

EAT WELL AGE WELL – PROGRESS REPORT AUGUST 2019 (this report covers 3 month period June 19 – Aug 19)

7Work area	Current focus of activity
1. Small Ideas, Big Impact Grants	a. Round one grants - schedule of visits & filming to share learning of projects is ongoing b. Round two grants - closed on 2 August, we received 77 applications across all 14 Health Boards. Panel meeting to review applications scheduled for mid-September.
2. Innovations internal & external to Food Train	a. Nibble & Natter: scoping befriending organisations to integrate snack & nutrition chats b. Eat Well 2 Go: phase 2 Ready Meals delivery, launched 10 June c. NHS Lothian & NHS Forth Valley Dietetics: NHS Lothian project started August, focus is preventing medium risk MUST patients becoming high risk by promoting EAWW and using trained Eating Well volunteers with patients. NHS FV due to launch soon. d. Midlothian Red Cross: excellent partnership working, ongoing use of Nutrition Checklist within the service e. Food Train Dundee & NHS Tayside undernutrition project: welcome visit using the Nutrition checklist is being tested with Food Train customers f. Slow cooker test: scoping other areas/settings to take on this project g. Boost box with Hanover Housing: planning for events in Renfrewshire (Sep) involving health and wellbeing checks, snack & advice visits to at risk older people h. Healthy food booklet for unpaid family carers (dementia): we facilitated workshops and trained family carers in Aberdeen which will shape and inform nutrition resource i. Healthy Eating Choices for South Asian Older People: staff trained in Raising the Issue of Malnutrition. Screened: 11 to date, 2 at risk were provided with follow up information. j. Food Train West Lothian, Eat Well Buddy service: project ongoing, supporting Food Train customers via food buddy to develop nutritional shopping list. k. Food Train Borders, Meals & Messages: project ongoing, training volunteers, weekly meal trips including shopping, meal planning, food first advice and a meal.
3. Research & monitoring and evaluation	a. Glasgow University Research study – study at data collection phase, 108 interviewed. We were successful in a 11.5k funding bid for research dissemination activity that we are tying into our Scottish Malnutrition Awareness week campaign activity. b. Evaluation of Eat Well Age Well – tender exercise completed and Community Enterprise have been appointed for a 18 month study to evaluate Eat Well Age Well.
4. Eat Well Age Well collaborations	a. Next stakeholder group planned for 12 th September b. EAWW was a key partner in helping set up a UK Malnutrition Awareness & Prevention Network – to provide UK voice and leadership on prevention of malnutrition
5. Raising awareness with the public and professionals	a. Planning for UK Malnutrition Awareness Week 14 –20 Oct b. Lunch club campaign pack developed & launched. Supporting lunch clubs with tools to promote good nutrition and hydration including: screening toolkit, posters, quiz, recipes, & lunch clubs hints and tips resource developed with CFHS. c. 2 e-newsletters sent out to network including 82 <u>new</u> contacts. Ongoing social media, including 2 #Malnutrition Monday campaigns
6. Capacity building	a. Ongoing training REHIS eating well for older people & Raising the issue of malnutrition 25 trained, issued 270 paperweight armbands & 81 malnutrition toolkits b. 6 'Eating Well' Volunteers PVG checked, trained and are ready to support the project. C. Pilot project with Age Scotland member groups agreed

