



Focus on Food and Fluid First

County Durham and Darlington  
NHS Foundation Trust

## Information on support services

### Age UK County Durham and Age UK Darlington

Provides a wide range of groups and activities to promote health and wellbeing, including lunch clubs for people aged 50+ to come together to share good food and good company.



For more information contact:

- Durham: Tel: 0191 374 6367.  
E-mail: [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)
- Darlington: Tel: 01325 362832.  
Email: [info@ageukdarlington.org.uk](mailto:info@ageukdarlington.org.uk)



### The British Red Cross – Hospital to Home Services

The Red Cross helps thousands of people following a short stay in hospital and prevents unnecessary hospital admissions by providing extra support and care at home. The support offered by our volunteers can smooth the process of settling back into a normal routine and enable people to regain their confidence and independence. The service includes offering assistance with shopping, collecting prescriptions, offering companionship and rebuilding confidence.



For further details please call 0191 3841 360

This leaflet was produced as part of the F4 campaign, Focus on Food and Fluid First at CDDFT, by the Nutrition and Hydration Improvement Team.

