

# Mendip Integrated Health & Wellbeing

## West Hub

### Meal & Food Options

- Ready meal suppliers
- Local meals on wheels
- Food Banks

*Working alongside the five GP surgeries in  
Street, Glastonbury and Wells*

# *Meal and Food Options*

## **Ready meal suppliers**

### **COOK Wells - 01749 677726**

Award winning frozen meals and puddings. Offer a home delivery service, Click and Collect, or you can pop into one of their 90 shops nationwide, closest shop in Broad Street, Wells. Call for more information or a catalogue.

### **Wiltshire Farm Foods - 0800 077 3100**

The meals are delivered frozen and can be easily stored in your freezer or fridge freezer compartment. All meals cook from frozen so there is no need to defrost the meals before you cook them, just take them out of the freezer and pop them straight in the oven or microwave. Call for more information or a catalogue.

### **Parsley Box - 0131 326 0131**

Meals are delivered ready for storage in your cupboard or pantry for 6 months. Meals do not need to be kept in a fridge or freezer. Meals can be reheated in a microwave or oven. Call for more information or a catalogue.

## **Local venues offering meals**

There are a good range of local venues that offer free or low-cost meals. These include, but are not limited to (subject to change, correct at time of printing):

### **Elim Centre, Wells - 01149 677097**

Drop-in Breakfast 9.30am - 11am Mondays

Community Lunch 12pm - 2pm Wednesdays

Soup takeaway and supermarket surplus 12pm - 2pm Fri

### **Crispin Centre, Street - 01458 447248**

2 course home cooked meal Tuesdays £10

Soup Kitchen (plus pasta, jacket potatoes) 3pm - 6pm Wednesdays from 01 November 2023

## *Meal and Food Options*

### **Mission Church, Walton – 01458 442671**

11am - 3pm Saturdays from 08.10.2022. A warm space, activities, and a simple meal.

### **St Benedict's Church, Glastonbury - 01458 830060**

Soup lunch Thursdays 12pm - 1.30pm

**For full details of venues, days, and times, please contact the Health Connectors on 01373 468 368**

### **Glastonbury Community Fridge (Love Glastonbury charity) - The Town Hall**

Residents of Glastonbury' can visit the community fridge every day of the week. The Charity also runs a free community pantry with wide range of food items and toiletries - based in Sonus Magus music shop - Tuesdays and Thursdays (1 - 3 pm).

### **Food Banks**

Food banks provide emergency fresh food and store cupboard staples to support people in crisis.

Food bank volunteers may be able to deliver to your door in Street, Glastonbury, Wells and surrounding villages or you may be asked to collect the food parcel from their local centres.

Referrals to local food banks can be made on your behalf, via the Integrated Health & Wellbeing Hub on **01458 553 025**.

If you would like a food bank referral, plus support with issues such as finances, mental health support or help for carers, you can speak to our Health Connectors on **01373 468 368**. Please do call us for assistance.

# Mendip Integrated Health & Wellbeing - West Hub Contacts

HUB Navigators - information, advice and guidance to health and wellbeing	Care Coordinators and Link workers	Discharge Reviewer - triage of hospital discharges	<b>01458 553 025</b>
Health Connectors - social prescribing and health coaching			<b>01373 468 368</b>

The Mendip Integrated Health and Wellbeing Hub works alongside the five GP surgeries in Street, Glastonbury, and Wells.

The Hub is staffed 8.30am until 4.30pm Monday to Friday (\*excluding Bank Holidays) and consists of:

- Navigators / Admin (information, advice, and guidance)
- Care Coordinators / Link Workers (supporting people with dementia, cancer, complex health conditions or living in a care home)
- Discharge Reviewer (Triage of hospital discharges)
- Social Prescribers (Health Connectors)
- Health Coaches (Health Connectors)

**The Hub is overseen by a Registered Nurse (Office Manager).**

**The Mendip Integrated Health & Wellbeing Hub**  
c/o Vine Surgery, Hindhayes Lane, Street, Somerset, BA16 0ET. **Tel:** 01458 553025  
**Email:** westmendip.symphony@nhs.net **Website:** yourhealthandwellbeing.org.uk

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