Meet and Eat Film

**Transcript of subtitles**

**Introduction to Project:** Aimed at the over 50s living alone or having recently lost a partner Meet and Eat focuses on having fun, cooking nutritious food and creating new friendships.

After several years running in East and North Herts, Meet and Eat is looking to be established in other Herts Boroughs and Districts.

This short film is a taste of what Meet and Eat has to offer.

**Person 1:** The Meet and Eat is a health and well-being programme aimed at people over 50 to come along to make friends and have some fun.

People come along and we'll choose a meal for them to cook

and everyone will have if they'd like to a job to do, it might be cutting

it might be grating and then we'll put together and make a two course meal

and then at the end we'll all sit down and eat together.

**Participant 1:** We look forward to Wednesday's because we've got nothing much else here but we do like coming because the food we like and also the friends we like.

**Participant 2:** Yeah and I think it's nice because you're sitting having a chat

and helping prepare the food yeah it's very nice, you know, to talk really.

**Person 1:** When we first started Meet and Eat it was very convenient to start in sheltered housing we had set people but now we want to move forward

so we want to reach more people in the community so we're now going to reach out and use community halls and we're going to get people out of their own homes and we're going to try and work with focus groups so people can come together and really benefit from what Meet and Eat has got to offer.

**Participant 3:** It's meant something to look forward to on a Wednesday and we have so much good fun down here and we always walk away at least we've learnt something.

**Participant 4:** When you make things when you haven't done any cooking yourself

it makes you feel great that you've done it.

**Person 1:** It just gets them out their home beats a bit of loneliness.

They form a little group together and that in itself is really strong

and the bond that comes every week that they're there together is fantastic.

**Participant 5:** We made bread and homemade soup once I've never done that before

so that was very nutritious and I'm learning new things all the time.

**Participant 6:** I've learned how to put ingredients together and still turn out a successful meal.

**Participant 7:** But what it does is it gets people out of that square box to come down here and meet people and do things and when you go back you've done something, you know, your brain is working.