meals delivered 7 days a week, 365 days a year
- Free delivery
- And much more