

# Come Eat Together Referral Pack



Age UK County Durham receives funding from the Big Lottery Fund's Silver Dreams Programme for our **Come Eat Together** project.

The project brings older people together with food to combat social isolation and improve their ability to access, cook and enjoy healthy food together. This helps them to become more resilient and better able to cope with life changes such as retirement, bereavement or ill health. The project is also **intergenerational** and provides opportunities for older people to spend time with young people who are keen to learn and help.

**Award winning.** The Come Eat Together Project won the National Lottery Awards **Best Health Project** category in September 2014.

**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.

**Lunch Clubs.** We have established a network of stylish modern lunch clubs across the county. These include Emirates County Cricket Ground in Chester le Street, Locomotion Museum in Shildon, Bishop Auckland College, Derwentside College, East Durham College and New College Durham and Northumbrian Water in Durham.

**Dining Circles.** We have developed many small Dining Circles across the county, older people come together to enjoy a meal they have cooked together themselves or have it delivered. **Derwent Valley Diners** is a local weekly meal to homes service for isolated people aged 60 and over.

**Healthy Eating for Older People.** An award winning innovative accredited course to help raise awareness of how our nutritional needs change as we get older. The course aims are to motivate, inspire and inform older people how to make their meals tasty and nutritious. The courses are delivered in community venues and include simple cookery demonstrations and food tasting with ideas for simple nutritious meals.

**Help with shopping.** Using accessible minibuses, we currently have door to door fortnightly shopping clubs in Shildon, Bishop Auckland, Wear Valley, Newton Aycliffe and Chester le Street.

**Learn to shop online.** Led by specially trained volunteer IT tutors we can deliver training to help even the most nervous computer user gain the confidence and skills to shop online. The training can be delivered in community venues or in an individual's home.

**Grow to Eat.** Practical advice sessions delivered in the community on how to grow fruit and vegetables at home even if participants don't have a garden. We provide information and suggestions to help older people feel good as they learn to grow their own produce. Each session includes seeds and plants to take home with skilled volunteers to give tailored advice.

**Volunteering.** Volunteers are an invaluable and integral part of the project and we have a number of exciting roles for volunteers to get involved in. They help to set up and run lunch clubs and dining circles, help older people with their food shopping and to grow food, as well as assisting with our healthy eating for older people course.

Our volunteers provide a friendly atmosphere for older people taking part in the Come Eat Together project so that they can meet together and enjoy a variety of healthy eating related activities and each other's company. Benefits to volunteering with us include

- Full support and training
- An opportunity to learn new skills and interests
- Work experience and a work reference
- A chance to meet new people

## Referral process

The project is aimed at supporting people aged 50 and over who meet one or more of the following criteria:

- Do not cook for themselves
- Recently bereaved / separated
- Feel lonely
- Illness / disability
- Are not attending any other activities
- New to the area
- Recently retired
- Want to make new friends
- Low mood
- Struggling to shop
- Would like to volunteer to help

## Organisational referral

- Complete the referral form on the last page of this pack and send it to us by email/post

Or

- Download the referral form from our website [www.comeeattogether.org](http://www.comeeattogether.org), complete it then scan and sent it to us by email/post

Or

- Contact us by email/telephone

**Individuals** may also refer themselves to us by contacting one our team to discuss the project and what it can offer them in more detail.

## Come Eat Together awareness presentations

We can deliver presentations about the project to teams of workers and volunteers who support older people across the county. There is no charge.

If you would like us to come to your workplace or conference to talk about the project, please contact Christine Fletcher, Development Manager

**t** 0191 374 6564

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

## For more information contact us

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**Come Eat Together**      [www.comeeattogether.org](http://www.comeeattogether.org).

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# Referral Form

## Bringing people together with food

Many older people find they lack the motivation to eat well because of life stage changes such as bereavement, divorce, retirement, or ill-health. This can affect an older person’s health and wellbeing and ability to remain independent.

**Come Eat Together** is a healthy eating initiative developed by **Age UK County Durham**. Through activities including monthly lunch clubs and dining circles, we offer the opportunity for older people aged 50+ to come together to share good food and good company. We can help people access transport to activities.

**We welcome referrals. To make a referral please contact us by phone or email. Alternatively, you can complete this form and return it to us. Older people can also contact us to refer themselves.**

Name ..... Age .....

Address .....

Post code ..... Telephone .....

Why referred .....

Referrer Name ..... Organisation .....

Date of referral ..... Contact .....

### For more information please contact the Project Co-ordinator

**t** 0191 374 6577  
**e** cet@ageukcountydurham.org.uk  
**w** www.comeeattogether.org

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