



The Fermoy Meals on Wheels service has been in operation in our community for the past 25 years and it continues to go from strength to strength.

The service provides hot nutritional meals to older people, people recovering from illness and people living alone.

If you or anyone you know would like to avail of this service please complete the Client Information Sheet overleaf, detach & return it to our Meals on Wheels Cook Supervisor at Fermoy Resource Centre.

**Fermoy Community Resource
Centre, McCurtain St., Fermoy
025 32962**

www.fermoyresourcecentre.com

Sample of Meals on Offer

Dinners

Beef Stew

Roast Chicken

Bacon & Cabbage

Desserts

Apple Tart & Custard

Bread & Butter Pudding

Rice Pudding



Cost:

Dinner per person is €4.50

Dinner & dessert per person is €5.00

Opening Hours:

**Meals on Wheels is open every
Monday, Wednesday and Friday
9am – 1pm**

**Please contact our Meals on
Wheels Cook Supervisor on**

**025 32962 or visit our website for
further details.**

www.fermoyresourcecentre.com



Monday / Wednesday / Friday



**42 McCurtain Street,
Fermoy,
Co Cork**

Tel: 025 32962

Email: info@fermoyresourcecentre.com

www.fermoyresourcecentre.com



Meals on Wheels in Fermoy Resource Centre – operates 52 weeks of the year every Monday / Wednesday / Friday (9 am to 1 pm).

The in-house cook, staff and volunteers are currently preparing between 70 – 80 hot nutritional meals for people within our community, there are many reasons for individuals to receive Meals on Wheels. A number of clients receive meals for a short period while they are recuperating from an illness. Others avail of the service for a longer period as it has become too difficult to prepare hot meals on a daily basis. This service enables individuals to remain independent and continue to live in their own home for as long as possible. Referrals for the service come from local GP's, Public Health nurses, family members and the public.

Meals can be delivered to clients living in certain areas by our volunteer drivers. Home help or family members are also welcome to call into the Resource Centre to collect meals. If you are interested in availing of Meals on Wheels please complete the MOW Client Info Sheet in this leaflet or alternatively you can download it from our website..

Meals on Wheels relies on the goodwill of volunteers. Our volunteer drivers provide a direct social link to clients who may not have any other callers. The drivers are also well placed to identify if a client may require additional help and the cook or coordinator can then make contact with the public health nurse or home help coordinator and make them aware of the situation.

The Meals-On-Wheels service is non-profit making and aims to maintain affordable costs for the recipients. The Health Service Executive supports and funds our service.

The service has a birthday book which is supported by the Hokey Cokey Ladies Club who create handmade cards for each recipient, which is delivered for their birthday, this ensures that no one's birthday is ever forgotten.



Client Information Sheet

Name of client: _____

Address:

Contact Number: _____

Contact Number in Case of Emergency:

Additional information: (i.e. allergies, dietary needs):

Birthday (Date & Month):

Meals to be Collected/Delivered (*) :

(*) Delivery only available in certain areas.