



# Pembrey & Burry Port Town Council Meals on Wheels Service

Un Llais Cymru



One Voice Wales

## At a glance

Pembrey & Burry Port Town Council started an important initiative supporting vulnerable residents to access food during COVID-19.

It has continued to be a valuable resource for older people in the community with the council continuing to provide a hot meal delivery service twice a week.

Service users are provided with the menu in advance and wherever possible ensuring that recipients can choose meals that suit their preferences and dietary requirements.

*Roast Dinner  
Cheesecake*

*Fish & Chips  
Spotted Dick & Custard*

*Faggots, mash & mushy peas  
Apple crumble & custard*

*Steak & Ale Pie & mash  
Chocolate Fudge Cake*

## Challenges

Older people living on their own often face several challenges when it comes to preparing meals. Physical limitations, such as mobility issues or arthritis, can make cooking difficult, while cognitive decline may lead to forgetting meals or struggling with meal preparation. Many seniors also face financial constraints, limiting their ability to afford fresh, nutritious food or ready-made meals.

## Solutions

The Meals on Wheels service provides an effective solution to the challenges faced by older people living on their own. By delivering hot, nutritious meals directly to their homes, the service ensures that residents have access to healthy food without the need for cooking, grocery shopping, or transportation. This initiative not only addresses physical limitations and dietary needs but also reduces social isolation, offering a sense of connection and support. Meals on Wheels helps improve the overall well-being of older residents, ensuring they maintain a balanced diet and feel cared for within their community.

“Our volunteers have built strong relationships with many of the residents, offering support that extends beyond delivering meals,” said Cllr Dee Hamilton. “From a friendly chat to assisting with small tasks, these interactions help ensure that the residents can maintain a level of independence in their own homes.”

## What's available?



Family  
Support



Healthy  
Food



Safeguarding



Volunteering

1

Meals on Wheels offers **valuable reassurance to families** with older members, knowing that their loved ones are being regularly checked on and provided with nutritious meals.

2

Receiving a **hot, well-balanced nutritious meal** offers several benefits, particularly for older individuals. It ensures they get the necessary nutrients for good health and improving overall quality of life.

3

The **safeguarding benefits** of delivering meals with a personal call go beyond just providing food; it helps combat isolation and ensures the safety and well-being of older individuals.

4

**Volunteering** as a Meals on Wheels driver creates a sense of fulfilment and purpose, knowing you're making a direct impact on someone's well-being and strengthens social bonds within the local area.

The Town Council employ a chef who has responsibility for the menu, ordering produce, preparing the food and ensuring all food hygiene requirements are adhered to.

Volunteers support the service and are responsible for delivering meals on time, offering a friendly presence, and checking on the well-being of recipients during each visit

In 2024



£4900

Cost of Initiative



1977

Meals Provided



Out and about with Pembrey & Burry Port Community Council delivering Meals on Wheels with the incredible volunteers and meeting wonderful residents who remind us just how much this service means to them. Their smiles and gratitude say it all.



"makes a lot of difference"

"meals on wheels are excellent, they are very good value"



## Funding & Powers

Pembrey & Burry Port Town Council charge the recipients £5.00 per meal and £1.00 per pudding towards the cost of providing the service; the remaining costs are funded by the Council precept.

All community councils in Wales need specific legal powers that enable them to provide various services and support for their local communities. These powers, granted by legislation, allow councils to undertake a wide range of activities and initiatives to improve the well-being and quality of life for residents. Powers and justifications can differ, and councils should consider their specific circumstances.

For advice and guidance, councils may wish to contact their One Voice Wales Development Officer. [admin@onevoicewales.wales](mailto:admin@onevoicewales.wales)

## The Future

Pembrey and Burry Port Town Council have run a successful community support initiative, Fruity Friday since 2020. Parents register their children so that every Friday during the summer holidays they can pick up a free bag of 4 different fresh fruits. Alongside the fruit they provide fruit themed activities and recipes. This benefits the health of children whilst supporting families that have food poverty and by using different and sometimes unusual fruit, the children learn to try new things. In 2025 they aim to work with local allotments to educate children on where their fruit comes from and how to grow their own. The council would also like to provide activities for the children for the duration of the collection time on some of the days.

Pembrey & Burry Port Town Council will continue to provide their meals on wheels service twice a week.



## Want to Find Out More?

For more information on the One Voice Wales Cost-of-Living Crisis project contact the team at:



[CoLC@onevoicewales.wales](mailto:CoLC@onevoicewales.wales)



<https://bit.ly/3KYHftK>