

## RSPG Roseland Together (RT) project

The RSPG Roseland Together (RT) project has been awarded £50,000 by the Government's Coronavirus Community Fund and distributed by the National Lottery Community Fund. This money is to be used to ensure that Roseland residents do not go hungry and that they have access to good food through these strange times.

It is a proven fact that eating healthily is so very important for our physical and mental well-being. The right sort of food fuels the body and new research is now showing how important that is to keep the brain healthy too – good food improves the structure of the brain and also how it functions – and this is true from cradle to grave. Tasty food also gives pleasure and makes you feel good, but with the issues around shopping it may feel too much hassle.

Since lockdown, we have provided over 4000 hot meals through our Meals on Wheels Service. We are now expanding the ways we can help via Food Boxes or if you prefer give you an e-voucher for use in a supermarket. The food box choices are – our existing delivery of a hot cooked meal, a food box which may be frozen ready prepared meals or a box of ingredients for you to cook. We have lists of companies – some local, some national and offering a wide range of choice. We can help those without the internet set up an order directly to their door.

Please contact either your local hub coordinator - their details are in the Roseland Magazine and on our website <https://www.rspgroselandtogether.co.uk/> or our Social Facilitator Paula Townsend on [socfac@rspgroselandtogether.co.uk](mailto:socfac@rspgroselandtogether.co.uk) 07494 954154 or phone or email Roseland Together. [RoselandTogether@gmail.com](mailto:RoselandTogether@gmail.com) 07743746215

You only have to ask – it is open to anyone resident in the Roseland - rest assured your request will always be dealt with in confidence.