



Would you like to be involved in our research?

Research participants (ages 65+ years) wanted for our University of Glasgow & Eat Well Age Well project

We understand that as adults grow older that their appetite and access to food and drink may change.

We would like to explore this further and are looking to involve older adults (aged 65+ years) in our research study

This study explores your own self reported wellbeing in areas such as:

- 1) ease in accessing food
- 2) how connected you feel to those around you
- 3) your own mental wellbeing.

We are also looking to take some basic measures of height and weight from you.

We can meet you in your own home at a time that is convenient for you

We are particularly interested in speaking to the following groups of older adults:

- 1) Live at home and receive regular food deliveries & meal making from Foodtrain
- 2) Live at home and do not currently use Food Train services
- 3) Live in supported accommodation but still have access to own kitchen

Please contact us if you would like to know more

Krisi Huie: Researcher 07414 838318 k.huie.1@research.gla.ac.uk