

How do I get involved?

Volunteers are at the heart of the Food2You project, and with a range of different roles, there is something to suit everybody. You will be fully trained for the role of your choosing, ensuring you are confident and happy in your tasks:



Shopper

Driver

Delivery Volunteer

Administrator



Volunteering with Food2You will give you the opportunity to build skills on your CV, gain fantastic experience at a charity and make a tangible difference to the lives of older people in your local community.

Get in touch

Do you know someone who could use the Food2You service? Would you like to volunteer to support local older people?

Please get in touch with the Food2You team:

Email: Food2You@ageuklands.org.uk

Phone: 0207 701 7477



Age UK Lewisham & Southwark

Age UK Lewisham & Southwark (AUKLS) is a local, self-funding charity that has delivered services in South London since 1966. We exist to improve life for older people, especially the most vulnerable, by addressing poverty, isolation, social exclusion and physical, emotional and mental suffering.

Age UK Lewisham & Southwark is a registered charity number 296862



'Delivering food, independence and dignity to local older people'



What is Food2You?

Food2You is an exciting and established shopping delivery service, supporting older people to live more healthy, independent and dignified lives.

Food2You is for older people in South-East London who struggle to do their own shopping. It is flexible and fully accessible to people aged 50+.

Food2You is only available to residents in Lewisham at present.



Why is it needed?

It is estimated that one in ten over 65s are suffering from or at risk of malnutrition. Shockingly, those suffering from malnutrition will visit their GP twice as often and be admitted to hospital three times as often.

Significant contributing factors to malnutrition are a lack of mobility, lack of social support and social isolation. Age UK reports that 19% of 80-84 year olds have difficulty shopping for their groceries, which jumps to 60% for those over 90.

How does it work?

The shopping delivery service is a simple process:



On Monday customers are phoned by volunteers who will help them compile a shopping list for the week ahead



If a person can't use a phone, we have alternative ways of collecting shopping lists



Shopping is completed and delivered by volunteers on an agreed day of the week, currently all purchased from Tesco Surrey Quays



Shopping is delivered, unpacked and, if requested, put away by volunteers. If preferred, volunteers can do doorstep deliveries



The customer will pay for shopping and the £5 delivery charge by cash, card, cheque or over the phone, giving a sense of dignity to users, and providing older people with a real voice in shaping the service



The project will be as flexible and ad-hoc as possible – shopping can be delivered weekly, fortnightly, monthly, short-term, ad hoc, or as a short-term service following discharge from hospital



Customers also benefit from support accessing other Age UK L&S and community services

What are the outcomes?

The positive outcomes of Food2You are vast, and service users report that they benefit in the following aspects of their lives:



Feeling confident about staying in their own home



Feeling more independent



Reduced risk of falling



Increased social contact



Increased mobility



Improvement in general wellbeing



Increased knowledge of help/advice on other services



Improved diet and access to healthier foods

Over 95% of our customers report feeling satisfied with the service they receive from Food2You.

