

## EAT WELL AGE WELL - PREVENTING MALNUTRITION IN OLDER ADULTS LIVING AT HOME PROJECT UPDATE OCTOBER 2018

The table below provides a snapshot of current activity. Please contact us directly if you have any queries about our current work or email [hello@eatwellagewell.org.uk](mailto:hello@eatwellagewell.org.uk) or call 0131 447 8161

Strand	Lead	Work area	Current focus of activity
<b>Testing change ideas</b>	Gail Hutchison	1. Small Ideas, Big Impact Grant scheme	The <a href="#">Small ideas, Big Impact fund</a> opened on 1 <sup>st</sup> October. Delivering roadshows across Scotland and exploring opportunities to promote the fund. Managing the application process.
	Gail Hutchison	2. Innovations internal to Food Train	Working with Food Train Stirling and a community café in Stirling to develop Healthy Ready Meal recipes, testing feasibility and impact among Food Train customers. Planning testing use of Salford arm bands in project.
	Sally Grubb	3. Innovations external to Food Train	Conversations with partners to develop tests of change - a) test with carers in Midlothian on use of slow cookers b) test with Food Train volunteers using MUST screening and Food First advice collaborating with NHS Forth Valley and NHS Lothian Dietetics.
<b>Research &amp; Evaluation</b>	Nigel Lack	4. Research study	Research study agreed in partnership with Glasgow University to measure the prevalence of malnutrition. The study will begin in Jan 2019 for 1 year.
	Nigel Lack	5. Eat Well Age Well monitoring and evaluation	Program logic model developed and being shared with partners. Collecting monitoring data and evidence to measure impact of capacity building, grants and project.
<b>Policy into Practice</b>	Laura Cairns	6. Eat Well Age Well Stakeholder Group	First meeting held August 2018 with a range of stakeholders. Presentations at key groups, scoping other programs, conversations with range of partners identifying opportunities for collaboration.
<b>Capacity building</b>	Sally Grubb/Danielle Redmond Grey	7. Raising awareness with the public and professionals	Developed <a href="#">Understanding Malnutrition</a> resource and worked with Age Scotland on an update of <a href="#">A Guide for Older People In Scotland</a> , which were both launched on 1 <sup>st</sup> ever Malnutrition Awareness Week. Two <a href="#">films</a> also launched on spotting signs of Malnutrition and Food First. Ongoing development of <a href="http://eatwellagewell.org.uk">eatwellagewell.org.uk</a> – imagery, film and content, link strategy.
		8. Workforce development	Planning for capacity building training. Reviewing the BAPEN e-learning module to target this at a wider group of staff. Monthly <a href="#">e-newsletter</a> to range of practitioners. Ongoing social media across all channels. Photo shoot - new vibrant images of older people taken.
<b>Collaborative relationships</b>	All	9. Older Peoples' Panel	Recruitment of volunteers for older peoples' panels in 3 regions of Scotland complete. Planning for involvement across EAWW.