

MORE THAN MEALS


small ideas

BIG IMPACT FUND

Community Food Initiatives to Support Older People to Eat Well



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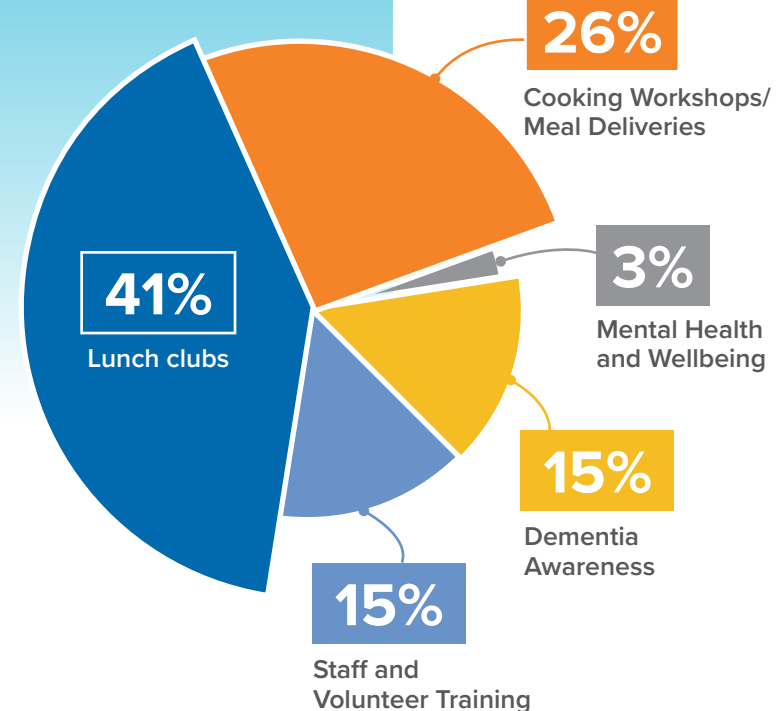
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Executive Summary

To tackle and prevent malnutrition [Eat Well Age Well](#) have developed and delivered [The Small Ideas Big Impact Fund](#) (SIBI) which aimed to encourage people across Scotland to test out new ideas to help prevent, detect and/or treat malnutrition in older people aged 65 years and over.

The fund was available for community groups, individuals, social enterprises, charities and public sector workers who could all apply for funds between £50 to £5000. The infographics below show the range and scale of the support given by the SIBI funding to support local communities working with older people.

Funding supported a range of different activities such as:



Launched in
October 2018
and the funding
was disseminated in
March 2019

88
applications received
requesting a sum of
£327,035

Funded **23** projects
which amounted to
£74,621.80

Supported over
600
older people
across Scotland

140
cooking workshops
took place across
Scotland to support
older people

Over
2854
hot meals were provided
to older people

Over **30** staff &
volunteers trained in
Eat Well Age Well's
'Raising the Issue of
Malnutrition'



We found our funding impacted older people in 5 main ways:

Increased food access.

Reduced social isolation and/or loneliness.

Increased awareness of healthy eating and importance of eating well in later life.

Increased access to community dementia friendly support groups.

Increased knowledge and skills in relation to healthy food preparation or cooking.

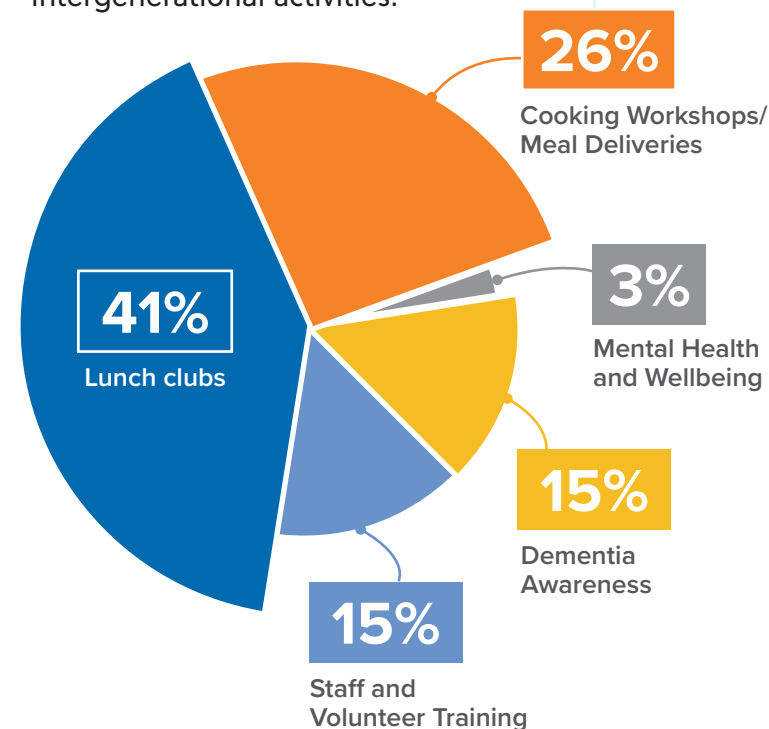
We found our funding impacted organisations in 2 ways:

Increased partnership working & awareness of community services to support older people's health and wellbeing.

Increased staff and volunteer knowledge and awareness of promotion of good nutrition and malnutrition.

Funded Activities

The funded projects supported over **600 older adults** through a range of activities including, lunch clubs, dementia awareness support groups, cooking classes and intergenerational activities.



Introduction

Eat Well Age Well (EWA) is a national project funded by the National Lottery Community Fund and part of the award-winning Scottish Charity, Food Train with the overall aim of contributing to the prevention, detection and treatment of malnutrition and dehydration amongst older adults living at home in Scotland. EWA works in collaboration across all sectors to develop initiatives that support older people, across Scotland, to Eat Well, Live Well and Age Well.

Since 2018 EWA have developed and delivered 'The Small Idea Big Impact Fund' (SIBI) which aimed to encourage people across Scotland to test out new ideas to help prevent, detect and/or treat malnutrition in older people aged 65 years and over.

This report highlights the impact of the first round of funding based on seventeen projects from across the length and breadth of Scotland. This involved interviews with 10 projects, analysis of application forms, evaluation forms, photographs as well as project videos created by Eat Well Age Well. Six projects in this round of funding have been delayed for various issues and will not be included in this report.

The intended outcomes of the grant fund are that

- more older people are reached and receive nutritious food
- more older people feel less isolated and lonely
- an evidence base of what works begins to emerge
- community groups are more engaged in projects to address malnutrition.

What and where we funded

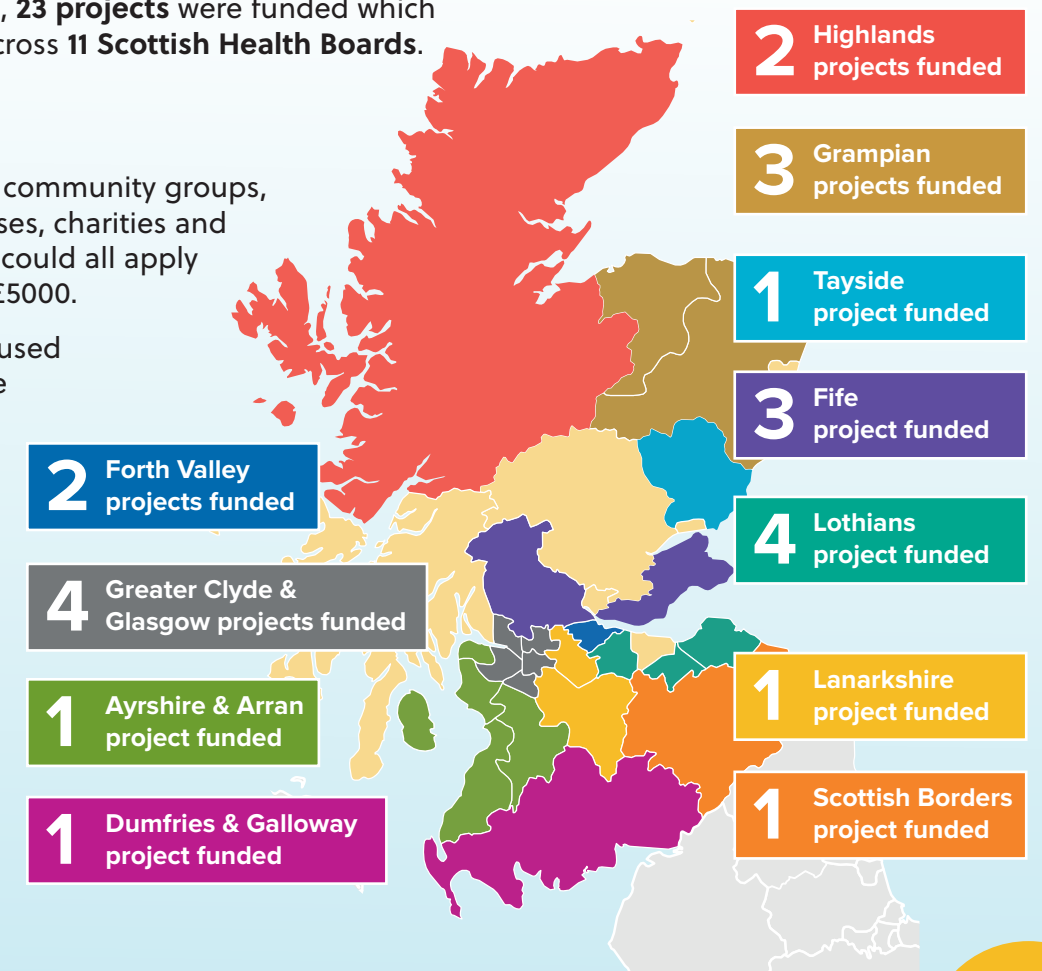
Out of the 88 applications, **23 projects** were funded which amounted to **£74,621.80** across **11 Scottish Health Boards**.

Round 1 funding

The fund was available for community groups, individuals, social enterprises, charities and public sector workers who could all apply for funds between £50 to £5000.

The theme of the fund focused on food and activities were expected to have added benefits to support older people such as, reducing social isolation and/or loneliness and supporting emotional and mental wellbeing.

The first round of the SIBI fund opened from October to December 2018. In total 88 applications were received, requesting a sum of £327,035.



Highland Region

Project Summary:

ORGANISATION:

Dementia Friendly Communities (DFC)

PROJECT NAME:

Grab N Go Bags

FUNDING AWARDED:

£4,415

LOCATION:

Highlands - Helmsdale, Brora and Golspie

TIMESCALE:

May 2019 - October 2019

THEME:

Provision of dementia friendly snack bags for the weekend.

DFC was established in 2012 to spearhead transformational change for dementia families in remote rural areas by offering several services. One of which is a mid-week meal service 'Dinner at Your Door', similar to the 'Meals on Wheels' model. Given the rural location, access to larger supermarkets are limited and many older people are unable to drive or access public transport throughout the week.

The Grab N Go bags project was designed to offer their customers an easy, nutritious, and convenient meal over the weekend, when the Dinner at Your Door service was not available. Therefore, DFC used their Dinner at Your Door vans to deliver the freshly prepared food every Friday for six months. DFC offered a free month trial so customers could provide initial feedback. EAWW funding covered materials, ingredients, and staffing costs to create, develop and deliver the Grab N Go bags.

Evaluation Summary:

On average 60 bags were sold each Friday and in total over the 6 months 1560 bags were sold. This was over four times as many as DFC estimated in their funding application. The nutritious bags supported older adults who had many different nutritional and health needs because of poor mobility, lack of access to shops or support as well as some living with dementia.

Outcomes:

- One of the main benefits from the project was that the delivery driver gained a better knowledge of the signs and symptoms of malnutrition from liaising with a local NHS Dietitian. The driver was able to build up rapport with the customers, and signpost if concerned.
- The driver also had the opportunity to share additional information about activities and clubs in the local area to further combat social isolation.
- The service also found that people out-with the Dinner at Your Door service requested Grab and Go Bags, which meant more older people were targeted across the rural areas.
- The project is now **sustainable** and continuing to provide nutritious meals to older people over the weekends.



"My husband has a dementia diagnosis and although his short-term memory is deteriorating quite rapidly now, he never forgets Fridays and his 'picnic lunch'. He loves unpacking his Grab 'n Go bag and because he's forgotten what he ordered, it's always such a lovely surprise when he sees what's inside, especially the sweet treat which is always a highlight for him."

Highland Region

Project Summary:

ORGANISATION:

Mackenzie Centre

PROJECT NAME:

Mac Snack Pack

FUNDING AWARDED:

£2,000.00

LOCATION:

Highlands

TIMESCALE:

November 2019 – February 2020

THEME:

Food Provision and cooking sessions.

The Mackenzie Centre is a support service for older people and unpaid carers which provides several activities such as walking, art, gardening groups and beauty therapy. To reduce food poverty and raise awareness of nutrition and hydration the centre also offers Mac Snack Packs which include sandwiches, juice, fruit and biscuits for £2. EAWW funding supported the centre to furnish a small area to expand the snack packs and provide cooking classes supporting an educational role including revisiting old skills and building confidence in preparing simple meals.

Evaluation Summary:

Eight older people attended the cookery sessions and 30 older people who regularly attend the day centre took home a Macs Snack Pack. The members attended an information session to enhance knowledge about nutrition, hydration and how to fortify foods. The older people were also involved in designing the Macs Snack Pack logos which enabled them to get a better understanding of the project.



Outcomes:

- The funding has allowed the centre to **expand and develop services** to educate members on the importance of nutrition and hydration.
- The equipment is in place which means the initiative can continue to grow.
- For the older people, the project has facilitated connections between members who might not naturally interact in other situations.
- Staff knowledge and skill set in facilitating workshops has improved and they are now more aware of what matters around good nutrition and how independence can have lasting impact.



Aberdeenshire

Project Summary:

ORGANISATION:

New Deer Community Association

PROJECT NAME:

The Big Lunch in New Deer

FUNDING AWARDED:

£475.00

LOCATION:

Aberdeenshire

TIMESCALE:

March 2019 – July 2019

THEME:

Local lunch to increase social interaction for older adults



Several older people attended The New Deer Food Favourites Group where participants came together to make and eat food. There was interest in organising a social event focused on food within the group however one problem was that many older adults living in New Deer lived alone with no access to transport. Eat Well Age Well's funding supported New Deer Association to hold their own 'Big Lunch' based on the UK's annual get togethers for neighbours. The Big Lunch was held in a local café on 28th July 2019 from 12- 2pm. EWAU funding covered food costs from the café, transport and containers for the older people to take extra portions home. The lunch included homemade lentil and broth soups, sandwiches, fruit, ice cream and meringues.



Evaluation Summary:

The project sent out 200 invitations and received press coverage from a local newspaper to promote the lunch. The event took place in The Mustard Seed, a local café, and 48 older adults attended, in addition 23 food deliveries were made to a local care home. In total 53 soups and sandwiches were provided. From the end questionnaire all attendees agreed events like these make them feel less lonely and 96% said they spoke to someone they didn't know. 48 goodie bags were given, containing a reusable water bottle and food container along with EWAU information around keeping hydrated, healthy eating and cooking on a budget.



Outcomes:

- **Increased engagement** with older people.
- **Increased partnership working** local businesses. e.g. Mustard Seed café and Foodie Favourites' cookery demonstrations.
- **Increased skills of volunteers** - five volunteers increased their skills in running a community project.
- A project underspend gave the New Deer disabled and seniors club financial assistance for their annual Christmas lunch.

Aberdeen City

Project Summary:

ORGANISATION:

Aberdeen Multicultural Centre

PROJECT NAME:

AMC Senior Citizens Lunch Club

FUNDING AWARDED:

£4800

LOCATION:

Aberdeen City

TIMESCALE:

January 2019 – March 2020

THEME:

Monthly themed multicultural meals for older people



Aberdeen Multicultural Centre (AMC) is an outcome driven; user led charity committed to making positive impact on the lives of ethnic minority communities in Aberdeen. EWAU funding supported AMC to deliver monthly lunch clubs aimed at improving health and wellbeing through three aspects, food, physical activity and social contact. The meals were tailored to the ethnic minorities drawing on flavours and recipes from the participants countries. The lunch club had different topics each month e.g. Diabetes, eating well in later life, benefit advice and information on food waste and climate change. The club was also supported by a local yoga instructor who delivered chair-based yoga sessions each month. The lunch clubs aimed to grow a support network between participants and increase awareness of services available across Aberdeen to support health and wellbeing.

Evaluation Summary:

50 older adults from different ethnic backgrounds regularly attended the lunch clubs. Evaluation was gathered through informal questions, questionnaires and feedback forms. Findings identified all the participants enjoyed the food and activities. The paperweight armband was used to identify malnutrition risk. All participants were found to be 'not at risk'. AMC found many attendees lived with families who looked after them regarding food however, reported feelings of loneliness was prominent for some. The different themes engaged the attendees in discussion and increased individuals' knowledge on nutrition, access to food, mobility and understanding the benefits of regular exercise in later life. Attendees reported that the lunch clubs were successful in reducing social isolation by providing additional information and advice to support health and wellbeing.

Outcomes:

- **Increased knowledge and skills of staff & volunteers.** "Attending EWAU 'Raising the Issue of Malnutrition' training increased confidence in using the Paperweight Armband to identify risk as well as providing food first advice for older members struggling with a poor appetite".
- 90% of attendees willing to pay a small fee to continue the club post EWAU funding.
- **Improved partnership work** with a local yoga instructor to support physical activity.
- A joint session organised with Edinburgh Trust Housing Association supported attendees with benefit advice as attendees reported doubts of entitlement.
- Increased understanding of other diverse cultures, religions, and languages in Aberdeen City.

Aberdeen City

Project Summary:

ORGANISATION:

Bon Accord Care

PROJECT NAME:

Wellbeing and Healthy Eating Roadshow

FUNDING AWARDED:

£1,870

LOCATION:

Aberdeen City

TIMESCALE:

April 2019 – October 2019

THEME:

Interactive health and wellbeing roadshow across Aberdeen City



Bon Accord Care provides services for older people to support and encourage members to live independently for as long as possible.

EWAW funding supported Bon Accord to launch a series of wellbeing and healthy eating roadshows which were available to individuals aged 65 years and over, along with their family, friend or carer in sheltered housing complexes across Aberdeen City. The roadshows involved promoting several services for example, occupational therapy, wellbeing team, telecare, community meals as well as live cooking demonstrations delivered by an eating well advisor. The roadshows were designed to be a sociable event where older people could relax, have a cup of tea, try healthy treats and gain information from various organisations.

Evaluation Summary:

Over 7 months 12 roadshows were completed reaching 140 older adults at various locations across Aberdeen City. A short questionnaire was conducted with attendees to gather initial feedback. 36% of attendees agreed to answer the survey on the day of the roadshows, 88% were female. Findings showed that all attendees received at least one recipe card and all participants had servings of 3 healthy recipes. 75% said they cooked their own meals and 84% believed they had a healthy diet. Bon Accord decided that support was needed to get service users involved in more activities. As a result of this from the 12 sheltered housing complexes who participated in the project

- 67% have either started a lunch club or are in the process of starting one.
- 58% receive regular deliveries of fruit and vegetables from CFINE.
- All 12 locations now have a trained staff member who can provide chair-based exercise.

Outcomes:

- **Increased resident knowledge** of local organisations that can support with health and wellbeing from visits made by the Wellbeing team and Reablement Facilitators.
- **Decreased social isolation** by bringing individuals together for food tasting and a chat.
- **Improved partnership working** between services to better support and empower our ageing population. For example, some sheltered housing buildings have created an ongoing link with the community food initiative group (CFINE), who support through a range of activities such as selling affordable fruit, vegetables, donating food and providing cookery sessions.

Tayside Region

Project Summary:

ORGANISATION:

St Mary's Community Church

PROJECT NAME:

Come Dine with Me

FUNDING AWARDED:

£3684.80

LOCATION:

Dundee City

TIMESCALE:

February 2019 – February 2020

THEME:

Fortnightly evening community meal

"The project provided good food, company and brought people together increasing community cohesion."



Come Dine with Us was a collaborative project between St Marys Community Church, NHS Tayside Nutrition and Dietetic Service, Dundee Carers Centre and Dundee Volunteer and Voluntary Action. The aim of the project was to bring together older people and their carers providing them with an evening hot meal at their local church. Having spoken to older people in the community the church was aware of older people not having much to do in the evening which exacerbated feelings of loneliness. EWAW funding supported start-up costs e.g. advertising materials, cooking equipment, food and transport.

Evaluation Summary:

Come Dine with Us delivered 23 lunches with 25 diners attending on a regular basis. In addition, they held special events such as a summer and Christmas party. A short informal 6-week evaluation was conducted by asking open-ended questions about why the diners attended and what they would be doing if they were not at the group.

The results showed whilst many of the diners enjoyed the food, the main reason for attending was for the company. Some of the diners had partners with dementia therefore this gave them time to sit, eat and have support. All the diners said they would be at home if they did not come along and it provided them with good food and something different to do each week.

Questionnaires and informal discussions were conducted at the end of the project which reinforced the mid evaluation.



Outcomes:

- **Reduced social isolation** – 'company' was the single biggest felt benefit and this encouraged some participants to get involved in other activities outside the club.
- **Improved food access** for older people through the provision of nutritious healthy meals.
- Increased awareness of nutrition and other health issues for the older people.
- **Developed and increased** partnerships between several agencies e.g. Community church, NHS Tayside, Dundee Carers Centre and Dundee Volunteer and Voluntary Action.
- **Increased skills of staff and volunteers.**
- **Increased engagement with older people** in the local community which has raised the profile of the community work that takes place within St Mary's Church.

Lothian Region

Project Summary:

ORGANISATION:

Joanna Teece – Dietitian

PROJECT NAME:

Fantastic Food First Milkshakes

FUNDING AWARDED:

£70.00

LOCATION:

Queensferry Primary School and The Haven Centre

TIMESCALE:

June 2019 – December 2019

THEME:

Intergenerational project to raise awareness of the identification and treatment of malnutrition

"It was something different, I really enjoyed talking to the children."

EWAW's funding supported P6 children at Queensferry primary school to hold a tea party for older residents at a local care home in South Queensferry. The aim of this project was to showcase recipes of how to make fortified milkshakes to support older residents that might be at risk of malnutrition.

Firstly Joanna Teece, a local dietitian organised a short talk to P6 about why malnutrition is important to recognise and treat, then the children designed posters and milkshake recipes. The next session involved making the smoothies, which reinforced food fortification learnt in the first session. P6 then delivered the smoothies to the care home and offered them to the residents to taste. EWAW funding supported the cost for equipment to make and serve the milkshakes and supplies to design the posters and recipes.

Project evaluation:

The project supported 15 residents along with 33 children aged 11-12. All the children attended the short talk on malnutrition and then took part in a practical exercise, which involved making their food first milkshake recipes. Children's knowledge was assessed pre workshop using an interactive quiz.

- Approx. 3 of the 33 correctly identified 1 in 10 are at risk or living with malnutrition
- All identified food poverty and illness as a risk factor
- Approx. 50% identified isolation and loneliness as a risk factor
- Approx. 80% identified poor oral health as a risk factor
- 90% were aware fortifying foods helps to treat and prevent malnutrition

Outcomes:

- Nine children attended the tea party at the Haven and described how to make fortified milkshakes. The residents then got to try 4 different milkshake recipes.
- The feedback from both the children and the older people was very positive.
- Increased **sustainability** - the primary school now have the project idea and equipment to replicate the project along with the knowledge and links with Haven.



Lothian Region

Project Summary:

ORGANISATION:

Dunbar Grammar School

PROJECT NAME:

Dinner at Dunbar Grammar School

FUNDING AWARDED:

£5,000

LOCATION:

Dunbar – East Lothian

TIMESCALE:

January 2019 – February 2020

THEME:

Intergenerational evening dinner with activities held at the school

Dunbar Grammar School holds many intergenerational activities with local older people in East Lothian working in partnership with different organisations. The Dinner at Dunbar project involved delivering a weekly cross generational lunch & dinner club with additional activities such as quizzes, crafts, walks, films, dancing and music. Young and old gathered to plan, prepare, cook, eat and socialise. EWAW funding supported REHIS Eating Well for Older People training for the older adults, food, stationery and fuel for transport.



Evaluation Summary:

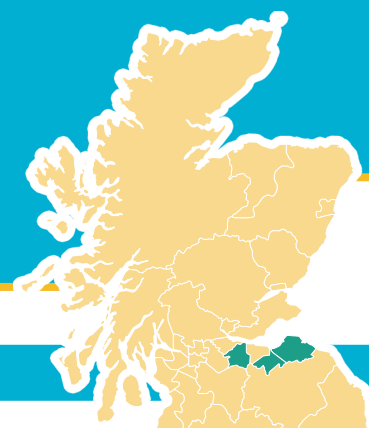
Dinner at Dunbar delivered 42 sessions targeting 50 older adults with 30-40 attending regularly. The project started with 18 older friends and 10 volunteers. Dinner at Dunbar now feeds 60 children, 40 older friends and has 27 volunteers.

One of the main successes has been the sustained new friendships that have been built between the school children and older friends. Through informal conversations older friends have reported feeling less isolated and have learned new skills from the pupils and volunteers. In addition, awareness of the importance of eating well in later life increased for both generations and pupils reported feeling more confident in giving food first advice to the older members.

Outcomes:

- Dinner at Dunbar are planning on becoming a meeting centre '**Dementia Friendly Community Hub**' which will provide support to dementia sufferers and their families.
- Dunbar Grammar School has won an East Lothian Star Award for **Working in Partnership** along with a Community Award; as well as being highly commended by Generations Working Together for Most Improved Project.
- Dunbar Grammar School was recently reviewed and Dinner at DGS has been recognised as an example of **Good Practice** and has also won the Dunbar Rotary Club Community Service Award.





Lothian Region

Project Summary:

ORGANISATION:

Edinburgh
Community Food

PROJECT NAME:

Food Friends

FUNDING AWARDED:

£4,880

LOCATION:

Edinburgh City

TIMESCALE:

April 2019 –
February 2020

THEME:

Sheltered housing
cookery and food group
partnership project

Edinburgh Community Food are a city-wide charity, company limited by guarantee and social enterprise established in 1996. They work with vulnerable groups across the city addressing issues of health inequalities. Food Friends was a partnership project with Viewpoint Housing, who manage a range of supported housing and care services for older people in Edinburgh, Lothian and Fife.

The project aimed to deliver a food and health programme within communal meeting areas to increase confidence in cooking meals from scratch as well as reducing social isolation. EWAU funding was used to test out this approach, by supporting with staff costs, food, consumables and marketing materials. The project was group led, with residents deciding what they wanted to cook each week and what topics they wanted to discuss.

Evaluation Summary:

Food Friends supported 28 older people delivering 37 weekly cooking and nutrition sessions, providing over 1,000 hot meals to older adults.

In addition, 10 monthly community meals were delivered including one during UK Malnutrition Awareness Week which provided resources and prompted discussions around eating well in later life.

Edinburgh Community Food also provided participants with Take and Make DIY meal kits and details of REHIS Eating Well for Older People and Food Hygiene courses. Through informal discussions and questionnaires, the Food Friends project found.

- 80% of participants reported feeling less isolated.
- 75% of participants reported an increase in the variety of food they eat.
- 60% of participants reported an increase in cooking meals from scratch.

Examples of learning cited by participants included chopping and preparing food, making meals by themselves from scratch and then being able to confidently replicate at home. Many remarked on the pleasure of trying a variety of different foods and experiencing tastes and ingredients they had not had before. Participants reported changed behaviours outside of the sessions, such as freezing extra portions of food, and trying new foods.

Outcomes:

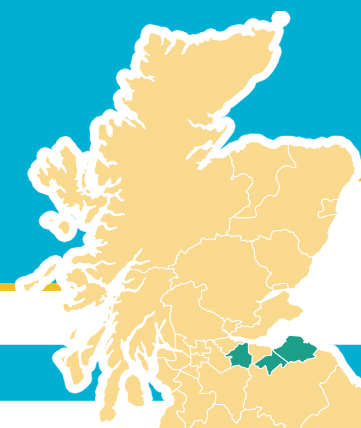
- **Decreased social isolation** – participants reported they enjoyed meeting new people through the group.
- **Improved food access** for older people.
- **Increased variety of meals and foods eaten by older people** – participants reported they had never tried some of the food cooked and were interested in where it was purchased and packaging/label information.
- **Increased confidence** in cooking meals from scratch – participants reported cooking more meals from scratch at home and cooking with family members.
- **Enhanced partnership working** with Viewpoint Housing - Viewpoint are interested in making Edinburgh Community Food's Take & Make bags accessible to their residents through their delivery service.
- **Increased volunteer skills** – two volunteers increased knowledge and experience in working with older people through the social, nutritional and cooking aspects of the session. Volunteers and Staff from Edinburgh Community Food attended EWAU Raising the Issue of Malnutrition training.

*"Good company
and comradery."*

*"I've eaten lots of things I've never
ever tried before since joining the
group and try making more of a
variety of things at home now."*

*"I hate cooking alone, but I
love cooking here with other people,
otherwise there's no
one to share it with."*





Lothian Region

Project Summary:

ORGANISATION:

Stoneyburn and Bents Future Vision Group

PROJECT NAME:

Supporting older people to live independently in their home

FUNDING AWARDED:

£4,616

LOCATION:

Breich Valley Ward, West Lothian

TIMESCALE:

July 2019 – February 2020

THEME:

Weekly lunch club and daily contact calls



Stoneyburn and Bents Future Vision Group is a small rural charity based in a population of 1,900 people in West Lothian that supports all age groups in the community. The charity identified older people in the local community in need of support due to the rural location, reduced bus services and reported feelings of loneliness.

The project aimed to deliver a weekly Meet and Eat lunch club to empower local older people to live healthier lives by providing a hot two course meal, activities and information on healthy eating and malnutrition. A telephone befriending service ran alongside the lunch club, supported by local volunteers. EWAW funding covered volunteer expenses, equipment and food supplies.

Evaluation Summary:

The weekly Meet and Eat lunch club supported 38 older adults as well as providing meal deliveries to elderly people who were not fit enough to attend the local community centre. The project was group led which allowed attendees to be involved in choosing the activities and meals.

Through informal discussions and an electronic scoring system the project found 90% of attendees felt less isolated. One of the most striking finds from this, was people's inability to understand their own isolation, or level of loneliness at the beginning of the project. It was only after attending sessions, gaining information and a chance to socialise with their peers and volunteers, did attendees truly understand the level of their own isolation.

Outcomes:

- The telephone service allowed the volunteers to target those who were most at risk.
- **Decreased feelings of loneliness / isolation** by bringing local older residents together to re-connect or establish new friendships. This encouraged users to attend other clubs running in the community e.g. craft club.
- Volunteers also reported feeling less socially isolated, connecting with people of varying ages and experiences and gaining knowledge on the signs and symptoms of malnutrition.
- **Improved food access** for older people via the hot freshly cooked meals and meal deliveries.
- Increased relationships and **improved partnership working** with many partners for example, Community Council, the Community Centre Management Committee, and the West Lothian Financial Inclusion Network.

Fife Region

Project Summary:

ORGANISATION:

Greener Kirkcaldy

PROJECT NAME:

Elderberries Cook Club

FUNDING AWARDED:

£5,000

LOCATION:

Fife

TIMESCALE:

April 2019 –
February 2020

THEME:

Weekly cookery club
for older people

Greener Kirkcaldy is a community-led development trust which delivers projects to meet the needs of local people: tackling fuel and food poverty, improving health and wellbeing and bringing the community together. EAWW funding supported the development of a cooking club for older people, which covered materials, ingredients, project worker, training certificates and marketing materials.

The project aimed to tackle malnutrition by giving participants a healthy nutritious meal each week plus the information, inspiration, skills and confidence to cook for themselves at home. Also, to reduce social isolation by bringing people together to take part in shared activities, in a friendly setting. The weekly sessions lasted 3 hours, which included 2 hours of cooking and setting up followed by 1 hour of eating together and activities.



Evaluation Summary:

The Elderberries Cook Club delivered 35 sessions during the funding period and engaged with 30 older adults, 15 attended regularly. The groups were visited by agencies to offer additional advice for example, NHS Fife Health Promotion team and Active Fife.

The participants were given recipe books to encourage them to cook at home. All the recipes required minimal ingredients, time and equipment to make it easier to replicate at home, for example homemade Moussaka and Cheese Souffle Omelette.

Outcomes:

Out of the 15 individuals who attended regularly,

- **93% reported eating better**, at the beginning of the project participants talked about how health conditions and illnesses could be a barrier to eating well.
- **Increased partnership work with NHS Fife Health Promotion team**. This encouraged participants to have a group discussion about ways in which recipes could be adapted if needed. Also, participants reported if they were ill or losing weight, they would be aware of the symptoms of malnutrition in themselves and others.
- **86% reported cooking more at home** - 'more confident in making and planning meals' as some reported at the start that 'It's easier to have a bowl of cereal than cook a meal'.
- All reported **feeling less isolated** and all participants lived on their own, widowed or felt isolated due to age and mobility. They loved cooking in pairs and swapped partners each week. The participants rated the social contact just as important an impact as improving diets.
- **Increased knowledge and skills of staff**. Two staff completed REHIS Eating Well for Older People course and attended EAWW's Raising the Issue of Malnutrition training, which increased learning about eating well in later life.



The information below summaries a participant's journey in the Elderberries Cook Club.

Situation

Participant A was one of the first people to take part in the Elderberries Cooking Club. A lived on a low income and had Type 2 Diabetes. Due to ill health she had become isolated in her own home. She did not have any motivation to cook for herself very regularly. When she did cook it was one pot meals with minimal ingredients. She found food very uninteresting and struggled to control her diabetes as she often did not finish her food or eat regularly. She was also worried that she was not eating enough of the food groups to support her health. She was very keen to participate in the group as she wanted to try and motivate herself to eat better and eat with other people.

Support

A had hardly missed a session and really enjoyed cooking, as well as cooking with a partner. She was very aware of her health issues and worked alongside the Senior Health Promotion Officer to look at ways of using food to improve her health and medical conditions. She also took away resources and researched these to get more information. Staff also worked with her to make and try snacks that would be tasty, nutritious, and more beneficial to eat – nuts and fruit, oat bars and oat pots for breakfast.

Impact

A has tried lots of new food. She reported that she never used to taste her food. She tries new recipes every week, is making changes to ingredients to suit her diet and taste and is exploring ways of creating tasty food that she is a lot happier to eat. She has started cooking for friends and invites them around to share a meal. She has also done up her kitchen as she is happier to spend time in there cooking. She spoke a lot about the environment we created for the group – friendly, helpful, and participant led – all of this has helped her feel more confident and motivated to cook at home.



Fife Region

ORGANISATION:

The Ecology Centre

PROJECT NAME:

Refresh Your Plate

FUNDING AWARDED:

£4,973

LOCATION:

Fife – Kirkcaldy & Dunfermline

TIMESCALE:

February 2019 – February 2020

THEME:

Dementia friendly equipment and eating

Project Summary:

In early 2019 The Ecology Centre became the first accredited 'Dementia Friendly Destination' outside of Glenrothes and has run a Tool Shed which is now part of the Scottish Men's Shed Association which has also developed into a 'Dementia Friendly Tool Shed'. Thursday's are the centres 'dementia friendly' day where people can access a range of services and volunteering opportunities tailored to their needs.



The Refresh Your Plate project used EAWW funding to develop a dementia friendly kitchen to support attendees at different stages of dementia. The project encouraged participants to take part in activities in the tool shed and in the kitchen to help stimulate appetite. The project encouraged spouses to come along and cook together in a group to increase sensory interest in food. Travel expenses were covered by the funding to provide sustained access to the project for isolated older people.

Evaluation Summary:

Refresh Your Plate delivered forty-one 2.5-hour sessions for twelve older adults living with dementia along with four spouses. Participants were at different stages in their dementia journeys, but all were able to feed themselves. The weekly sessions supported some people to overcome their shame of living with dementia, part of the centre's approach was to 'laugh in the face of dementia' by keeping a sense of humour and allowing for difficulties which arose without drawing attention to them.

The Ecology Centre was aware attendees living with dementia, were at a higher risk of malnutrition therefore kept the training on nutrition informal to allow the group to share their experiences. The project had a high ratio of staff and volunteers to participants allowing strong relationships to develop, supporting participants in subtle ways so that they retained their dignity.



Outcomes:

- Outcome one: Older people suffering from dementia will consume more food

All attendees reported eating more

- Outcome two: Older people suffering from dementia will consume more nutritious food.

80% Attendees expressed that they enjoyed the variety of foods offered as they had become reliant on certain easy foods.

148 hot meals/ 139 fruit servings were eaten.

- Outcome three: Older people suffering from dementia will report less social isolation.

100% of attendees felt less socially isolated and the social contact was very much appreciated for the spouses too. One person said, "Thursdays are the only meal I don't eat in silence."

Additional outcomes:

- Increased sustainability - as part of the Tool Shed and library activity, participants refurbished tools were used in the Ecology Centre's community garden, donated to people in need internationally and to local community groups. Some items were sold on to bring in additional income. This supported participants as being able to help others rather than being 'helped' increased self-esteem and purpose.
- Increased partnership work with Alzheimer Scotland and Fife-wide initiatives to make towns and villages more dementia friendly.

"Thursdays are the only meal I don't eat in silence."



Dumfries & Galloway Region

Project Summary:

ORGANISATION:

Annan Day Centre

PROJECT NAME:

Promoting Good Food and Extending Services

FUNDING AWARDED:

£3,300

LOCATION:

Annan and smaller villages, Eastriggs, Powfoot, Newbie and Brydekirk

TIMESCALE:

November 2019 – December 2020

THEME:

Food provision at Annan Day Centre and extension of Meals on Wheels



Annan Day centre offers services to individuals aged 60 years and over. It is open four days a week offering several services such as physical activity, foot care and lunches. The centre also offers meals to take away alongside their meals on wheels service for older people struggling to cook a hot meal. The cost of the meals is kept low to encourage individuals to eat well, for example, 2 courses £3.50, 3 courses £4 and meals on wheels £3.70.

Currently the centre has 195 members and on average, 35 older adults attend the centre each day. EAWW funding allowed the centre to buy more equipment, food, fuel for the meals and wheels service as well as training on nutrition and hygiene for the staff.

Evaluation Summary:

The meals on wheels part of the project delivered approximately 30 meals over three days and is now receiving referrals from the local social work team. Ten staff members have training certificates in nutrition and hygiene. No one was found to be at risk of malnutrition from using the Paper Weight Armband; however, staff are more aware of the signs and symptoms and where to refer if anyone was at risk.

The centre delivered approximately 180 meals each week of the project and during their Christmas party, 106 three course meals were served to older people. The feedback from the older people highlighted they felt less isolated having visits by the meals on wheels service, attending the day centre in person or having a telephone chat if there unable to attend the centre.

Outcomes:

- The project has **increased staff's knowledge and understanding on nutrition**, including meeting different dietary requirements.
- The funding has increased **food access** for older people, offering extra portions of food and meal deliveries which has also given older people more choice.
- The project has attracted **new service users**, who have started to use other aspects of the day centre services.
- **Increased sustainability** - the day centre is going to continue to offer low cost nutritious meals as well as extending the meals and wheels service to four days to target more rural areas. Also keeping the meals at a low cost has encouraged older people to come along and helped reduce social isolation as well as giving them a chance to see what other services are available.

Forth Valley

Project Summary:

ORGANISATION:

Falkirk & Clackmannanshire Carers Centre

PROJECT NAME:

Men's Group, Healthy Eating Project

FUNDING AWARDED:

£5,000

LOCATION:

Falkirk

TIMESCALE:

February 2019 – February 2020

THEME:

Men's group with cooking skills and food sharing

"The slow cooker is very useful, making stews, mince, chilli and chicken dishes. The ingredients we were given were very helpful."

"Encouraged me to think about eating more healthily and doing more home cooking. Enjoyed the opportunity to work in a group."

Falkirk Carers Centre run a monthly Men's Group which is open to all male carers but is predominantly attended by older men. Working in partnership with Outside the Box the centre piloted a series of three healthy cooking workshops as the group expressed interest in learning how to cook nutritious meals for the people they care for and themselves.

EAWW funding supported further development of this project, incorporating new recipes using slow cookers. Each participant received a slow cooker to use at home to practice meals cooked in the workshop. In addition, a recipe booklet would be co-produced with participants including information around preventing and detecting malnutrition in later life. The aim of the project was to inspire the Men's Group to cook nutritious meals for themselves and their cared for person using the benefits of a slow cooker to prevent malnutrition in older people.

Evaluation Summary:

The Men's Group, Healthy Eating Project delivered 10 practical cooking workshops with 15 older carers attending regularly. The practical workshops increased the participants knowledge and confidence in making nutritious meals. During each workshop, the men were shown how to prepare ingredients to cook a balanced healthy meal for two.

The men shared experiences and discussed any issues relating to the ingredients required to make the same meal for their wife and/or family member later at home. All participants took a slow cooker home which enabled them to try out different ways of cooking as well as helping to free up some of their previous cooking time for other pursuits.

Through informal group discussions participants highlighted that having food as a focus at the cooking workshops gave them a different perspective on not just their current caring role but how enjoyable it is to work with others preparing then enjoying the fruits of their combined labour.

Outcomes:

- **Reduced social isolation and loneliness** - the male carers have formed a friendship group that meet outside of the session.
- **Increased food access** - the men and the people they care for are now eating more healthily and have gained skills and knowledge around preparing and cooking nutritious meals.
- **Increased awareness of malnutrition** - the men are more aware of the signs and symptoms of malnutrition.

The group continues to meet and is hoping to launch a recipe book.



Glasgow Region

ORGANISATION:

Mearns Kirk
Helping Hands

PROJECT NAME:

Breakfast Buddies

FUNDING AWARDED:

£790.00

LOCATION:

Newton Mearns

TIMESCALE:

October 2019 –
March 2020

THEME:

Fortnightly breakfast
club for older men.

Project Summary:

Mearns Kirk Helping Hands is a charity developed in 2016 that provides a range of support services in the community that include, a weekly dementia lunch club and fortnightly friendship club for older people. Newton Mearns has a high population of older retired adults, many of whom live alone. The charity has a high proportion of older women attending their lunch and friendship clubs therefore wanted to start a project specifically for older men to increase social interaction.

Breakfast Buddies is a pilot programme for older men to come together, prepare and eat breakfast. EAWW funding supported the project to buy equipment, venue hire, food, volunteer training and advertising materials.

Evaluation Summary:

A total of 33 older adults participated in 17 sessions. On average 12 participants attended weekly. Questionnaires on eating habits were completed at the beginning and at the end of the project. From 11 responses the project found:

- 54% stated that coming to the group increased the number of times they ate breakfast each week.
- 63% stated that coming to the group had made them think about different foods they could try at breakfast time.
- 54% stated that coming to the group had helped to increase the number of portions of fruit and vegetables they are eating each week.
- 100% stated that coming to the group has helped them to feel better connected to other people.
- 72% stated they take an active part in running the group (e.g. cooking, clearing up, setting tables).

"I am on my own
and enjoy the company."

"Meeting other people
and discussing matters of
mutual interest."

"Provides companionship."



Outcomes:

- **Increased confidence in cooking** – members are now cooking more at home for example, a member had no experience of cooking outside helping his mother with simple kitchen tasks. He is now able to prepare a variety of simple dishes, including French toast and scrambled eggs.
- **Increased openness** - several of the men reported difficulties in finding activities where they can spend time with other men, talking about subjects which interest them. Some of the men have been open about personal circumstances in terms of experience of bereavement, living alone and finding difficulties in terms of reduced social circles as they have got older.
- **Increased volunteer skills** – four volunteers have been trained on Food Hygiene as well as one of the participants who now assists the volunteer chef doing basic preparation, kitchen set up and clear down.
- **Increased partnership working** - the charity is looking to trial a 6-week pilot Supporting Memories Group.
- **Increased sustainability** – the men have agreed to a voluntary contribution of £2 to continue the club.
- **Increased feelings of community connectiveness.**



Lanarkshire Region

Project Summary:

ORGANISATION:

NHS Lanarkshire

PROJECT NAME:

What Do You Want for Tea? Quick and easy recipes to support you to eat well at home

FUNDING AWARDED:

£350.00

LOCATION:

Lanarkshire

TIMESCALE:

May 2019 - October 2019

THEME:

Meal planning for older people getting care at home.

The project developed after informal conversations between an Occupational Therapist and a Dietitian at a The National Dementia AHP group, about the lack of time, resource and confidence in skill level of some of the carers providing meals to the older age population and how when asked 'What do you want for tea?' the response can often be 'Just a slice of toast'.

The project aimed to pilot the use of a meal planning book to help with the challenges that carers may face at mealtimes. These may include time constraints for support, motivation of the individual, understanding of the need for a nutritious meal and limited or lack of ability of the individual to choose nutritious meals (due to memory problems).

The project also hoped to improve nutritional status, with the potential to have a positive impact on both physical and mental wellbeing such as reducing risk of falls and fractures, improving cognition, positive impact on mood and self-esteem as well as ability to fight infection. Also, to increase knowledge and understanding of the important role of nutrition for both the individual and carer, whilst reducing carer stress. EAWW funding supported the design and printing costs of the booklet.

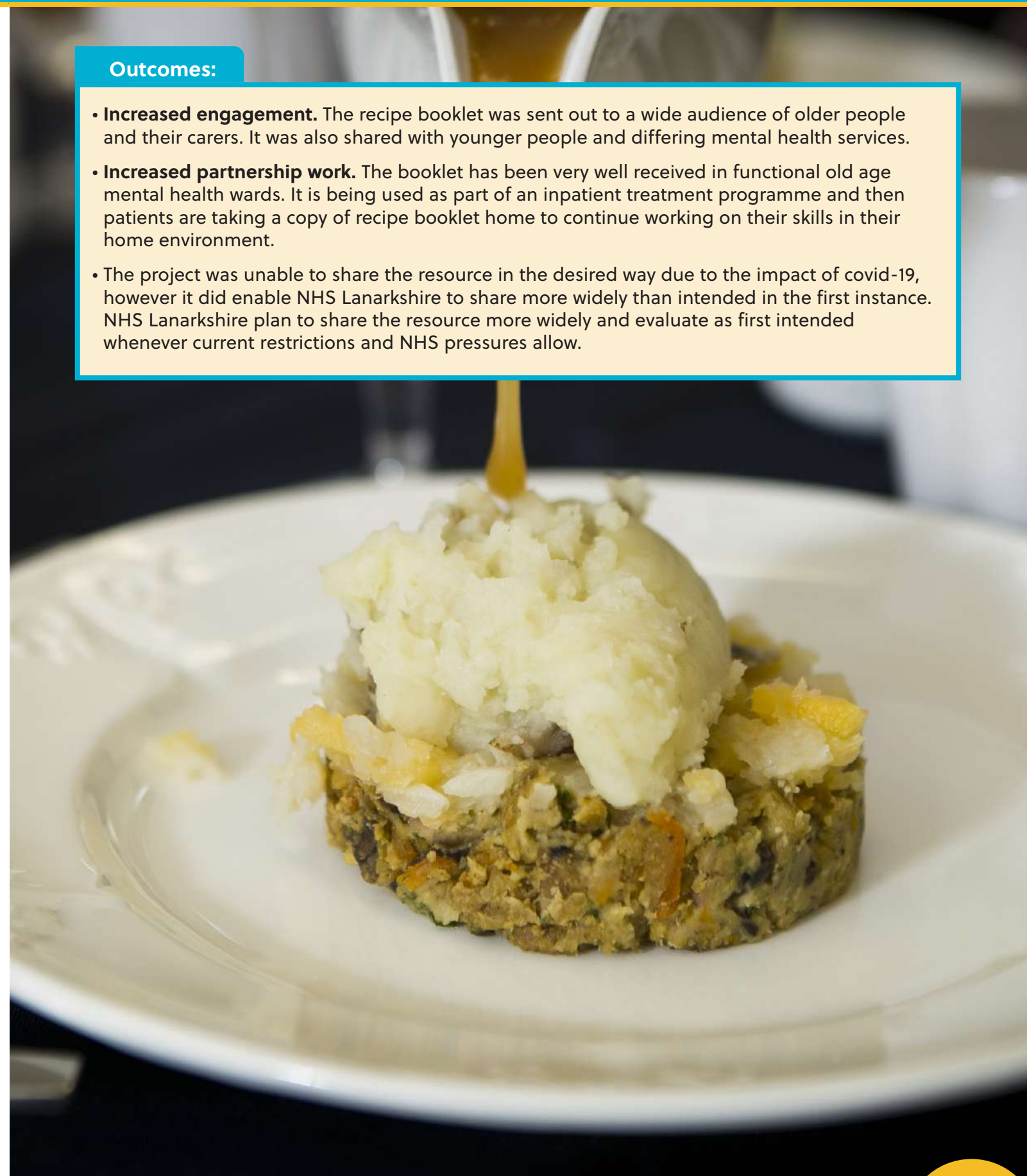
Evaluation Summary:

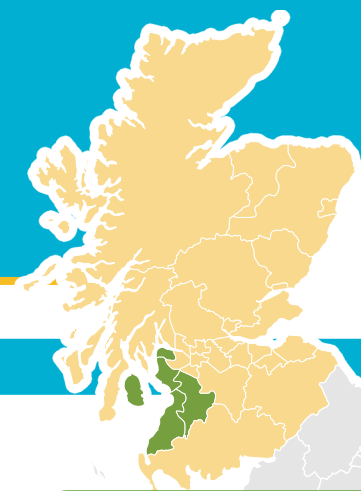
Prior to the covid-19 pandemic the project found that it was proving difficult to get commitment from formal home care worker managers to participate due to their heavy workload and lack of resource. The pandemic also halted the booklet getting professionally developed therefore, electronic copies of the recipe book were shared widely within Lanarkshire and received some very positive feedback from a variety of different settings including older adults, such as, Forensic Mental Health Services, Community Rehabilitation Services, even from colleagues with teenage children or students.



Outcomes:

- **Increased engagement.** The recipe booklet was sent out to a wide audience of older people and their carers. It was also shared with younger people and differing mental health services.
- **Increased partnership work.** The booklet has been very well received in functional old age mental health wards. It is being used as part of an inpatient treatment programme and then patients are taking a copy of recipe booklet home to continue working on their skills in their home environment.
- The project was unable to share the resource in the desired way due to the impact of covid-19, however it did enable NHS Lanarkshire to share more widely than intended in the first instance. NHS Lanarkshire plan to share the resource more widely and evaluate as first intended whenever current restrictions and NHS pressures allow.





Ayrshire & Arran

Project Summary:

Glendoune Community Association is a grass roots organisation supporting local people in partnership with local councils, Health and Social Care Partnership and Third Sector organisations working in Girvan and South Carrick. The community association secured EAWW funding to support a weekly lunch club and 'carry out service' for those unable to attend. Working in partnership with local NHS dietitians to help create menus the funding supported recruitment of a community chef and volunteer coordinator to provide a pathway to a sustainable model with the community, creating trained peer groups.

ORGANISATION:

Glendoune
Community Association

PROJECT NAME:

Glendoune Estate –
Let's Make a Difference

FUNDING AWARDED:

£4,875

LOCATION:

Girvan, Glasgow

TIMESCALE:

October 2019 –
February 2020

THEME:

Weekly Lunch Club

Evaluation Summary:

Glendoune Community Association delivered 20 lunches and activities such as quizzes, games and dancing. The weekly lunches reached many older people, on average 10-15 individuals attended each week. The lunches included a 3-course meal which changed each week to give variety. One of the biggest benefits felt was decreased social isolation, all attendees looked forward to coming along each week, having a chat and good food.



Outcomes:

- **Increased partnership work with local organisations** – Glendoune Community Association worked closely with a local day centre, Age Concern and NHS dietitians to support the older people attending each week.
- **Increased food access** – The weekly lunch club provided older people with a varied choice of meals and accommodated for all abilities. 20+ lunches were also delivered to older people unable to attend the weekly club.
- **Decreased social isolation** – all the attendees reported feelings of connectiveness within their community and gave them something to do each week.

*"I enjoy the
company very much."*

*"Cooking for one is
difficult, it's great to
come here."*

The impact of funded food activities on older people

The funded projects supported over **600 older adults** across Scotland which have had positive impacts on participants and supported their health and wellbeing. Overall, the grant funded activities had an impact on older adults in five main ways:

1. Reduced social isolation and/or loneliness
2. Increased food access
3. Increased knowledge and skills in relation to healthy food preparation or cooking
4. Increased awareness of healthy eating & importance of eating well in later life
5. Increased community dementia friendly support groups



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Reduced Isolation and/or loneliness



The need for local lunch clubs and support groups across Scotland has increased over the years, which have given older people the opportunity to come together, have a 'blether' and enjoy freshly made meals in company.

These types of networks are extremely important as older people living alone are experiencing increasing levels of social isolation and loneliness which can have a devastating impact on their health and wellbeing.¹

Our own commissioned research led by the University of Glasgow with 169 older people, has also found greater socialisation (with friends, family and others) was linked with better wellbeing, decreased loneliness, lower food insecurity and a lower risk of unintentional weight loss in older people.²

Key Points

- A key theme from our funded activities was the reduction in social isolation and loneliness.
- 41% of grants were for lunch clubs of which, **31% explicitly mentioned loneliness and social isolation** and have seen the benefits of tackling loneliness through meeting food needs.
- Feedback from **204 older people** found that **95%** reported **feeling less isolated and/or lonely** from taking part in the funded activities.
- Older people reported they felt a **sense of community connectiveness and decreased feelings of loneliness and isolation** though support networks found at lunch clubs.
- The funded lunch clubs provided great opportunities for social interaction including guest speakers, dancing, games and singing paired with opportunities to eat together, support social connections and increase food access.
- Older people reported they **felt the social interaction was the most important aspect of the lunch clubs**. It gave them a sense of 'belonging' and an opportunity to meet people.

"Provides companionship."

"The food is really good but the company and laughter is why I come."

"I enjoy meeting other people and discussing matters of mutual interest."

"I am on my own and enjoy the company."

¹ Teuton J, NHS Health Scotland 2017 last accessed:12/10/2020 <http://www.healthscotland.scot/media/1712/social-isolation-and-loneliness-in-scotland-a-review-of-prevalence-and-trends.pdf>
² Reid and Lido (2020) Exploring Household Food Security and Malnutrition Risk with Psychosocial Indicators of Healthy Ageing in Place: The Food Train – Eat Well Age Well Partnership Project <https://osf.io/preprints/socarxiv/6fwm8/>

Increased Food Access



Older adults can face a number of challenges when accessing food which can have a profound effect on diet and increase the risk of food insecurity. Loneliness, location e.g. urban vs rural communities, deprivation levels within communities, the changing nature of high streets as well as access to community support such as lunch clubs or meal deliveries are all issues which affect food access for older people.

Our commissioned research has started to evidence the links between physical health and social factors. Findings have highlighted the social value of food is particularly important for older adults. The research found "the physical need for food must be paired in the context of meaningful social interactions in order to reduce the risk of isolation and loneliness which create a vicious cycle of under-eating, poor self-care and low mood" (see graphic below).³

Key Points

- A key theme from our funded activities was that the funds supported increased food access.
- Our funding supported lunch clubs which provided a **social hub for older people to come and eat together**. Many lunch clubs provided fresh healthy nutritious food along with extra portions to take away.
- Over **2,900** healthy meals were provided by lunch clubs and over **2,700** meals were delivered to older people across Scotland.
- A range of activities were offered to increase food access such as **cooking workshops, snack bags and meal deliveries**.
- **Nearly half (48%)** of the SIBI funding supported projects with meal delivery, equipment and transport costs. This enabled projects to reach older people in the community who need it most and offer additional services such as, weekend snack bags.
- Projects also considered settings such as local restaurants, sheltered housing and schools to support older people in different environments.

"I really enjoy what I get in my bag. My favourite things are the homemade quiche and cakes. Everything is nice and it is so handy that I don't have to leave the house to get it. The Delivery Driver drops it off to me at home and stays to chat for a little while, making sure that I am ok."



Increased knowledge and skills in relation to healthy food preparation or cooking



"At the start I said it's easier to have a bowl of cereal than a cooked meal. Now I'm more confident in making and planning meals."

"I've eaten lots of things I've never ever tried before since joining the group and try making more of a variety of things at home now."

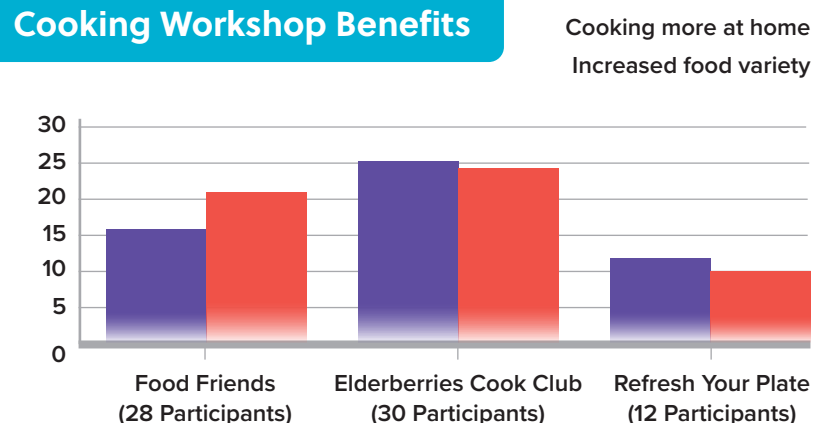
"Encouraged me to think about eating more healthily and doing more home cooking. Enjoyed the opportunity to work in a group."



"We're using slow cookers, trying to make easy meals, that they can re-create at home for themselves and people they care for. The group is incredibly important to them, always try to make time to come. When they're preparing the food, they help each other."

- A third of grants funded were for cooking workshops which supported over 140 cooking sessions for older people, these aimed to build confidence and knowledge in food preparation and teach basic cooking skills around how to make healthy food.
- Funded projects involved **co-production** elements, which allowed participants to be involved in creating recipes, menus, and discussion topics during the activities.
- Some of the benefits reported were **increased intake in a variety of food and confidence to cook more at home**. The graph below illustrates the reported benefits from three projects which delivered cooking workshops.

Cooking Workshop Benefits



- More than half of participants from the above projects reported cooking more at home and stated the social interaction contributed to trying new foods. Additionally, participants learned new tricks on how to freeze foods and how to adapt meals for one.
- Projects also used different equipment to support home cooking. For example, slow cookers. Falkirk & Clackmannanshire Carers Centre found men attending a monthly carer group expressed difficulties to make meals for themselves and the person they care for.
- In addition to these specifically food-related knowledge and skills, many projects reported that participants gained softer skills such as improved self-esteem, more confidence and openness on sharing personal stories.

³ See reference 2

¹ Teuton J, NHS Health Scotland 2017 last accessed:12/10/2020 <http://www.healthscotland.scot/media/1712/social-isolation-and-loneliness-in-scotland-a-review-of-prevalence-and-trends.pdf>
² Reid and Lido (2020) Exploring Household Food Security and Malnutrition Risk with Psychosocial Indicators of Healthy Ageing in Place: The Food Train – Eat Well Age Well Partnership Project <https://osf.io/preprints/socarxiv/6fwm8/>

Increased awareness of healthy eating and the importance of eating well in later life

Elderberries Cook Club

- 30 Participants / 15 regular attendees.
- 93% of older people reported eating better.
- At the beginning of the project participants talked about how health conditions and illnesses could be a barrier to eating well.
- The support received from the NHS Fife Health Promotion team, allowed participants to have a group discussion about ways in which recipes could be adapted if needed.
- Also, participants reported that if they were ill or losing weight, they would be aware of the symptoms of malnutrition in themselves and others.

Supporting community projects to promote health and wellbeing of older people has been a vital part of EAWW work. Recent data estimates **1 in 10 people in the UK over the aged of 65 are malnourished or at risk of suffering from malnutrition³, which equates to 103,000 older people in Scotland.⁴**

However, Eat Well Age Well's data suggests this figure is in fact higher, with around **30% of vulnerable older people being at risk of malnutrition living in the community, in Scotland.⁵**

In addition those aged 65 years and above are Scotland's fastest growing age group and it is predicted that people aged 65 years and above will make up a quarter of Scotland's population by 2041.⁶ With an ageing population, the risk of malnutrition if not treated early will only get worse along with other health conditions associated with old age.

Refresh Your Plate

- 12 participants.
- 100% reported eating more during the week.
- 80% expressed that they enjoyed the variety of foods offered as they became reliant on certain easy foods.
- 54% older people reported consuming more fruit and vegetables.

Breakfast Buddies

- 33 Participants / 12 regular attendees.
- 54% of older people reported they have increased the number of times they have breakfast each week.
- 54% older people reported consuming more fruit and vegetables.



Key Points

- Projects provided **resources and information on the importance of eating well and keeping physically active in later life** which included the use of EAWW resources.
- Many funded projects focused on **group led activities** which supported older participants to be involved in choosing weekly topics and themes. Evaluations highlighted that this had a positive impact on participation as older people felt more connected to group activities.
- Projects also promoted additional services to support mental and physical wellbeing.
- Overall, the funded activities supported older people to make informed choices about their own health and wellbeing. Evaluations found older people reported eating better and felt more confident in knowing what a healthy balanced diet was.

14%

incorporated exercise e.g. dancing, walking, yoga or chair-based exercises.

6%

incorporated information on recognising signs and symptoms of malnutrition.

8%

devised healthy eating booklets/ menu cards.

3%

Signposted to other agencies.

4 Malnutrition Task Force (2013) A review and summary of the impact of malnutrition in older people and the reported costs and benefits of interventions <https://www.malnutritiontaskforce.org.uk/wp-content/uploads/2014/11/A-review-and-summary-of-the-impact-of-malnutrition-in-older-people-and-the-reported-costs-and-benefits-of-interventions.pdf>
5 See reference 2
6 National Records Scotland (2018) Scotland's Population 2017 (Available from <https://www.nrscotland.gov.uk/news/2017/scotlandspopulation-is-increasing>)

Increased community dementia friendly support groups

Dementia Friendly Communities Ltd - Grab N Go Bags

Mr A has a dementia diagnosis and lives at home with his wife who is his full-time carer.

"My husband has a dementia diagnosis and although his short-term memory is deteriorating quite rapidly now, he never forgets Fridays and his 'picnic lunch'.

He loves unpacking his Grab 'n Go bag and because he's forgotten what he ordered, it's always such a lovely surprise when he sees what's inside, especially the sweet treat which is always a highlight for him.

And as his carer, I have some 'me time' as it means I don't have to cook on a Friday, and we can also have 'together time' when we enjoy eating our picnic. So, it's a win-win for both of us."

Falkirk & Clackmannanshire Carers Centre - Men's Healthy Eating Group

"Coming once a month is a good thing for me, gives me someone else to talk to and lets her feel independent again for an afternoon and I've been refreshed."

• Losing weight is common in people with dementia and unintended weight loss can cause a more rapid progression of dementia as well as increasing the risk of other problems such as pressure sores, infections or falls as a result of dizziness and confusion.⁷ ****However, it is important to note that not all people will experience weight loss. Some people living with dementia may gain weight because of memory problems and will eat again after having had a meal.***

• **15% of SIBI funded projects provided support for older people suffering from dementia alongside their carers.**

• Many of the projects **highlighted issues faced by older people** who have **dementia** when it comes to **eating and drinking**, problems may include difficulties expressing hunger or thirst, lack of interest in food which can be caused by low mood, poor concentration making it difficult to sit down or confusion in recognising food, remembering how to eat and how to manage utensils or cutlery.

• Funded activities ranged from **cooking workshops, men's shed activities, intergenerational lunch clubs and support groups for carers.**

• Several projects have developed **partnerships** to become **dementia friendly meeting centres** to support older people and their carers.

• In early 2019 The Ecology centre became the first accredited 'Dementia Friendly Destination' outside of Glenrothes and has run a Tool Shed which is now part of the Scottish Men's Shed Association which has also developed into a 'Dementia Friendly Tool Shed.

• Dinner at Dunbar are planning on becoming a meeting centre 'Dementia Friendly Community Hub' which will provide support to dementia sufferers and their families.



The Ecology Centre - Refresh Your Plate

100% of attendees felt less isolated and the social contact was very much appreciated for the spouses too. One participant said:

"Thursdays are the only meal I don't eat in silence."

Impact of food funded activities on organisations

The SIBI Fund supported 23 organisations across Scotland and many reported the funding had a positive impact on their organisation. Overall, the grants impacted organisations in two ways:

1. Increased staff and volunteer knowledge and awareness of promotion of good nutrition and malnutrition
2. Increased partnership working and awareness of community services to support older people's health and wellbeing.



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Increased staff and volunteer knowledge and awareness of promotion of good nutrition and malnutrition



"The project has increased staff's knowledge and understanding on nutrition for example, meeting different dietary requirements. No one was found to be at risk of malnutrition; however, staff are more aware of the signs and symptoms and where to refer if anyone was at risk."

Annan Day Centre

"It has helped inform me of the signs of malnutrition and the tips for approaching individuals"

"Aware on new resources now and how to use them"

FEEDBACK FROM OUR
RAISING THE ISSUE OF
MALNUTRITION
TRAINING.

Raising awareness of malnutrition and the importance of eating well in later life is essential to detect, treat and prevent malnutrition in older people living in the community.⁸

The funded projects are great examples of grassroot initiatives that can promote, raise awareness and educate volunteers, staff and the wider community on the importance of good nutrition and impacts of malnutrition.

Key Points

- Over **30 staff and volunteers** from funded projects attended [Eat Well Age Well's Raising the Issue of Malnutrition and/or REHIS Eating Well for Older People course](#).

The aim of the training is to **increase knowledge and confidence around identifying and supporting older people at home in the community who are at risk of or are suffering from malnutrition.**

- **Three** projects used **The Age UK & Salford Paper Weight Armband** to **identify malnutrition risk**. In total **42 older people** were screened and **1** was found to be at risk and given appropriate advice.

- Several projects received support from **NHS Health Promotion teams and/or community dietitians**, who provided projects with additional **information and confidence to identify malnutrition and give first line advice.**

- **4 funded projects** also provided **additional training** to support volunteers and staff delivering lunch clubs and cooking workshops.



"One of the main benefits from the project was that the delivery driver gained a better knowledge on the signs and symptoms of malnutrition from liaising with a local NHS Dietitian. The driver was able to build up rapport with the customers, and signpost if concerned."

Grab N Go Bag project

"The project also increased volunteer skills. Four of our volunteers have been trained on Food Hygiene as well as one of the participants who now assists the volunteer chef doing basic preparation, kitchen set up and clear down."

Breakfast Buddies

⁸ Eat Well Age Well, 2019 <https://www.eatwellagewell.org.uk/>

Increased partnership working & awareness of community services to support older people's health and wellbeing



The SIBI fund evaluations highlighted increased partnerships with a range of local stakeholders. This has supported community groups to enhance their projects to address healthy eating, malnutrition and social risk factors such as social isolation and loneliness. It has allowed individuals, groups and organisations to test new ideas and scale up projects to tackle malnutrition in communities.

Key Points

- **All projects** reported **partnerships with local premises, NHS and Health & Social Care Services** which provided additional support and mutual or wider benefits such as:
 - enhancing links with older people in the community
 - sharing expertise e.g. nutritional guidance
 - food access
 - **referral information**
 - **signposting opportunities** for older people
 - ensuring consistency of malnutrition messages
 - increasing capacity
 - extending reach
- Funded projects reported increased **community awareness** and **use of local services**. Projects reported the grant helped them **reach more people**, either by making them more **aware of the services they provide**, or by **increasing the numbers of people using their services**.
- Several projects have developed ongoing partnerships with national organisations to support **older people's health and wellbeing**.



"Funding has supported increased working relationship with Viewpoint Housing - Viewpoint are interested in making Edinburgh Community Food's Take & Make bags accessible to their residents through their delivery service."

Food Friends Project

"The funding increased engagement with older people, and partnership work between local business in New Deer for example, Mustard Seed Café and Foodie Favourites' cookery demonstrations which has supported our older people with food access and knowledge on how to prepare and cook food."

The Big Lunch in New Deer

"The funding has increased partnership working for example, the charity is looking to trial a 6-week pilot Supporting Memories group which would run just after the Breakfast Buddies."

Breakfast Buddies

"Eat Well Age Well's funding has allowed us to increase engagement with older people in our community which has helped raise the profile of St Marys Church."

Come Dine With us



Conclusion

- Most SIBI projects have used the funding to **build on, improve and scale up** their existing work with older people around food or to test new ideas or pilot initiatives.
- A wide range of activities were funded such as lunch clubs, cooking workshops/ meal deliveries, mental health and wellbeing activities, dementia awareness and staff and volunteer training.
- All projects have been carrying out amazing work supporting over 600 older people across the length and breadth of Scotland.
- The majority of the evaluation forms reported positive impacts on the older people centred around **5 key themes**:
 - reduced social isolation
 - increased food access
 - increased knowledge and skills in relation to healthy food preparation or cooking
 - increased awareness of healthy eating and the importance of eating well in later life
 - increased access to community dementia support groups to meet needs
- **Social eating** using food and mealtimes and eating with others has been a central aspects of many of the grant projects and this has helped to reduce **social isolation and loneliness**.
- The funding has supported organisations to improve **collaboration and partnership work** in their local area which has allowed them to educate and improve the knowledge and skills of staff and volunteers on the **promotion of good nutrition and impacts of malnutrition**. Building the capacity of staff in projects to identify signs of malnutrition and what to do about it is key to support engagement on the topic of malnutrition.
- In terms of sustainability, thirteen out of seventeen projects have sustained food and health initiatives beyond the initial funding. This highlights the continued need within local communities. Five projects had become (or were becoming) self-sustaining through profits or nominal charges so they would be able to continue beyond the funding period.
- Overall, the SIBI funding has supported local initiatives to
 - Reach & support more older people by providing nutritious food through a variety of different means.
 - Provided opportunities for older people to meet, connect and be part of their local communities through meal sharing and exercise activities reducing social isolation.
 - Become engaged in activities to raise awareness of malnutrition and the importance of eating well in later life in community settings.
- The funding has showcased the vital contribution of the community and voluntary sector highlighting their critical role in supporting the prevention of malnutrition in the community. More investment for these third sector projects is needed to address the risk factors that cause malnutrition including social isolation and lack of access to food.
- The impact of the funding has been shown to have many benefits for older people and organisations, which goes to show that **small ideas do have a BIG impact** in supporting older people to eat well, live well and age well.



Current SIBI Work

In November 2019 round two SIBI funding was disseminated to a further **24 projects** amounting to **£92,457** across **14** Scottish Health Boards. Projects in this round were encouraged and supported to incorporate malnutrition screening tools such as [The Age UK & Salford PaperWeight Armband](#) or the [Patients Association Nutrition Checklist](#) across activities.

covid-19 Emergency Fund

The covid-19 pandemic has presented challenges for organisations working with older people across Scotland. Many of the organisations previously funded through the Small Ideas Big Impact fund have found, due to the circumstances, a dramatic increase in need for their services.

In May 2020, a further **covid-19 Emergency** funding pot was disseminated. We funded 10 projects across Scotland with a total of **£7,490** of grants issued to support older people during this crisis.

Several social groups have had to stop abruptly, leaving an increased risk of individuals experiencing loneliness, isolation and higher risk of malnutrition. As such, many of the projects have had to quickly adapt to the ever changing situation in order to make sure the older people they work with are not left without adequate food supplies and/or at further risk of social isolation and loneliness.

Three of the previously **Round 1 funded projects** were able to apply for additional funding to adapt/develop rapid response projects to support the older people they work with during this crisis.

ORGANISATION:

Annan and District Day Centre

FUNDING AWARDED:

£843.64

Purpose

Annan and District Day Centre have seen a large increase in individuals needing extra support as a result of COVID-19 pandemic.

As such, they were awarded **£843.64** for the expansion of their Meals on Wheels service delivery. This allowed them to expand their service to not only to their members, but also the wider community. Additionally, the centre have aimed to reduce social isolation through introduction of a Whatsapp group, encouraging members to take part in interactive games and quizzes.

Outcomes

- Food Insecurity and Malnutrition Risk Factors.
- Increase food access in older people.
- Reduce social isolation in older people living in the community.



ORGANISATION:

Edinburgh Community Food 'Leithers Together'

FUNDING AWARDED:

£1,000

Purpose

Working in partnership with Pilmeny Development Project, Edinburgh Community Food were awarded EWAW funding to develop a project providing local older people with a weekly Health and Wellbeing newsletter.

This featured nutritional information, recipes, tips and submissions from members to share with each other. Additionally, staff and volunteers attended REHIS Eating Well for Older People training which aims to raise awareness of a healthy balanced diet as well as common issues such as malnutrition.

Outcomes

- Increase health and wellbeing in older people.
- Increase knowledge and awareness of malnutrition in staff and volunteers.
- Reduce social isolation in older people.

"It's so nice, I wasn't expecting anything extra, just really lovely."



ORGANISATION:

Stoneyburn and Bents Future Vision Group

FUNDING AWARDED:

£520.00

Purpose

Stoneyburn and Bents Future Vision Group used EWAW funding to adapt their weekly lunch club 'Meet and Eat' to the delivery of hot meals. The project also aimed to increase knowledge and awareness of the importance of a healthy balanced diet as well as common issues such as malnutrition through delivering information leaflets.

Outcomes

- Increase food access and reduce food insecurity in older people.
- Increase knowledge regarding a healthy balance diet and spotting signs of malnutrition.



Appendix 1. Overview of funded projects

Dumfries and Galloway

Location: Annan Day Centre
Funding Awarded: £3,300
Purpose: Social meals and delivery of meals at home
Email: annandaycentre@hotmail.co.uk

Tayside

Location: St Mary's Community Church
Funding Awarded: £3,864.80
Purpose: Fortnightly evening community meal
Email: richtoller@gmail.com

Fife

Location: The Ecology Centre
Funding Awarded: £4,973.00
Purpose: Dementia friendly equipment and eating
Email: admin@theecologycentre.org

Location: Greener Kirkcaldy
Funding Awarded: £5,000.00
Purpose: Weekly cookery club for older people
Email: info@greenerkirkcaldy.org.uk

Lanarkshire

Location: NHS Lanarkshire
Funding Awarded: £350.00
Purpose: Meal planning for older people getting care at home
Twitter: @NHSLanarkshire @NHSLDietetics

Greater Glasgow and Clyde

Location: Mearns Kirk Helping Hands
Funding Awarded: £790.00
Purpose: Fortnightly breakfast club for older men
Email: hello@mkhelpinghands.org.uk

Highland

Location: MacKenzie Centre
Funding Awarded: £2,000.00
Purpose: Hot evening snack for older people and unpaid carer
Facebook: <https://www.facebook.com/mackenziecentreinverness/>

Location: Dementia Friendly Communities Ltd
Funding Awarded: £4,415
Purpose: Provision of dementia friendly snack bags for the weekend
Email: hello@connectingcommunities.co.uk

Forth Valley

Location: Falkirk and Clackmannanshire Carers Centre
Funding Awarded: £5000.00
Purpose: Men's group with cooking skills and food sharing
Email: centre@centralcarers.co.uk

Ayrshire and Arran

Location: Glendoune Community Association
Funding Awarded: £4,875.00
Purpose: Weekly Lunch Club
Email: nib-z@hotmail.co.uk

Grampian

Location: Aberdeen Multicultural Centre
Funding Awarded: £4,800.00
Purpose: Weekly themed multicultural meals for older people
Email: contact@abmc.org.uk

Location: Bon Accord Support Services
Funding Awarded: £1,870.00
Purpose: Weekly themed multicultural meals for older people
Email: bacinfo@bonaccordcare.org

Location: New Deer Community Association
Funding Awarded: £475.00
Purpose: Community lunch for older people
Email: <http://new-deer.com/about-us/>

Lothian

Location: Stoneyburn and Bents Future Vision Group
Funding Awarded: £4,616.00
Purpose: Lunch club and daily contact calls
Email: sbfvg1@gmail.com

Location: Dunbar Grammar School
Funding Awarded: £5,000.00
Purpose: Intergenerational evening dinner with activities held at the school
Email: dmin@dunbargrammar.elcschool.org.uk
Location: Joanna Teece

Funding Awarded: £70.00
Purpose: Intergenerational tea party with food first approach
Twitter: @JoannaTeece

Location: Edinburgh Community Food
Funding Awarded: £4,880.00
Purpose: Sheltered housing cookery and food group partnership
Email: admin@edinburghcommunityfood.org.uk

Appendix 2. About Us

Eat Well Age Well is funded by the National Lottery Community Fund and is part of the Scottish charity Food Train. The work of our project is the result of collaboration with many partners working with older people in Scotland.

CONTACT US: hello@eatwellagewell.org.uk

VISIT OUR WEBSITE: www.eatwellagewell.org.uk

Get involved and sign up to our monthly newsletter www.eatwellagewell.org.uk/newsletter

Acknowledgements: Eat Well Age Well would like to thank all the volunteers and staff in the funded projects who have supported this report by providing evaluations, case studies, videos, and pictures.

 FOLLOW US ON TWITTER:

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@MealMakersScot

@FTConnectsSot