



GET INVOLVED IN

meals on wheels™
more than just a meal

30TH OCTOBER – 3RD NOVEMBER 2023



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What is Meals on Wheels Week?

Meals on Wheels Week is an initiative that brings together Health and Social Care sector, caterers, service providers, food suppliers, volunteers, carers, older people and public to raise awareness about the importance of meals delivered in the community – whether via Meals on Wheels services, day centres or lunch clubs for older people and those with vulnerabilities.

The National Association of Care Catering (NACC) has been organising Meals on Wheels Week for over 30 years, supporting providers in raising the profile of this valuable service.

Meals on Wheels services afford older people, nutritious food, as well as friendly human interaction and wellbeing checks – vital ingredients that allow them to live independently in their own homes.

For most service users, **Meals on Wheels** is so much more than just a meal. It's a social lifeline that eases the devastating effects of isolation and loneliness. The delivery of a meal brings regular human contact, which for many may be the only interaction they enjoy. It also provides much-needed wellbeing and safety checks, again, crucial for those that may not see anyone else during the day.



The aims of Meals on Wheels Week:

- To highlight the social, economic, psychological, and preventative benefits of Meals on Wheels services in the UK
- To promote the immense value of community Meals on Wheels, encouraging the public to support local meal services.
- To raise awareness of the importance of community Meals on Wheels service, whether delivered to homes or via day centres and luncheon clubs.
- To address and increase awareness of loneliness, social isolation, and safety in the community for older and vulnerable people.

How will you get involved in Meals on Wheels week?

Everyone is welcome to **get involved** and celebrate Meals on Wheels week from Monday 30th October.

MONDAY 30TH OCTOBER *Webinar*

Join us for a webinar by the Association of Public Sector Excellence (APSE) around the Meals on Wheels 2023 Report.

Visit www.thenacc.co.uk to book your free place

TUESDAY 31ST OCTOBER *Thankyou Tuesday*

Show your appreciation for everyone that contributes to Meals on Wheels services, whether that's the team members making the meals, volunteers, drivers, carers, or those that work behind the scenes, today is the day to show our gratitude.

WEDNESDAY 1ST NOVEMBER *VIP on Wheels*

There's no better way to convey the value of our services, than seeing it in action and the impact it has on service users.

VIP on Wheels is a fantastic opportunity to invite local MPs, VIPs and dignitaries to experience service delivery and celebrate your service and the immense value it adds to the lives of those receiving it.

THURSDAY 2ND NOVEMBER *Crossing borders – Meals on Wheels in South Korea*

Join us for a webinar with South Korea exploring why Meals on Wheels is so important to them and understand and compare different models to inspire and engage.

For more information and to register for this free exclusive webinar visit www.thenacc.co.uk

FRIDAY 3RD NOVEMBER - *Friday Friends*

Highlight the importance of social eating and how it helps reduce loneliness and social isolation. Friday Friends will bring people in our communities together to share the joy of food and time. This could be at a lunch club, day centre, or a care

home could invite the local community in for afternoon tea.

And where this may not be possible, why not simply invite a neighbour for lunch? This small gesture is sure to have an immense impact.

To find out more about Meals on Wheels:



visit

www.thenacc.co.uk



call

0870 478 0180



email

info@thenacc.co.uk

Spread the word through social media!

The use of social media is a powerful way for us to raise awareness and reach vital decision makers. We encourage all to share what you are doing on these channels or send to the NACC, and we will share on your behalf. The NACC will also be posting a lot on the week itself, and we urge all on social media to please 'like' and 'share' those messages, so together we can make a difference.

USE THE HASHTAGS

#MealsonWheels2023
#MoreThanJustAMeal
#SaveMealsOnWheels



You can find the NACC on:



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visit

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