

**EAT WELL AGE WELL – PROGRESS REPORT MAY 2019** (this report covers 4 month period Feb 19 – May 19)

Work area	Current focus of activity
1. Small Ideas, Big Impact Grants	a. <b>Round two funding</b> launched on 6 May 19 and will close on 2 August 19. Roadshows, radio & social media campaign to raise awareness of availability of grants.
2. Innovations internal & external to Food Train	<p>a. <b>Nibble &amp; Natter:</b> scoping for a new area to take on this snack and befriending model</p> <p>b. <b>Eat Well 2 Go:</b> phase 2 Ready Meals delivery to Food Train customers launches 10 June</p> <p>c. <b>NHS Lothian &amp; NHS Forth Valley Dietetics:</b> both projects delayed start, starting summer when volunteers from community are inducted and trained</p> <p>d. <b>Midlothian Red Cross:</b> 55 older people screened using <a href="#">Nutrition Checklist</a> 9 at risk of malnutrition (16%) and given advice. Red Cross staff find the checklist easy to use and are keen to use this on an ongoing basis. Plans to share learning across branches.</p> <p>e. <b>Food Train Dundee &amp; NHS Tayside undernutrition project:</b> testing a Welcome Visit with Food Train customers to incorporate Nutrition checklist and testing checklist in Food Train befriending groups (10 screened, 9 at risk &amp; given advice).</p> <p>f. <b>Slow cooker test:</b> project on hold until agreement from Midlothian DMT.</p> <p>g. <b>Sheltered housing:</b> planning with housing to offer health and wellbeing checks, snack &amp; advice visits to at risk older people identified using nutrition checklist.</p> <p>h. <b>Healthy food booklet for unpaid family carers (dementia):</b> working with Kirrie Connections &amp; Robert Gordon University to develop and test resource.</p> <p>i. <b>Healthy Eating Choices for South Asian Older People:</b> working with Networking Key Solutions use paperweight armband with older people across service in Edinburgh.</p> <p>j. <b>Food Train West Lothian, Eat Well Buddy service:</b> support Food Train customers via food buddy to develop nutritional shopping list</p> <p>k. <b>Food Train Borders, Meals &amp; Messages:</b> training volunteers, weekly message and meal trips including shopping, meal planning, food first advice and a meal.</p>
3. Research & monitoring and evaluation	<p>a. <b>Glasgow University Research study</b> on older people's health and wellbeing including MUST screening and use of nutrition checklist, is in the data collection phase.</p> <p>b. <b>Evaluation brief</b> prepared to invite tenders to evaluate Eat Well Age Well on performance, impact and learning across all strands of work.</p> <p>c. <b>Evaluation training</b> to support SIBI applicants and others has been developed and run</p>
4. Eat Well Age Well collaborations	a. Successful meeting with Public Health Minister MSP Joe Fitzpatrick to raise awareness of Eat Well Age Well alongside Food Train and ongoing partnership working.
5. Raising awareness with the public and professionals	<p>a. <a href="http://eatwellagewell.org.uk">eatwellagewell.org.uk</a> <b>website</b> – ongoing development &amp; review</p> <p>b. 4 <b>e-newsletters</b> sent out to 356 people including 81 <b>new</b> contacts &amp; ongoing social media, including 2 #Malnutrition Monday campaigns</p> <p>c. Planning for <b>Malnutrition Awareness Week 14<sup>th</sup> – 21<sup>st</sup> October 2019</b></p> <p>d. Lunch club guide in development with Community Food &amp; Health Scotland</p>
6. Workforce development	<p>a. Delivery of <a href="#">REHIS eating well for older people</a> &amp; <a href="#">Raising the issue of malnutrition</a> training –187 trained, issued 93 paperweight armbands &amp; 191 malnutrition <a href="#">toolkits</a></p> <p>b. Creation of 'Eating Well' Volunteer role approved by Disclosure Scotland – volunteers will support test of change projects, volunteer strategy in development.</p>
7. Involving Older People	a. Ongoing comms with Food Train customers & 9 volunteers from Dumfries & Glasgow took part in a pilot to test the survey measures as part of our research study.