

nutrition team. Each Cook and Taste programme includes healthy eating information and will help you to learn how to cook nutritious, tasty and affordable food.

To book onto the next available course please phone **0208 962 4270** or email [cook&taste@clch.nhs.uk](mailto:cook&taste@clch.nhs.uk)

## Alcohol & Substance Abuse

Advice, information and support for individuals, families and significant others affected by drug and alcohol use. Includes counselling and one-to-one support.

- **KC North Blenheim Drug & Alcohol Service**  
**020 8960 5599** | [www.blenheimcdp.org.uk](http://www.blenheimcdp.org.uk)
- **KC South CAPS Drug & Alcohol Services**  
**020 3315 5800** | [www.cnwl.nhs.uk](http://www.cnwl.nhs.uk)

## Help to stop smoking

### • Kick it

Pick it advisors will provide you with around six, free, weekly sessions of help and support to get you through the hardest part of quitting, by providing the following:

- Top quality advice on medications that can help you quit (which you'll get on prescription).
- Support with the really difficult bit - changing your behaviours and habits so you can remain smokefree, for good!

**020 3434 2500** | [www.kick-it.org.uk](http://www.kick-it.org.uk)

## Exercise, Fitness & Sport

### • Health Walks

Free walking groups available, come along and meet friends and improve your fitness.

**020 7938 8182** | [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

- **Kensington Leisure Centre** | **020 3793 8210**

## Meal delivery providers

### Companies who deliver frozen and fresh meals

- **Sodexo** | **020 7404 0110**
- **Wiltshire farm foods** | **0800 773 773**
- **Oakhouse foods** | **0845 643 2009**
- **Apetito** | **01225 753 636**

## Lunch Clubs in RBKC

- **KDC** | **020 7727 7337**
- **Quest** | **020 7792 8434**
- **Chamberlain House** | **020 8206 8626**
- **Pepper Pot** | **020 8968 6940**
- **New Horizons** | **020 7590 8970**
- **Open Age main office** | **020 8962 4141**
- **Age UK** | **020 8969 9105**
- **Second Half Centre** | **020 8962 5500**
- **Salvation Army** | **020 8962 2488**

## The Environmental housing team

### Concerns around the health, safety or housing environment

The Housing Team ensure that tenants can live in safe and healthy accommodation in the private sector. They achieve this through enforcement, advice and in certain circumstances grants. | [eh.housing@rbkc.gov.uk](mailto:eh.housing@rbkc.gov.uk)

**If you are concerned about your weight contact your GP. They may be able to refer you to a dietitian.**

Developed May 2015 by the joint Food and Fuel Working Party, Kensington and Chelsea. For review May 2016.

The services and organisations listed in this resource are a guide only for your convenience. Please check what they offer, make sure they would be right for your needs and if there are any charges. Please note this is not an exhaustive list.

# Food for vitality:

Are you getting enough nutrition?



For more information go to  
[www.peoplefirstinfo.org.uk](http://www.peoplefirstinfo.org.uk)

# Does this sound like you or someone you know?

- Do you find it difficult to get to the shops to buy food?
- Do you have little or no food in the fridge or cupboards?
- Do you struggle to prepare meals and snacks?
- Do you find food more expensive these days?
- Have you lost interest in cooking?
- Do you eat alone most of the time?
- Do you forget to eat or often not feel like eating?
- Do you forget to drink or not feel like drinking?
- Have you lost weight recently or found your clothes and jewellery fit more loosely?
- Do you find it painful to chew or swallow?
- Do you find food tastes or smells differently these days?

**A healthy, balanced diet combined with plenty of fluids can really improve health and well-being, especially as we get older.**

This guide tells you about clues that might indicate someone is at risk of not getting enough nutrition, and what can be done about it.

## Answered yes to one or more of these questions?

Any of us can find ourselves struggling to eat well for a number of reasons. The previous situations can be signs that we are not eating well. Over time this may mean we feel less energetic, lose weight without meaning to, or may be more likely to become ill.

Acting on these early warning signs can help us to keep well, maintain energy and keep a healthy weight to help us continue enjoying the things we like in life.

There are many people in the community who can help you to do so. This booklet provides information on some of the local community services available.

## Local Community Services

### • Age UK Kensington & Chelsea



Provides a community transport service, lunch clubs, practical help in the home, one to one meal support and information on welfare benefits and housing.

**020 8969 9105**

**[www.ageuk.org.uk/kensingtonandchelsea](http://www.ageuk.org.uk/kensingtonandchelsea)**

### • Open Age



Provides lunch/cooking groups, exercise, creative/performing arts, social groups and IT support. One-to-one support is available via the link-up project and phone groups for people who are housebound.

**020 8962 4141 | [www.openage.org.uk](http://www.openage.org.uk)**

### • People First Website



An easy to use source of information, ideas and services to help maintain independence and well-being.

**[www.peoplefirstinfo.org.uk](http://www.peoplefirstinfo.org.uk)**

### • Citizen's Advice Bureau



Offers practical advice on debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

**0844 826 9708**

**[www.citizensadvice.org.uk/kensingtoncab.htm](http://www.citizensadvice.org.uk/kensingtoncab.htm)**

### • Adult Social Care (RBKC)



Support adult residents to keep their independence and have a good quality of life, supported in their own homes or in a care home.

**020 7361 3013 | [www.peoplefirstinfo.org.uk](http://www.peoplefirstinfo.org.uk)**

### • Healthy Homes Hotline (RBKC)



Advice on keeping homes warm and energy bills.

**0808 202 6204**

### • Campden Charities



Help with grants to help with replacement of household appliances, local activities, courses and debt advice.

**020 7313 3794**

**[www.campdencharities.org.uk](http://www.campdencharities.org.uk)**

### • WestWay Community Transport



Provides a weekly Shopper Service (£1.50 each way).

**020 8964 4928 | [www.westwayct.org.uk](http://www.westwayct.org.uk)**

### • The Trussell Trust Food Bank



Provides three days emergency food for clients in crisis in exchange for a voucher issued by a healthcare professional.

**020 7370 0338**

**[www.kensingtonchelsea.foodbank.org.uk](http://www.kensingtonchelsea.foodbank.org.uk)**

### • Cook and Taste



**Public Health Nutrition Team, Central London Community Healthcare NHS Trust**

Cook and Taste is a community based nutrition and cooking programme delivered by the local public health