

## Meals on Wheels

Blackpool Council wants residents to enjoy healthy meals every day of the year and recognises the benefits of meals on wheels. There are a range of providers who will deliver ready-made meals to your door, each offering a slightly different service so you can find the right one to suit you and your circumstances. We have gathered together information about the providers we know about here for you to help you make a decision. The information is up to date at the time of printing, and all details should be checked with the provider before you make a purchase.

### Providers

#### MyChef

MyChef can deliver a hot meal, ready to eat, to your door 7 days a week. There is no contract or long-term commitment. They provide a wide range of healthy and nutritious meals and can offer medical, therapeutic, 'free from' and special diets including diabetic, gluten free, soft and pureed, high nutrition and low calorie.

Seasonal menus run on a four-week rotation, with a two course meal (a main meal plus soup or dessert) costing £8.25 and three courses (a main meal plus soup and dessert) costing £9.25. A tea-time pack of sandwiches, crisps or savoury snack, fruit or dessert and cake or biscuits can be added for £2.95.

MyChef also provide a '*safe and well*' welfare check, where trained and DBS checked drivers will contact a nominated person to let them know the meal has been delivered and how the person receiving it is feeling. They will immediately alert a nominated person if they have been unable to gain entry or have any concerns.

If you have any questions or enquiries, or would like to arrange a free trial meal, please contact the team on **01253 305 200** or alternatively visit their website [MyChef \(b-c-m.co.uk\)](http://MyChef(b-c-m.co.uk))

#### Live Happy

Live Happy delivers freshly prepared homemade chilled meals 5 days a week – Monday to Friday. On a Friday, your delivery can include additional meals to cover the weekend, which will last 3 days in the fridge and can be frozen. You can reheat the meal yourself when you are ready to eat, or if you prefer, the driver can heat your meal for you when they deliver it.

The price of a chilled meal ready to reheat is £7 for 2 courses or £8 for a main meal and a sandwich. Payment can be made by invoice, debit or credit card, or in cash to your driver and there is no contract or minimum order. All drivers are fully DBS checked, follow set alert procedures and if there is a problem or they have concerns they will contact a friend or relative.

A monthly menu is available on their website, or one of their friendly team will always be happy to talk you through the options available. For more details on how to arrange for meals to be delivered to your home, please contact them on **01253 868 276** or alternatively you can visit their website for more information: [Live Happy \(livehappy ltd.co.uk\)](http://Live Happy (livehappy ltd.co.uk))

## Frozen Meal Delivery Services

Some people prefer to have a choice of meals on the day and are able to undertake some meal preparation, or have someone who can do this for them. Another options for meals delivery is to have a less frequent delivery to your home of frozen meals, that you can store and heat when you wish.

We know of two main providers who can deliver to Blackpool, they are **Wiltshire Farm Foods** and **I-Care Cuisine**.

Both services have an online ordering process, you can pay online or talk to them about other payment methods.

Frozen meals with less frequent delivery that you store in your freezer can be cheaper than meals delivered daily, because the way the food is provided is more efficient for the company who deliver it.

[Ready Meals Delivered - Wiltshire Farm Foods](#) Tel: **0800 077 3100**

[Home Page - ICare Cuisine](#)

**You should not worry about whether you can afford to eat well. Please do not go hungry, we may be able to help. If you are struggling financially to eat well, help, advice and support is available:**

- Citizens advice bureau – Freephone advice line **0808 278 7818** or their website is [Citizens Advice Blackpool](#)
- Discretionary Assistance fund – General enquiries **0800 6940 100** or their website is [Discretionary Support Scheme](#)
- Household Support Fund – Website [Household support fund](#)
- Blackpool Centre For The Unemployed & Welfare Rights – Advice line **01253 523 178** or their website is [BCFU](#)
- Age UK – Freephone Advice line **0800 055 6112** or their website is [Age UK](#)
- Free food parcels are available on request from the Salvation Army Community Centre, the Citadel, Raikes Parade, Blackpool. Please ring the advice line **01253 626 114**.