

EAT WELL AGE WELL – PROGRESS REPORT FEBRUARY 2019 (this report covers 4 month period Oct 18 – Jan 19)

| Work area | Current focus of activity |
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| 1. Small Ideas, Big Impact Grant scheme | a. 23 grant applications have been funded across Scotland. b. Round two funding promotion will begin in March/April. This funding pot will open in May 19. |
| 2. Innovations internal & external to Food Train | a. Nibble & Natter – volunteers from West Lothian trained around nutrition and hydration and Food Train customers looking to take part have been identified. b. Eat Well 2 Go – fresh homemade soup & bread from Sunlite community cafe now being delivered to Food Train customers along with groceries. c. NHS Lothian Dietetics – updated brief agreed with senior Lothian Dietitians and awaiting sign-off from a Midlothian GP. d. NHS Forth Valley Dietetics – ongoing, meetings with partners held and a new referral form developed. e. Midlothian Red Cross - staff are testing out the Patients Association Nutrition Checklist with older adults across Midlothian region. f. Slow cooker test- with carers and family members. Recipes completed and now in testing phase (approx. 20). Tesco is supporting this work. Project documentation developed and project awaiting approval. g. NHS Tayside undernutrition project – early conversations on areas for collaboration. |
| 3. Research & monitoring and evaluation | a. Research study “to assess older adults nutritional and wellbeing outcomes associated with ageing in place with supported food accessibility: a mixed methods, biopsychological analysis” will commence in February 2019. b. Early assessment and analysis of SIBI applications and evaluation baseline planning documentation prepared. All innovation/tests of change projects above have been supported by the Impact and Policy Officer with evaluation tools and measures. |
| 4. Eat Well Age Well collaborations | a. Second EWAW stakeholder meeting held in February 19. b. Attendance at key events and groups (e.g. Tayside Dietetic team awayday, joint Cross Party Group on Food & Cross Party Group Aging, Soil Association Food Generations). c. Partnership working with REHIS, Greater Manchester Nutrition prog re: e-learning. |
| 5. Raising awareness with the public and professionals | a. ‘Beat the January Blues’ event with Age Scotland was held to launch the revised A Guide for Older People In Scotland with 50 older adults. b. A film demonstrating the use of the Paperweight armband tool launched online. c. eatwellagewell.org.uk website –new headers & menus, new and improved resources and training section. d. Involvement in a comms group with Hertfordshire Independent Living and University of Hertfordshire to develop new #MalnutritionMonday campaign. e. Monthly e-newsletter sent out to 271 contacts & ongoing social media |
| 6. Workforce development | a. A plan is in place to train a large cohort of paid carers until Dec 2019. b. Our first REHIS eating well for older people course & Raising the issue of malnutrition training in the community begins in February. c. Raising the issue of malnutrition toolkit launched - practical tools to support discussions about nutrition & hydration for all who have routine contact with over 65s |
| 7. Older People Panels | a. Thirty volunteers from three regions of Scotland identified. Planning is ongoing. |