

## Interested in joining the project?

If you are interested in joining the project as a volunteer or a participant or if you know somebody who could benefit from this project please fill in this form and return it to:

**Derwent Valley Diners, Age UK County Durham,  
Age UK House, Belmont Business Park, Durham, DH1 1TW**

- I would like to join Derwent Valley Diners as a volunteer
  
- I would like to join Derwent Valley Diners as a participant
  
- I know an older person who would benefit from the project

Your name .....

Address .....

Postcode .....

Telephone .....

Email .....



# Derwent Valley Diners



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## What is Derwent Valley Diners?

This is a local weekly meals to home service for older people. A meal is prepared by local catering establishments and delivered by volunteers who also become a regular friendly face.

## Who is Derwent Valley Diners for?

Derwent Valley Diners is for older people who are aged 60 or over who:

- Live alone *or* are an elderly couple where one is a main carer
- Lack motivation to cook for themselves
- Experience loneliness
- Are not attending lunch clubs or getting out for meals
- Have difficulty with shopping, carrying food home
- Have difficulty cooking for themselves
- Do not have family living close to them

## Where is the service provided?

Derwent Valley Diners works across the Derwent Valley AAP area particularly outlying communities such Burnopfield, Dipton, Medomsley, Ebchester, Shotley Bridge and Blackhill.

## What sort of meals are included?

We have a list of suitable food providers and we discuss meal choices with each individual. Some people choose fish and chips, others prefer traditional mince and dumplings or a delicious sandwich from the deli.

You don't have to have the same meal each week either, so you can enjoy a variety.

## How much will it cost?

Older people only pay for the cost of the meal they want. Most meals cost **£4.00** to **£5.00**

## How do I sign up for this?

Signing up for Derwent Valley Diners is easy. Contact our friendly team who will take your details and discuss your initial requirements.

We will then arrange to visit you before introducing you to one of our friendly volunteers.

## I know someone who could benefit, what should I do?

If you know an older person who would benefit from this service, contact us and we will do the rest.

Referrals can be made by organisations in the community and members of local groups. Contact us and we will do the rest.

## How can I volunteer to help?

If you are aged 18 or over you could become one of our Derwent Valley Diner Volunteers and join a team who make such a difference to older people. Training and support is provided and expenses are reimbursed. Contact us to let us know to find out how you could help.

## For more information please contact Derwent Valley Diners

**t** 0191 374 6577

**e** [cet@ageukcountydurham.org.uk](mailto:cet@ageukcountydurham.org.uk)

**w** [www.comeeattogether.org](http://www.comeeattogether.org)

This project has been part-funded by the Derwent Valley Partnership, known locally as the DVP, which is your local Area Action Partnership. The DVP is one of the 14 Area Action Partnerships established across County Durham and it aims to engage and involve local people and service providers so they can work together to tackle local issues. If you would like to find out more about the work of the DVP, please contact a member of the team on 03000 260 725, e-mail us at [dvpaap@durham.gov.uk](mailto:dvpaap@durham.gov.uk), visit our website at [www.derwentvalleylife.org.uk](http://www.derwentvalleylife.org.uk) or find us on Facebook at 'Derwent Valley Partnership – AAP'.