

COVID-19 EMERGENCY FUNDING REPORT

MAY - SEPTEMBER 2020



small ideas

BIG IMPACT FUND

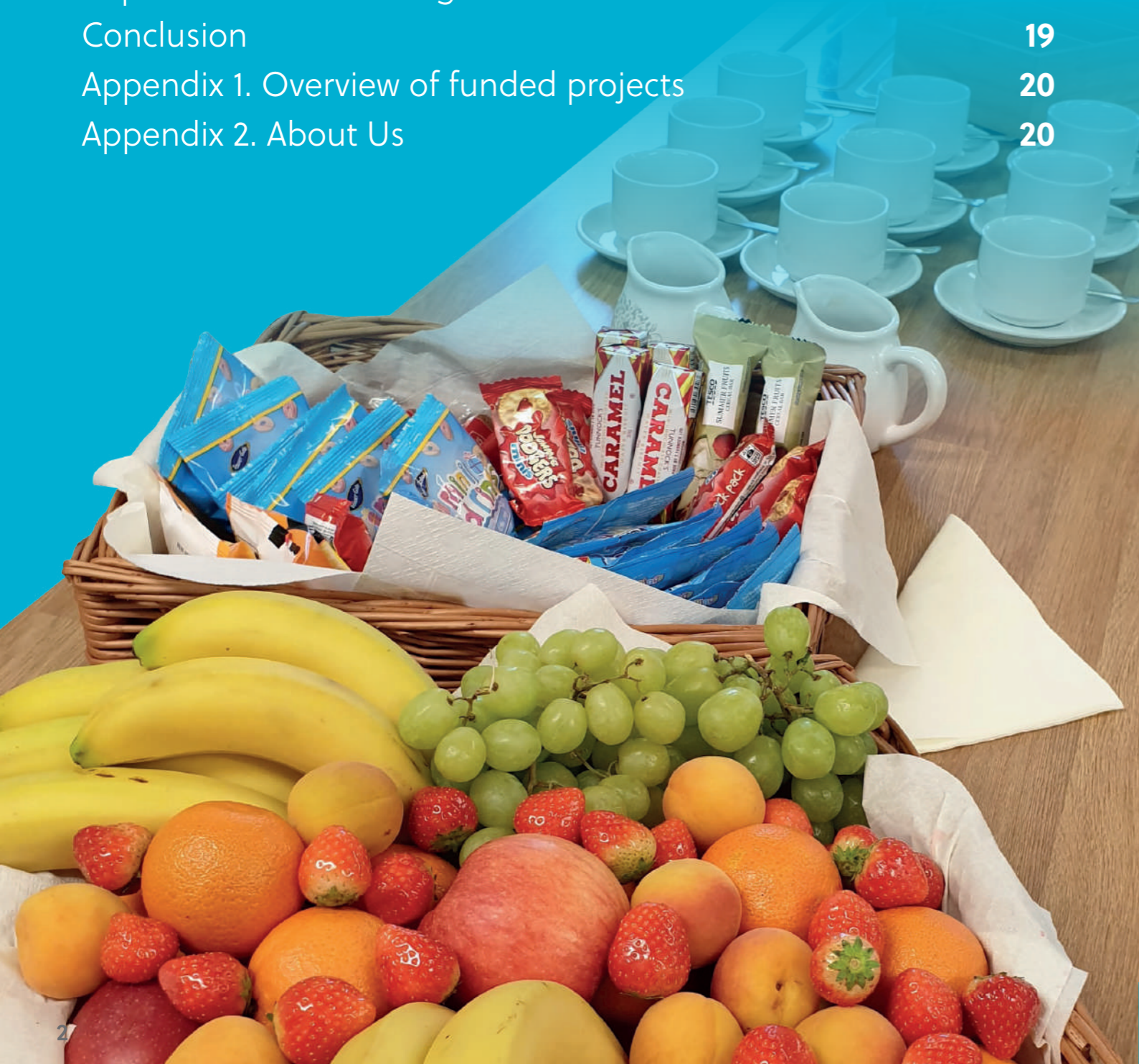
Community Food Initiatives to Support Older People to Eat Well



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Introduction

Eat Well Age Well (EWAW) is a national project which has been funded as part of Food Train, which was launched in 2018. EWAW's vision is to support older people to eat well, age well and live well so older people can live long and healthy lives.

The COVID-19 pandemic has put a spotlight on major issues affecting older people such as loneliness, isolation, and food security. A recent survey looking into the impacts of COVID-19 on older people's access to food across the UK reported 60% of over 65's were unable to get enough supplies to cover day to day needs, and 64% reported buying sufficient food was the most significant issue ([Independent Age, 2020](#)).

What has been abundantly clear during this crisis is we all need food. Nutrition and hydration are crucial to everyone's health and wellbeing, especially so for older people. It is important to highlight that malnutrition is a significant threat in older age and the social risk factors that can contribute to malnutrition such as access to food, interest in food, social eating, social isolation and loneliness have been exacerbated by this pandemic ([Reid and Lido, 2020](#)).

The COVID-19 pandemic has presented monumental challenges for organisations working with older people across Scotland. Many of the organisations previously funded through Eat Well Age Well Small Ideas Big Impact fund (seed funding to help communities support older people to eat well, age well and live well) have found, due to the circumstances, a dramatic increase in need for their services. 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 to make sure the older people they work with are not left without adequate food supplies or without social support.

This report highlights the impact of work completed throughout the period of **May – September 2020** and is based on **10 projects** which received emergency funding from the Eat Well Age Well project.



Fund Overview

In response to the pandemic, Eat Well Age Well opened a small emergency grant fund for individuals and organisations who had previously applied to the Small Ideas Big Impact Fund. Projects could apply for funds up to £1000 to support immediate community responses to COVID-19. Applications were expected to have a focus on supporting food access and provision and addressing the social causes of malnutrition.

17
applications
were received...

...requesting a sum of
£13,105.09

...across

9

Scottish Health
Boards.

We funded

10

projects across
Scotland...

...with a total of

£7490

of grants issued to
support older people
during the crisis.

In total,

3

applicants
who previously
applied for
Round 1 of the
Small Ideas,
Big Impact
Fund were
funded...

...with

7

successful
applicants
from
Round 2



Overview of Funded Projects

As anticipated, most of the projects focussed on immediate provision of food, through deliveries of hot meals, soups, and/or snack boxes. Several projects had to rapidly expand their projects and deliveries to include new areas and/or individuals who were not previously engaged in their services.

As restrictions prevented older people leaving their homes, many projects also assisted with shopping deliveries and supporting older people access essential items such as prescriptions.

Over
2000

hot meals delivered to
older people across
Scotland

Over
260

snack boxes/treats delivered
to older people

Over
150

toiletries/essential
items delivered

Over
260

shopping bags
delivered



Equally, there was a key emphasis on addressing social isolation due to shielding restrictions through methods such as socially distanced doorstep chats and befriending telephone calls. Several projects opted to increase wellbeing through inclusion of weekly newsletters, quizzes and health advice to ensure that individuals still felt connected to their community despite being unable to attend their usual social groups.

There was also a rise in 'newer' technological and creative methods of engagement, through WhatsApp groups and Zoom sessions such as online cookery demonstrations. These enabled older people to share mealtimes together, encouraging interaction and tackling isolation through conversation and enjoyment of food.

Over
160

Support calls were made throughout
the course of the projects and 90+
doorstep visits made to
older people.



In addition to this, a selection of projects focused on capacity building through the delivery of the [REHIS Eating Well for Older People](#) (EWfOP) course. This enabled staff and volunteers to increase their awareness and knowledge of a balanced diet and how to support older people to eat well.

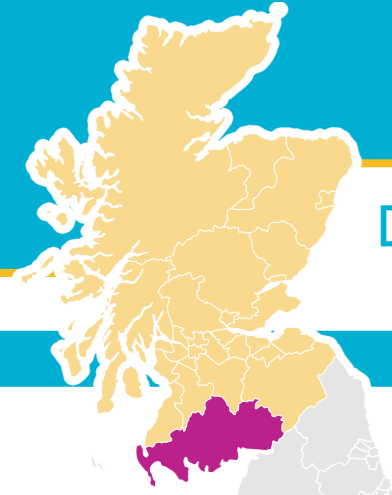
3 staff/volunteers received training through the Eating Well for Older People Course, with another 39 receiving the REHIS EWfOP Booklet.



5 out of 10 funded projects have received our in house [Raising the Issue of Malnutrition training](#) which aims to raise participants' awareness and knowledge on identifying the signs and symptoms of malnutrition, how to use simple screening tools and how to support those at risk.

As the Emergency Fund was focussed on addressing immediate food access and the social causes of malnutrition, there was no expectation from EWAW for the projects to utilise screening tools to identify those at risk of malnutrition. Support for projects, however, was made available through EWAW's [Raising the Issue of Malnutrition Training](#). Accompanying resources such as the [Understanding Malnutrition and What You Can Do](#) leaflet and [Eat Well: A Guide for Older People in Scotland](#) booklet were also available for those wishing to incorporate advice around spotting the signs and self-managing malnutrition and/or eating well in later life. One project mentioned that since receiving funding, there is now a priority to focus on malnutrition within their client group through upskilling staff and volunteers and implementing [Boost Boxes](#) for those identified as being at risk.





Dumfries and Galloway

Project Summary:

Annan and District Day Centre have seen a large increase in individuals needing extra support because of the COVID-19 pandemic. The funding enabled the expansion of their Meals on Wheels service delivery which was initially funded during Round 1 of the Small Ideas Big Impact Fund. This allowed them to expand their service to not only to their members, but also the wider community.

Additionally, the centre has aimed to reduce social isolation through the introduction of a WhatsApp group and encouraging members to take part in interactive games and quizzes.

Evaluation Summary:

Annan Day Centre increased the number of meals delivered daily, supporting not only their 200 centre members, but additional community members who required extra support around food. They were also able to deliver **200 treats** to members on their 15th Anniversary, as well as a newsletter to keep them informed.

Their WhatsApp group had approximately **20 members** who participated regularly. Additionally, the centre started a fortnightly Zoom quiz which has allowed individuals to catch up and see each other. Feedback to the centre staff has shown that individuals have had a positive experience socialising with others online and really enjoyed the music during the zoom quiz.

Outcomes:

- Reduce food insecurity in older people
- Increase food access in older people
- Reduce social isolation in older people



"If we hadn't had the first round of funding to do and achieve what we were able to achieve up to December I don't know what would've happened in March."

ORGANISATION:

Annan & District Day Centre

PROJECT NAME:

Covid-19 Community Support

FUNDING AWARDED:

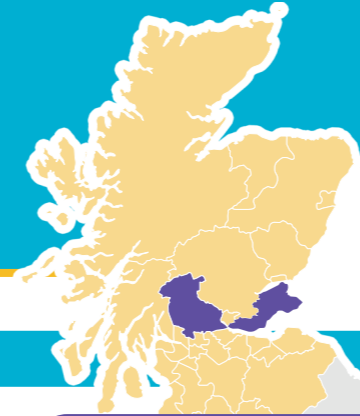
£843.64

LOCATION:

Dumfries and Galloway

THEME:

Food Provision



Fife

Project Summary:

Previously running community transport and lunch clubs, MyBusCT Ltd had to adapt and change the way they delivered their work. Working with other local groups in the community, they supported older people through the expansion of their 'meals on wheels' service. Additionally, the project helped deliver essential items, prescriptions and provided a befriending service.

Evaluation Summary:

Approximately **30 meals** were delivered on a weekly basis to local older people over the summer months. The project also supported a local housing complex through food donations from the local Peoples Pantry, redistributing otherwise wasted food. Through receiving funding to support volunteers, the project was also able to offer individualised befriending, enabling them to address social isolation and loneliness that had been increasingly prevalent during the pandemic.

Outcomes:

- Reduce social isolation in older people
- Increase food access to more older people

ORGANISATION:

MyBUS

PROJECT NAME:

Scoonie Social and Befriending

FUNDING AWARDED:

£644.00

LOCATION:

Fife

THEME:

Expansion of Service, Delivery of Shopping/ Essential Items, Reducing Social Isolation and Loneliness





Grampian

Project Summary:

ORGANISATION:

Moray Food Plus

PROJECT NAME:

MFP Meals on Wheels

FUNDING AWARDED:

£700

LOCATION:

Grampian

THEME:

Food Provision

The Meals on Wheels project was initially set up in response to the lockdown and the number of older people finding themselves having to shield at home. As a result of funding through the Small Ideas Big Impact Emergency Grant Fund, Moray Food Plus were able to expand their Meals on Wheels service to reach more older people which has been a lifeline during this crisis.

Evaluation Summary:

Through collaboration with other organisations, Moray Food Plus were able to identify the most vulnerable individuals and increase the number of older people supported through the Meals on Wheels Service.



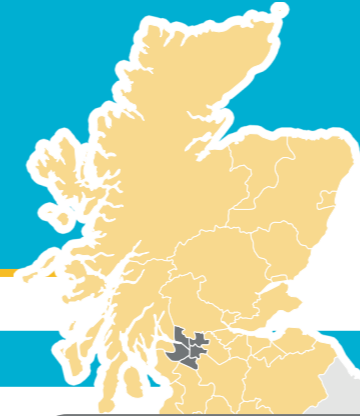
Outcomes:

- Improve food access in older people
- Improve health and wellbeing in older people

"I'm really struggling with my health and my partner is partially sighted, so can sometimes struggle to cook the meals. It's lovely getting a meal dropped off so for that day we have a ready-made fresh meal without the stress of making it".

"I miss going to the lunch club and having my lunch prepared so this is great to still have something tasty and homemade to enjoy instead".

"I like having a wee blether when my meal gets dropped off so I can keep up with what's going on at Moray Food Plus".



Glasgow and Greater Clyde

Project Summary:

ORGANISATION:

Glasgow's Golden Generation

PROJECT NAME:

Covid-19 Appeal

FUNDING AWARDED:

£500

LOCATION:

Greater Glasgow and Clyde

THEME:

Food Provision

As a result of the funding, Glasgow's Golden Generation delivered food parcels from their 3 Day Centres situated across Glasgow. They also distributed a weekly newsletter including quizzes, memories of Glasgow and useful tips and guidance to help stimulate brain activity and increase health and wellbeing within their service users.

Evaluation Summary:

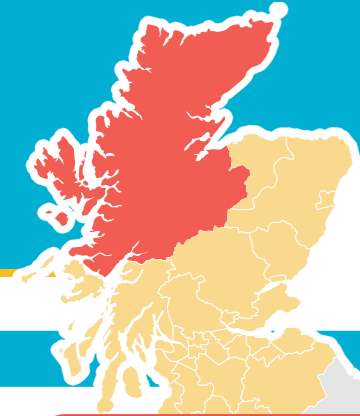
Glasgow's Golden Generation were able to deliver **100 food parcels** containing food suitable for breakfast, lunch and dinner. This has had an impact on 100 older adults across Glasgow, providing a lifeline to older people otherwise struggling to access food.

Outcomes:

- Reduce food insecurity in older people
- Increase health and wellbeing in older people
- Increase food access in older people



"People don't know where they'd be without us".



Highland

Project Summary:

As a result of the pandemic The Multiple Sclerosis Centre, Mid Argyll responded by supporting older people in rural areas by delivering hot meals to their doorstep. The funding enabled the centre to purchase catering pots, hot food containers, labels and bags which made the delivery of food easier and more efficient. The project also focused on tackling social isolation exacerbated by the crisis through doorstep check in chats.



Evaluation Summary:

Over the course of the project, on average **50 older people** were supported on a weekly basis with hot meals and doorstep check in chats. The feedback indicated that there was an improvement in general health and wellbeing as well as in some cases food intake: "One man told us he didn't eat much as he didn't like what went into processed food, he was grateful to have home cooked soup"

Outcomes:

- Increase food access in older people
- Improve health and wellbeing of older people

ORGANISATION:

Multiple Sclerosis Centre, Mid Argyll

PROJECT NAME:

Doorstep Deliveries and Check In Chat

FUNDING AWARDED:

£332.45

LOCATION:

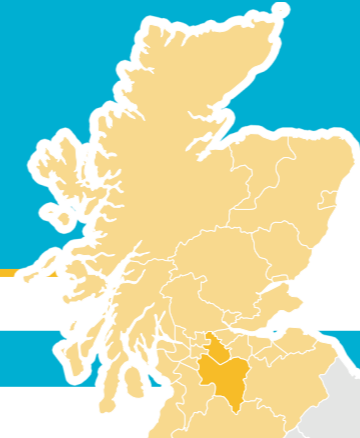
Highland

THEME:

Food Provision, Social Isolation/Wellbeing across Aberdeen City

"(Mum) has been finding lockdown very lonely and your visits with all the goodies have really lifted her spirits. I have been phoning her every day and can always tell when you have been because her voice is much brighter on those days"

"This is a big thank you for all the kindness shown to us all especially for all the goodies and homemade soup. It's all a ray of sunshine to brighten these difficult times. I look forward to the wee chats with Claire sitting on the stair. Thank you all once again. You are brilliant"



Lanarkshire

Project Summary:

The Hearty Soups for Healthy Communities project focussed on the most vulnerable older people in the Cardowan area, many of whom were self-isolating but did not have access to the shielding programme pack. Working in collaboration with a local chef who was on furlough, weekly fresh meals were delivered by a team of community volunteers. This was often soup, however the project also used pasta donations to prepare and deliver vegetable pasta as well as slow pressed fruit juice and salads over the summer months.

Evaluation Summary:

75 older people residing in Cardowan received freshly prepared soups and meals over an 8 week period. Many of the older people reached through the project have expressed feeling much better physically and mentally, this coming from a combination of the community care received and through the meal deliveries.

Outcomes:

- Increase food access in older people
- Increase health and wellbeing in older people

ORGANISATION:

Northern Corridor Community Volunteer

PROJECT NAME:

Hearty Soups for Healthy Communities

FUNDING AWARDED:

£1000.00

LOCATION:

Lanarkshire

THEME:

Food Provision, Social Isolation and Loneliness



Lanarkshire

Project Summary:

In light of the pandemic, Healthy Valleys were unable to continue their social food club. They received **£1,000** to provide snack boxes combined with a befriending phone call to enjoy a 'cuppa and snack together virtually'

Project evaluation:

Over the course of the project, **120 healthy snack boxes** and **40 cream teas** were provided, with individuals stating that it has prompted them to eat more and consider their eating habits. Additionally, **40 doorstep social visits** and **160 support phone calls** were also made with the majority expressing an improvement in levels of social isolation and loneliness.

Outcomes:

- Reduce food insecurity in older people
- Increase food access in older people
- Increase health and wellbeing in older people
- Reduce social isolation in older people



"Even opening a wee parcel bucks you up. The healthy snacks have encouraged me to think about my eating habits"

"I struggle to remember to eat- the boxes helped with that"

Lothian

Project Summary:

Working in partnership with Pilmeny Development Project (PDP), Edinburgh Community Food (ECF) were awarded **£1,000** to develop a project providing local older people with a weekly Health and Wellbeing pack including cooking equipment and a newsletter 'Leithers Together'. This featured nutritional information, recipes, tips and submissions from members to share with each other. The newsletter has provided an opportunity for older people to remain connected, feel less lonely and be reminded that there is a community of people thinking about them and supporting them. 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.

Evaluation Summary:

Edinburgh Community Food and Pilmeny Development Project jointly supplied **150 'comfort boxes'** containing items such as toiletries, nutrition information and a Health and Wellbeing Newsletter.

ECF also utilised the befriending service run by PDP to determine what equipment was required by older people and to gather content for the newsletter. Consultation showed that no older person needed equipment, therefore the funding was put towards the comfort boxes.

An additional outcome for this project was to increase knowledge and awareness of malnutrition in staff and volunteers through delivery of the REHIS EWfOP course. **3 staff/volunteers** received training, and a further **39 course booklets** were delivered to individuals unable to access the course online.

The project has been able to target the issue of social isolation during a time when older people, especially those shielding, have no choice but to isolate.



ORGANISATION:
Edinburgh Community Food

PROJECT NAME:
Leithers Together

FUNDING AWARDED:
£1,000

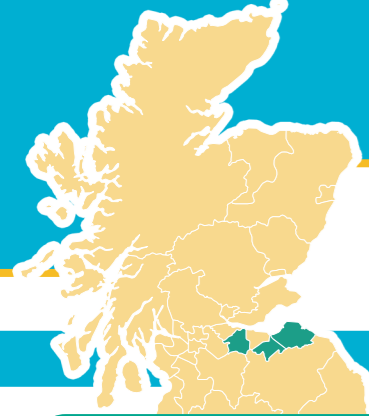
LOCATION:
Lothian

THEME:
Social Isolation / Increase Wellbeing, Delivery of Shopping/ Essential Items, Training

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

Outcomes:

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



Lothian Region

Project Summary:

ORGANISATION:

Stoneyburn and Bents Future Vision Group

PROJECT NAME:

Vision Express Meals

FUNDING AWARDED:

£520

LOCATION:

Lothian

THEME:

Provision of Food, Social Isolation/Increase Wellbeing, Delivery of Essentials, Extension of Current Services

Stoneyburn and Bents Future Vision Group were given funding of **£520.00** to adapt their weekly lunch club 'Meet and Eat' into the delivery of hot meals. The project also aimed to increase knowledge and awareness of a healthy balanced diet and the risks of malnutrition through delivering information leaflets.

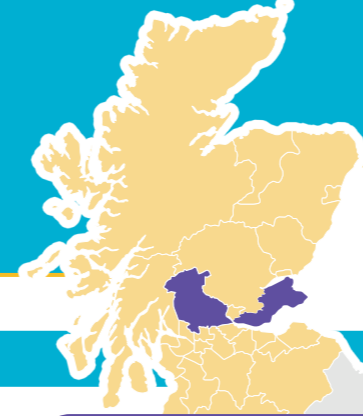
Evaluation Summary:

Over 90 meals, 5 days a week were delivered during the height of the pandemic to those most affected by the lockdown restrictions. EAWW [Store-Cupboard Recipe Booklets](#) were also given out to recipients to encourage cooking and eating well at home.



Outcomes:

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



Tayside Region

Project Summary:

ORGANISATION:

Elder Voice

PROJECT NAME:

Elder Voice Healthy Hat

FUNDING AWARDED:

£950

LOCATION:

Tayside

THEME:

Food Provision, Social Isolation/Increase Wellbeing, Coordination of Support Services

Elder Voice responded to the pandemic by developing the Healthy Hat project. Through the project, they delivered bags of fruit and vegetables and information leaflets on healthy eating and malnutrition alongside their shopping service for older people across Perthshire.

Evaluation Summary:

260 Healthy Hat bags were delivered throughout the pandemic which has supported food access for older people across Perthshire.

A key outcome for this project was to improve knowledge of a balanced diet and malnutrition through delivering information leaflets. Since the start of the project there has been improvement in shopping choices, with greater numbers of older adults opting for more fruit and vegetables than previously. Elder Voice are now focusing more on malnutrition in older adults through the training of volunteers and implementation of Boost Boxes for those at risk of malnutrition.

Outcomes:

- Increase food access in older people
- Improve health and wellbeing in older people
- Increase knowledge of a balanced diet and malnutrition



Challenges



A key challenge across all funded projects was the need for rapid expansion of services, whether this was creation of a new service or inclusion of new areas within an existing service. For many projects this required extra help from volunteers, without which, several projects would have struggled to deliver.

Another area which some projects found challenging was engaging older people through digital means. Many projects were able to successfully navigate this, offering alternative online methods or paper-based materials to tackle social isolation. In a few cases however, the individuals identified as most in need of support did not have online access thus limiting opportunities for social interaction.

At the start of the pandemic, increased levels of stockpiling meant accessing food from supermarkets also posed a problem for several of the projects receiving funding. Several projects were able to surmount this through increased partnership working and through utilisation of donated food.

Impact of COVID-19 long term on services

Undoubtedly the COVID-19 pandemic has, and will continue, to have an impact on services supporting older people across Scotland. All the projects funded through the Emergency COVID-19 Fund have seen a significant increase in the number of older people engaged with their services since the start of the pandemic. For several of the projects this has also brought to light gaps in other service provision for older people which is an issue that will remain post COVID-19.

Moreover, several projects mentioned the mental and emotional impact that long periods of isolation have had on older people, severely affecting confidence in leaving their homes. The input required from organisations to tackle such issues will therefore need to be enhanced, and in some cases will require a redesign in service delivery. Feedback has indicated that the funded projects have brought relief and dignity to people, easing the burden of knowing where their next meal will come from, loneliness, and promoting feelings of inclusion. This however this is not a long-term solution, and as such, malnutrition, and the associated social risk factors such as social isolation and loneliness are likely to be exacerbated by the pandemic. As such, we must tackle the underlying causes through a multifaceted approach to remedy this on a longer-term basis.

Contrary to this, a positive which has emerged from this crisis, and is evident from the funded projects, is an increase in engagement with other services and increased partnership working across all sectors. Many of the projects have collaborated closely with local businesses, statutory bodies and/or other third sector organisations to ensure that the most vulnerable individuals across Scotland receive adequate food supplies and are well supported emotionally.



Conclusion



The COVID-19 pandemic has stressed the importance of adequate hydration and nutrition to support health & wellbeing, particularly so for older people. Despite the challenges, the fund has shown the incredible resilience of third sector organisations during unprecedented times. It has also shown their ability to respond to need, be flexible and adapt to ever changing circumstances. This report provides strong anecdotal evidence in relation to the impact the projects have had on individual's wellbeing through increasing access to food and easing feelings of loneliness through thoughtful calls, visits and Zoom groups. Additionally, it has shown what can be achieved through support and the utilisation of volunteers, and through partnership working across sectors.

The report however has also highlighted areas for improvement, for example, around improving digital inclusion for older people and enabling more social interaction opportunities online.

The crisis has also highlighted flaws within our food system affecting those who are most vulnerable. There is now an opportunity to recognise this and to build back better using a whole system approach to supporting older adults around food and through continued investment in grass roots organisations.



Appendix 1. Overview of funded projects

Greater Glasgow and Clyde

Glasgow's Golden Generation - Covid-19 Appeal

Funding awarded: £500.00

Summary: This project will deliver food parcels with a weekly newsletter including quizzes, memories of Glasgow, useful tips and guidance.

Dumfries & Galloway

Annan & District Day Centre – Covid-19 Community Support

Funding awarded: £843.64

Summary: Expansion of Meals on Wheels service delivery to four days based on need.

Lanarkshire

Healthy Valleys - Nourish and Natter Goes Mobile

Funding awarded: £1000.00

Summary: This project will support older people by providing fortnightly snack boxes combined with a befriending phone call to enjoy a 'cuppa and snack together virtually'.

Northern Corridor Community Volunteers – Hearty Soups for Healthy Communities

Funding awarded: £1000.00

Summary: This project aims to provide hearty soups to older people who are self-isolating but do not have access to the shielding programme pack.

Fife

My Bus CT Ltd – Scoonie Social and Befriending

Funding awarded: £644.00

Summary: This project will expand on current meals & wheels, shopping, prescription and befriending services to support local older people.

Lothian

Edinburgh Community Food - Leithers Together

Funding awarded: £1000.00

Summary: Partnership project with Pilmeny Development Project (PDP) to provide older people with a weekly Health and Wellbeing pack. PDP staff and volunteers will attend REHIS training (eating well for older people)

Stoneyburn and Bents Future Vision Group SCIO – Vision Express Meals

Funding awarded: £520.00

Summary: Adapting from weekly lunch clubs 'meet and eat' this project will deliver weekly hot meals and information leaflets on healthy eating and malnutrition for older people.

Highland

Multiple Sclerosis Centre, Mid Argyll – Doorstep Deliveries and a Check in Chat

Funding awarded: £332.45

Summary: This project will provide older people in rural areas with homemade bread and soup delivered to their door step.

Grampian

Moray Food Plus – MFP Meals on Wheels

Funding awarded: £700.00

Summary: Expansion on Meals on Wheels service based on need. Delivering weekly three course meals across Moray.

Tayside

Elder Voice – Healthy Hat

Funding awarded: £950.00

Summary: This project will deliver fruit bags, soups and information leaflets on healthy eating and malnutrition alongside their shopping service for older people across Perth-Shire.

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.

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