



Wellbeing in Later Life Programme (WeLL)

Conversation Café December 9th, 2021

KEEP ACTIVE and EAT WELL



Laura Cairns shared work to raise awareness of nutrition and malnutrition in older people living at home in Scotland. She highlighted a wealth of resources and training available from the [Eat Well Age Well](#) team. Café participants shared their experiences, resources and tips

Eat Well Age Well free Malnutrition Advice Line



0800 13 88 220

for those aged 65+ living in Scotland, or anyone concerned about an older person

In Clacks, health promotion is looking at cooking, nutrition and training. Some projects involve older people sharing food and recipes with youngsters. In Dementia Friendly Dunblane, older people have given shopping lists to youngsters who have gone out, bought the food and then they cooked together



Lots of voluntary organisations are involved in growing and gardening - a real chance to get people to think about what they eat and be physically active.

Louise Kelly, Programme Lead for the Improvement Support Team at the Care Inspectorate, led us through a short activity break where we stood up or stretched in the chair. This was fun and gave us a quick energy boost!



I will be applying these movement messages in team meetings and other settings

Stand up sit down keep moving, we'll all be merry and bright 😊

Louise highlighted the benefits of physical activity for wellbeing. The [CAPA programme](#) supported care professionals working with older people across Scotland. CAPA used ordinary language and 'all teach all learn' principles to create and collate ideas, case studies and resources that are available to all.

WeLL participants from [Older and Active East Kilbride](#) explained the Meeting Place is their Community Hub within East Kilbride Town Centre for exercise classes, yoga, Tai Chi and alternative therapies. These activities moved online in response to COVID restrictions. Their Health Box walks has three accessible routes suitable for all abilities and for people who use mobility equipment! As winter is upon us, the walks are now indoors. Seniors Together in South Lanarkshire have a local shopping Mall walk. Louise shared Strength and balance exercises that could be incorporated into Mall walks. Shopmobility East Kilbride is run by a dedicated team of staff and volunteers who work tirelessly to provide a service 7 days a week, 52 weeks of the year.

Participants shared their reflections and take home messages:

- ⇒ Amazing things going on to help people stay well fed, fit and healthy.
- ⇒ This is a brilliant way to gain more ideas and to see what is working in different areas.
- ⇒ The great ideas are out there, often locally. Sharing knowledge about these and networking across Scotland is a must for everyone's benefit
- ⇒ A wealth of great activities addressing both physical activity and nutrition, but as usual, getting the message out to the community is still lacking.
- ⇒ We are all on the same page, working for the same outcomes. We have such potential and many possibilities
- ⇒ To spend more time thinking about what we should start doing - not everything which should be stopped...
- ⇒ I want to look at all the links that were provided especially the Activity Passport which I think will be particularly useful for our service users
- ⇒ Seeing other people may not have any quantifiable nutritional value but... food / eating / cooking is social - has a value beyond nutrition on lots of levels.
- ⇒ Many people who live alone possibly are unmotivated to cook for themselves.

It's easy to forget how some communities have been really badly affected by Covid. For example, the Chinese association in Stirling lunch club found it hard as culturally people share dishes and don't like to sit separately

Moving is about all of us—Moving a bit more is better for all of us—Keep moving.

Future Cafés in 2022

Wednesday 12th January: TAKE NOTICE

Wednesday, 16th February: GIVE

Wednesday, 16th March: KEEP LEARNING

Thursday, 14th April: REFLECTIONS & FEEDBACK

WeLL Co-Lab report and flash reports are available at:

https://integratedcarefoundation.org/ific_hub/ific-scotland-programmes

Resources: Eat Well

[Age Scotland hydration guide](#)

Tips on keeping nourished and what to do to stimulate appetite: [Staying Well and Nourished in Later Life](#)

[The Patient Association Nutrition Checklist](#)

Sharing food and friendship with an older neighbour: [Meal makers](#)

As older people are identified as a risk group of low vit D, they may consider taking a Vit D supplement:

[Vitamin D Food Fact Sheet](#)

[Vitamins for older people](#)

[Nourish Scotland](#): Working for a fair, healthy and sustainable food system that truly values nature and people.

[Sustainable Food Places](#) brings together pioneering food partnerships across the UK that are driving a innovation and best practice on all aspects of healthy and sustainable food.

[The Big Lunch](#), 2nd – 5th June 2022 is the chance to celebrate community connections, led by the Eden project and National Lottery. The Big Lunch will kick start the [Month of Community](#).

[Growing a good life](#)

[Vegetarian for Life](#) is the UK charity working on behalf of older vegans and vegetarians.

[Food for Life Get Togethers](#) are regular community activities that connect people from all ages and backgrounds through food – [Get involved](#)

Resources: Keep Active

Care About Physical Activity (CAPA) Improvement Programme [Final Report](#)

[CAPA case studies and Resources](#)

[Activity Passports](#)

[Movement for health](#)

[Paths for ALL](#)

[Age Scotland fun and active sessions for groups](#)

[Take the Balance Challenge](#)

[NHS Inform Strength and Balance exercises](#)

[Magic Moments](#) - monitoring impact and quality, Outside the Box. Evaluating outdoor activities

[Keep on Moving, Centre for Ageing Better](#)

[Keep on movin' – the importance of staying active in your 50s and 60s](#)

Make Movement your Mission: [Supporting people to move throughout the Covid 19 pandemic](#)

Staying indoors: [the long term impact of lockdown on older adult health](#)