



**Health & Independent
Living Support**

**Support
at Home**

Meals on Wheels

Hot meals delivered for carers and those you care for

Caring for a loved one is both an important but sometimes challenging role. Are you a husband caring for your wife, a wife caring for your husband, or a family member supporting a loved one? At times, preparing daily meals can feel overwhelming, especially when you're juggling work, family, and the emotional demands as a carer.

Health & Independent Living Support (HILS) meals on wheels service can help support you and those you care for as and when you need it. You can order meals as a one-off, temporarily, or for as long as you would like them. Every visit includes a caring wellbeing check.

Benefits to you:

- Reduces time spent on shopping meal preparation, and cooking
- Provides support through illness
- Nutritional meals to help support good health
- Flexibility - order meals as and when you need them
- Caring wellbeing check on delivery



"The service is very good and reliable. I would not have known what I would have done without them when my daughter was away." Carol, HILS meals on wheels client



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out more about HILS