| **Topic** | **Question** | **Response** |
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| **Awareness raising** | **Whilst the importance of nutrition and hydration is rolling out in to undergraduate education, there is not nearly enough emphasis on this. Therefore, the assessment of dietary intake is dependent on the professional completing the assessment.** | Thanks Hannah, this highlights why we need to continue to raise awareness and educate everyone involved. |
| **Care settings** | **I have particular concerns about the health and wellbeing of Care Home residents who will have missed the encouragement of family members to motivate them to eat, enjoy treats and even exercise. Will Care Homes get additional support as more "non-essential visitors" are allowed into Homes? I think it's much needed!** | We agree that there has been a high pressure on care homes and many of them have certainly missed out on the benefits of “non-essential visitors”.According to the Department of Health and Social Care in England there has been an allocation of extra funds but this has been sent to local authorities across England rather than directly to care home networks. We do not have any information at the moment if more funding will be allocated to deal with post pandemic struggles that the care home sector will be facing, however there is a strong indication from government and local authority sources that they are working on the next steps of interventions to support this sector. Cllr Chauhan shared that Oldham Council have scheduled an emergency cabinet meeting to discuss support for care homes.  |
| **Care settings** | **It would help if GP' told families how important it is to make sure the Caregivers coming in have time to prepare food people like to eat not just what is easiest. We have a number of clients who responded well by having the Caregiver bring in fish and chips with time to seat and eat with them.** | Thank you, Kevin, carers having time to prepare food based on the person's preferences and to provide company while they eat is very important. |
| **Care settings** | **We have Nutrition and Hydration champions, and we do regular two weekly nutrition meetings and constantly try and improve our dietary service to our residents at both our homes. Some very useful tips. Jessy** | Thanks for sharing this Jessy |
| **Covid 19** | **Has there been any studies during the pandemic of the effect on older people’s nutrition & hydration?** | We have not seen studies on this yet, although we do know that 5 million adults have experienced food insecurity at this time <https://foodfoundation.org.uk/new-food-foundation-data-food-insecurity-and-debt-are-the-new-reality-under-lockdown/>. Currently we are working from the evidence base of the well evidenced risk factors that are likely to be exacerbated at this time. You can read about this on our blog at: <https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/nutrition_hydration_covid19/> We also recently co-signed a letter to the Health Secretary which outlines the urgent need for focus on malnutrition prevention. This can also be found on our website at <https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/> There is also a webinar about Nutritional management for patients recovering in the community from Covid 19 with the Chair of the BDA Older People’s Special Interest Group which can be found here: <https://www.youtube.com/watch?reload=9&v=M7ei82cFxA4&feature=youtu.be> |
| **Hydration** | **Age UK Blackburn with Darwen received free dinking aids to distribute to older people from the Hydration Foundation particularly for people with Dementia to prompt drinking. I can share details** | Thanks Sharon, details of this can be found at <http://www.thehydrationfoundation.org/>.Please contact Sharon for information about this from Blackburn with Darwen: sharon.lucas@ageukbwd.org.uk |
| **Hydration** | **It is looking like we are going to get another heatwave soon. Have you heard of Jelly Drops and if so, what are your thoughts in terms of helping with hydration?** | Yes, Jelly Drops look like a brilliant innovative resource! They are now available for individuals to buy at <https://jellydrops.com/>  |
| **Opportunities** | **Do you find many people have internet access/iPad for zoom sessions?** | If you have people who would benefit from iPad etc.... take a look at Wavelength - they can give tech to older adults <https://wavelength.org.uk/>If you are in Salford, you can check out Tech and Tea with Inspiring Communities Together <https://www.inspiringcommunitiestogether.co.uk/events/> |
| **Local support** | **I am from Bury. Wanted to ask are the day care centres etc still working as stores for essentials? Can we get information on how can we access essential food items ordered and delivered to people who do not have anyone to help out?** |  If someone living in Bury doesn’t have access to food and/or medication, the Community Hub can assist with this. They can be contacted on 0161 253 5353. Details of community hubs in all areas of Greater Manchester can be found here: <https://www.greatermanchester-ca.gov.uk/coronavirus/support-for-residents-and-vulnerable-people/>  |
| **Local support** | **Some older people who will have missed those Social Sessions where they ate and had fun with friends, may require support to build confidence to return - especially with the scary headlines about a potential 2nd Wave** | It will be important for us to be aware that some people may need support with this and plan for this. |
| **Local support** | **As a shielded person living in Oldham my mum has had 2 calls a week checking on her welfare. This has been great but I've just checked and none of her callers have asked about food and diet. Maybe this could be addressed immediately as I know calls are still being made.** | Thank you for raising this, we will review opportunities for this with the organisation involved |
| **Opportunities** | **Hi, I work for a charity Vegetarian for Life. We are offering free live cookery demonstrations via Zoom and Facebook. If you would like more information please email me alex@vegetarianforlife.org.uk** | Please contact Alex if you would like to set up a free live cookery demonstration. The video from the collaboration with the programme can be viewed here: <https://www.facebook.com/GMNandH/videos/629216794606567>  |
| **Oral health** | **Having recently attended a fascinating training session on the importance of Oral Hygiene - I was amazed to learn of the connection between pneumonia and other chest infections with mouth bacteria connected to poor dental / gum care.** | Thank you for highlighting this, poor oral health and mouth care can be very dangerous. There are strong links with aspiration pneumonia and other chest infections. It is important that we raise awareness of this. |
| **Oral health** | **I am the oral health lead for the oral health improvement programme for Wigan an Oldham, I am currently delivering zoom training to care homes and I incorporate good nutrition and hydration in my presentation. Thank you for including the link between oral health and N+H.** | Thank you, Lesley, that is great to hear. |
| **Pathways** | **We complete the MUST tool as part of our initial assessment; however, I feel it can be often seen as 'another' check list. However, I find this is a late indicator of malnutrition. We need to incorporate something more robust in to our initial assessment? Any further research in the pipeline to determine whether you feel this would be of benefit?** | It would be great to secure funding for further research about this. Our current research certainly indicates that the earlier an intervention can be put in place, the better the outcome. We would be happy to work with you to consider ways to build in greater understanding and earlier indicators |
| **Pathways** | **We have an aging population in West Sussex. Would we be able to use the paper weight arm band? How have you incorporating the findings into dietitians’ departments? Has it prevented admissions or increased referrals to the service?** | The resources and food first approaches are being used in Greater Manchester. The Paperweight Armband and Eat, Drink, Live well booklet are now being sent to patients on Dietetics waiting lists in Salford and some other areas of Greater Manchester, as a first-line self-management approach. We would be interested to hear other ideas you have about how this could be incorporated.In Greater Manchester there has not been an increase in referrals, we have aimed to channel appropriate referrals to dietetics and encourage self-management where appropriate first. |
| **Pathways** | **Is there a questionnaire that we could be able to incorporate in our pathways as part of initial assessment documentations when we receive a patient?** | Yes, that would be great. Simply adding the following key questions would be a good start for this:* Have you lost weight without meaning to?
* Have you had a low appetite, poor energy or low mood?
* Do you clothes, shoes, jewellery or dentures look or feel loose?
* Does the PaperWeight Armband fit loosely around your upper arm?

We can share examples of how other teams have done this so please get in touch for a more detailed discussion. |
| **Resources** | **Where do you get the paperweight armband and the booklets?** | All the resources are available on the Age UK Salford website. For organisations in Greater Manchester, these can be accessed for free by contacting the local Programme Team. For organisations outside Greater Manchester the Paperweight Armbands can be purchased. Please email Emma Rose on emmarose@ageuksalford.org.uk for more details. |
| **Resources** | **Do you have any resources for encouraging better nutrition and hydration for stroke patients with swallowing difficult and chronic fatigue?** | Education about malnutrition and swallowing difficulties is covered in the e-learning tool at www.paperweightarmband.org.uk. For more specific advice please contact your local Speech and Language Therapy Team and Dietetics Team |
| **Resources** | **Any tips on maintaining nutritional intake in patients with C Diff, and dumping syndrome?** | For specific conditions as these please discuss with local dietetics teams. |
| **Resources** | **Please can you send over details for the E Learning course Thank You** | www.paperweightarmband.org.uk |
| **Social eating** | **I'm a volunteer with Re Engage; our guests look forward to our monthly tea parties although on hold atm. We struggle to engage guests and volunteers even though we know those socially isolated people are out there. It's heart breaking** | Thank you for sharing this Ann, the research we have done with the University of Manchester highlighted how important these social eating opportunities are to many older people. They often play a preventative role in maintaining good nutrition and social connection. We are always interested to learn more about how to engage those who may benefit the most. Here is a blog post from the Ambition for Ageing Team in Bury about what makes a successful social eating event. If you have any other research please share with us: <https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/case-studies/ambition-for-ageing-bury/>  |
| **Tips** | **I look for photographs while in the home to see if there is an obvious change in weight and it’s easy to ask them if you can see a difference as it opens a conversation when looking at photos** | Thanks for this tip Sam, what a great idea! |