

**Connecting communities with an
essential service:**

Introducing Meals on Wheels UK

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Meals on Wheels in the UK

Rising numbers of adults living with complex needs, who need help preparing meals

‘A service that supports ageing in place and care within the home, and provides social contact for those unable to prepare their own food’

(Winterton, 2013)

‘The service is more than just a meal and offers wellbeing checks and a regular point of contact supporting to reduce loneliness and social isolation’

(APSE/ NACC, 2023)

Most important perceived benefits of Meals on Wheels

- Help access a daily nutritious meal
- Help reduce social isolation
- Offer of wellbeing checks
- Help promote independence

Papadaki et al. [“The service, I could not do without It...”: A qualitative study exploring the significance of Meals on Wheels among service users and people who refer them to the service.](#) Health Soc Care Community 2023:6054895

Meals on Wheels in the UK

	2016	2018	2023
England	43%	36%	18%
Wales	50%	45%	36%
Scotland	75%	61%	61%
Northern Ireland	100%	80%	80%
UK overall	48%	42%	29%

APSE/ NACC (2023) [Meals on Wheels report 2023](#)

Challenges we face in the UK

- There is no central information list of Meals on Wheels providers in the UK
- Awareness that Meals on Wheels exist in the UK
- Awareness that Meals on Wheels is more than just a meal

Papadaki et al. ['It's not just about the dinner; it's about everything else that we do': A qualitative study exploring how Meals on Wheels meet the needs of self-isolating adults during COVID-19](#)

Papadaki et al. [Accessing Meals on Wheels: A qualitative study exploring the experiences of service users and people who refer them to the service](#)

Review of online information

- Document existing models of Meals on Wheels provision in the UK (March-July 2023)
- ~ 280 providers delivering services locally, regionally or nationally

Co-producing Meals on Wheels UK

- Develop a prototype website and map
- User-test among recipients, referrers, providers and health & social care professionals (May-October 2024)

About Meals on Wheels UK

A unique, **free to use**, website where, for the first time, website visitors can:

- Search a comprehensive database for details of Meals on Wheels providers who deliver to their address
- Find out more about the wider benefits of Meals on Wheels
- Discover a wealth of information and resources relating to Meals on Wheels

Accessing Meals on Wheels UK

<https://mealsonwheelsuk.org>



bristol.ac.uk

Who can benefit from Meals on Wheels UK

- Adults with care and support needs, their carers and the wider public - **find providers that deliver to their address**
- Health/ social care/ social work practitioners - **refer individuals to Meals on Wheels services**
- Service providers - **raise awareness of your service, reach more people in need, enable collaboration and networking**

Who can benefit from Meals on Wheels UK

- Commissioners and policymakers - **informed decision-making**
about the future of Meals on Wheels

+ valuable resources

Call to action

- Send us feedback - **positive and for improvements**
- Spread the word - **share with networks or whoever could benefit, signpost to Meals on Wheels UK from your websites (and let us know)**
- Let us know if Meals on Wheels UK has helped you (and how) - **share news stories or case studies with us**



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