



For more information about the project please contact us on:

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Come Eat Together



www.comeeattogether.org

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In association with **Daily Mail**

Bringing people together with food!

Age UK County Durham has received a grant from the Big Lottery Fund's Silver Dreams Programme to establish 'Come Eat Together', a project which aims to improve older people's ability to access, cook and enjoy healthy food together, helping them to become more resilient and better able to cope with life changes such as retirement, bereavement or ill health.

Good food in good company

The project works in a number of ways to promote the enormous benefits of a healthy diet for older people including developing stylish modern **Lunch Clubs**. We have also developed **Dining Circles** where older people come together to enjoy a meal they have cooked or had delivered.

Help with shopping

Shopping plays a big part in our project too! We are constantly exploring different ways to help older people do their shopping. We currently have door to door shopping clubs in Shildon, Bishop Auckland, Wear Valley and Weardale using accessible minibuses and volunteer driver schemes in Durham City and North Durham.

Growing fruit & vegetables

These sessions are great for those who would like to have a go at growing fruit and vegetables in simple ways. You don't even need to have a garden. Lots of sensible advice and suggestions to save you money and help you feel good as you grow your own. At every session there are seeds and plants to take away and skilled volunteers to give tailored advice. These sessions are delivered in community venues.

Learn to shop online

We have developed an enjoyable session to help even the most nervous computer user gain confidence and skills to shop online. Never struggle to get to the shops again! Everyone gets a shopping online information pack to take away. These courses are delivered in community venues or in your own home by trained and supportive volunteers.

Healthy Eating for Older People

This is an interactive course to raise awareness of our changing nutritional needs as we get older. The course includes simple cookery demonstrations and food tastings with great ideas for simple nutritious meals. These courses are delivered in community venues.

The project has an **intergenerational aspect** and will provide lots of opportunities for older people to spend time with young people who are keen to learn as well as help.

Award winning

We are thrilled that in September 2014 the Come Eat Together project was the winner of the Best Health Project category in the National Lottery Awards. To join our activities or find out more please call us on:

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