

If you have a problem making some meals or simply want a freshly-made meal delivered occasionally, we're here to help

- Adults living alone
- Busy mothers with families to feed
- Carers who need a little respite from cooking
- Anyone wanting take-out



"With the impending loss of our kitchen for 6 months while our new extension is constructed, **Dinner To Your Door** will really be my silver lining. So glad this service will be available to help on those days where the stress of preparing a meal for my family gets a bit too much!"

"What a boon **Dinner To Your Door** is: my husband loves his meals on time at specific times with someone to keep him company and **Dinner To Your Door** does just that when I'm away."

"I couldn't be bothered to cook a full dinner to eat on my own: thank you **Dinner To Your Door** for filling in those gaps."

Contact us: 01431 821655  
Email: karina@dementia-friendly.com

Designed & Printed by Highland Print & Design 01463 233 332



Dinner To Your Door  
Helmsdale Community Centre  
Dunrobin Street, Helmsdale  
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- @DFC\_rural
- /DFCHelmsdale

[www.creativecommunities.co.uk](http://www.creativecommunities.co.uk)

Creative  
Communities

IN THE COMMUNITY, FOR THE COMMUNITY,  
BY THE COMMUNITY...

## What is Dinner To Your Door?

**IN THE COMMUNITY, FOR THE COMMUNITY, BY THE COMMUNITY...**

Many will remember the old Meals on Wheels that served many a dinner to those unable to easily leave their homes or prepare themselves a hot meal.

**Dinner To Your Door** complements the already existing meals provided by the Community Centre chef on Mondays, Wednesdays and Fridays at the Helmsdale Community Centre Well-being Hub, but with a modernised twist.

### Dinner To Your Door:

- prepares and delivers 3-course meals from the Helmsdale Community Centre kitchen
- is delivered directly to your door on Tuesdays and/or Thursdays
- will arrive with a driver who ensures your food is piping hot and ready for you to eat and will even chat with you for a while if you want company

You can order daily, weekly or monthly to suit you. Menus change each month and selected frozen menu meals are also available for purchase. Let us know if you are also interested in purchasing frozen meals.

## How much does it cost?

- Starter & main course: £5.00
- Main course & dessert: £5.00
- Starter & main course & dessert: £6.50
- Starter & dessert: £3.50
- Local eateries: as per usual menu plus a delivery fee (coming soon))

All prices are inclusive of delivery

## Where do we deliver?

Dinner To Your Door currently delivers to households in Helmsdale, Loth and Brora. If you live outside of these villages, but are interested in receiving the Dinner To Your Door service, then call us on 01431 821655 to find out if it is possible for us to deliver to you.

## How do I order?

There are a number of ways to order this service:

- By post – send your order form to Dementia Friendly Communities CIC, Helmsdale Community Centre, Dunrobin Street, Helmsdale, KW8 6JA
- In person – to the Dementia Friendly Communities office in Helmsdale Community Centre
- By telephone – call 01431 821655
- By email – send your order to [karina@dementia-friendly.com](mailto:karina@dementia-friendly.com)
- Online at [www.creativecommunities.co.uk](http://www.creativecommunities.co.uk) (coming soon)

## How to pay

- Cash or cheque\* to our driver
- Cash, cheque\* or bank transfer\*\* with your order
- Online at [www.creativecommunities.co.uk](http://www.creativecommunities.co.uk) (coming soon)

\* Cheques should be made payable to Dementia Friendly Communities CIC

\*\* Bank details available on request

## Our food safety guarantee

All **Dinner To Your Door** staff have been trained in line with current food safety regulations.

Our processes and procedures were created/implemented to comply with the Scottish Environmental Health Policy. A full Environmental Health Officer inspection, including Hazard Analysis and Critical Control

Points (HACCP), was carried out in August 2016. HACCP are Food Safety Management Systems which seek to identify food safety hazards and put appropriate safety measures in place to prevent problems occurring.

**If you have any food allergies or intolerances, ensure this information is included on your order form.**

Meals can be delivered in either a microwave or oven-proof container, depending on which you prefer to use for re-heating.

Just let us know if you would like frozen meals to keep for other days of the week.

