

# 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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