

# Eat Well Age Well

## Small Ideas, Big Impact Fund – Round 2 Recipients

### AYRSHIRE & ARRAN

#### Volunteer Centre East Ayrshire

**Funding awarded:** £4,934.00

**Summary:** The project provides hot meal provision for older people with an intergenerational aspect. It includes elements of malnutrition awareness raising, screening and referral.

### SCOTTISH BORDERS

#### Coldstream Soup Kitchen

**Funding awarded:** £3,733.00

**Summary:** This is a weekly soup/lunch club looking to expand into two further areas based on need.

### DUMFRIES & GALLOWAY

#### Stranraer & District Old Peoples Welfare Org Limited

**Funding awarded:** £1,050.00

**Summary:** Replacement of equipment for the delivery of meals from the day centre's extended home delivery service.

### FIFE

#### Kennoway Community Shed

**Funding awarded:** £4,894.00

**Summary:** Community Shed expanding into hot meals / take away meals partnering with the local college and council.



## FORTH VALLEY

### Allan Park South Church

**Funding awarded:** £4,000.00

**Summary:** This project focuses on older men. It will run cookery classes with socialising and eating together with take home meals

### Slow Shopping

**Funding awarded:** £3,566.00

**Summary:** This project is part of a national movement. It will support older people to be able to take their time shopping making it a pleasurable and social experience once again.



## GRAMPIAN

### Jarvis Court

**Funding awarded:** £500.00

**Summary:** Food moulds for textured modified diets.



## GREATER GLASGOW & CLYDE

### Glasgow's Golden Generation

**Funding awarded:** £4,945.00

**Summary:** This project is intergenerational, with a group aspect, interaction with hens and cooking with eggs.

### Karen Alford (Individual)

**Funding awarded:** £4,991.00

**Summary:** This project is a dinner club within a sheltered housing complex. It is volunteer led and is trialling slow cookers.





## Belville Community Garden

**Funding awarded:** £4,185.00

**Summary:** This is a pop-up "soup and blether" project with an intergenerational element. It is targeted at isolated housebound older people and linked back to primary care.

## Glasgow North East Older People's Mental Health Service

**Funding awarded:** £4,659.00

**Summary:** Occupational Therapist led project providing assistive aids and guidance packs. It will also run a small pilot of bespoke interventions including the use of screening tools.

## Cadder Housing Association

**Funding awarded:** £5,000.00

**Summary:** This project introduces a lunch club to an older person's club. The Patients Association Nutrition Checklist will be incorporated into the project. Health and recreation programmes will also be developed. It will be run by the housing association.

## HIGHLAND

### Portland Hall

**Funding awarded:** £692.00

**Summary:** Two lunch function events, one in summer and one at Christmas. There will be takeaway soup included.

### Dunbeath & District Centre

**Funding awarded:** £ 5,000.00

**Summary:** Meal and food provision for identified vulnerable older adults during winter in an area known for harsh conditions.

### NHS Highland

**Funding awarded:** £580.00

**Summary:** This project is creating a brief intervention tool and resources for older people to be used by the local dietetic service.



## Multiple Sclerosis Centre, Mid Argyll

**Funding awarded:** £4,979.00

**Summary:** This project includes volunteering, cooking, meal provision and delivery. It spans evening and weekends and has a central base with an outreach service reaching older people unable to come to the centre. It will use the malnutrition awareness toolkit.

### **LANARKSHIRE**

#### Glenboig Development Trust

**Funding awarded:** £3,245.00

**Summary:** This project involves a malnutrition specific link worker who will be pushing forward referrals and nutritional care pathways for the most at risk older people.

#### Lanarkshire Community Food and Health Partnership

**Funding awarded:** £5,000.00

**Summary:** Providing nutrition courses and cookery courses including support aimed at older people in the community.

### Healthy Valleys

**Funding awarded:** £5,000.00

**Summary:** This project will hold a monthly "Nourish and Natter" club which will be a social/food club investigating and influencing eating habits in later life. The volunteers / carers will attend REHIS training (Eating Well for Older People).

### **LOTHIAN**

#### Cyrenians

**Funding awarded:** £3,233.00

**Summary:** This project will deliver take away food to lunch club attendees, targeting those who are malnourished using screening tools.



## Rosebery Centre

**Funding awarded:** £4,960.00

**Summary:** Bi-monthly support café lunch for dementia sufferers and their carers including awareness raising and wellbeing screening.

### ORKNEY

## Stronsay Development Trust

**Funding awarded:** £5,000.00

**Summary:** Hosted evening meals and delivery of weekly food boxes allowing isolated older people to benefit from fresh produce.

### TAYSIDE

## Elder Voice

**Funding awarded:** £4,806.00

**Summary:** This project aims to deliver support to older people living in rural areas with a shopping and delivery service. The volunteers will be trained on malnutrition screening tools used to spot the signs of malnutrition.

### WESTERN ISLES

## Horshader Community Development

**Funding awarded:** £3,505.00

Monthly lunches for island community older people with local produce and wellbeing activities included along with malnutrition screening. This project is in response to local cuts.