

## Blaenau Gwent Community Meals Service



Blaenau Gwent Community Meals deliver hot, tasty and nutritious meals (or frozen meals) to anyone in the Blaenau Gwent area. Our caring, friendly team also carry out vital welfare checks while they are there.

Anyone can apply to receive our community meals so please tell family and friends about us. You don't need a referral from Social Services or your GP, just pick up the phone or send an e-mail.

PLEASE PASS THIS FORM BACK TO THE DELIVERY STAFF ONCE COMPLETED

Name:	Name of Relative/Neighbour: (in case of emergency)
Address:	Address:
Postcode:	Postcode:
Tel Number:	Tel Number:

To make choosing easy, we have printed out the three week menu on the following pages and would like you to circle or tick your choice of main meal and dessert each day.

Please note some meals can be subject to change due to demand.

If you require help to complete this menu planner, please speak to your delivery person who will be happy to assist you.

If you are going out or need to cancel your meal, please let us know by calling **01495 355949**

If you phone **before 9am** we can cancel your meal for the day without charge.

Please let us know if you would like to make any changes to your menu planner in the future.

If you require any further information please telephone 01495 355949

or e-mail [communitymeals@blaenau-gwent.gov.uk](mailto:communitymeals@blaenau-gwent.gov.uk)