

Inner North East Health and Wellbeing Update Report January 2019

Cold Weather and Isolated / Vulnerable residents

Where's your next hot meal coming from?



If you are a carer, paid or voluntary, a neighbour, someone close to a vulnerable isolated older person or a health and social care professional such as a social worker or district nurse, you may come across someone who is having problems with eating and possibly at risk of malnutrition.

One in ten people are malnourished – often those who are lonely, have a change in personal circumstances, have mobility problems, don't know how to cook, don't know what to cook or just no longer interested.

What do we mean by malnutrition? It is a serious condition that occurs when a person's diet doesn't contain the right amount of nutrients and can be either:

- under-nutrition – not enough nutrients
- over-nutrition – more nutrients than you need

Malnutrition and dehydration are both causes and consequences of illness and have significant impact on anyone's health

But how can we help? Just by starting a conversation:

- "It's going to be cold – have you got a hot meal for later?"
- "I'm off to the shops – need anything?"
- "What are you having for dinner tonight?"
- "Fancy a hot drink?"

It means you can start talking about food and drink in a casual way and find out what help they need. The website www.leeds.gov.uk/nexthotmeal gives you access to all sorts of support material and information that you can pass on too.

So the next time you visit an older person, either professionally or personally, why not ask "Do you know where your next meal is coming from?" and see what happens.

Lunch Clubs

2018/19 saw 87 lunch clubs funded across the city with just over 2,800 older people receiving a hot, nutritious meal for around 40 weeks of the year.

Leeds Community Foundation, in partnership with Leeds City Council, are pleased to be offering grants to support the vital work of lunch clubs across the city for 2019/20. These grants are specifically for the running costs of lunch clubs and can support new clubs as well as helping existing ones to continue delivering services.

Clubs must run activities in Leeds and be providing regular hot meals to local older people. Funding is awarded as a contribution towards running costs and can help with rent, training, meal costs and volunteer expenses. The scheme cannot cover day trips, home delivery of meals or additional social activities provided by lunch clubs. In order to be eligible, clubs must:

- be run by a management committee, have a constitution/governing document and a bank account in the name of the club (or of the charitable Organisation which runs the club)
- serve approximately 20+ hot meals per week to older people (if you have a smaller number, the panel may use discretion and award a grant which as be scaled down proportionately)
- operate for at least 40 weeks of the year (if you operate for fewer weeks, the panel may use discretion and award a grant which as be scaled down proportionately)
- have adequate insurance and volunteers who are trained, specifically in Food Handling
- new clubs must be able to demonstrate the need for their services
- clubs must make use of appropriate training for volunteers and be prepared to work with other local organizations

The deadline for receipt of applications is 12 noon on Thursday 14th February 2019. Any queries about the program can be directed to the Leeds Community Foundation Grants Team on 0113 242 2426 or e-mail grants@leedscf.org.uk

Cold Weather and Older Citizens

It is that time of year again when seasonal influenza is here and time to promote the uptake of the best protection – the vaccine.

The link below is for the Council's public facing webpage that has a wealth of information on the why, who and how. Leaflets and posters are available to promote uptake of the vaccine and these can be viewed and downloaded via the webpage.

Leaflets and resources are also available from the Public Health Resource Centre

Please encourage uptake of the flu vaccine with service users, their families and carers and frontline staff as you feel appropriate.

For more information on any of these topics please contact Kevin.McGready@leeds.gov.uk or go to www.leeds.gov.uk/flu

Winter Friends

Following on from work carried out in 2018 an e-briefing has now been made available to support more people to become Winter Friends. Being a Winter Friend means you are equipped with knowledge, resources and signposting information to support a vulnerable person during winter. There are nine evidence based, high-impact interventions that can support vulnerable people during winter and these are covered in the Winter Friends e-briefing.

You can now access the Winter Friends e-briefing on the Public Health Resource Centre Website by clicking on [Winter Friends e-briefing 18/19](#) (please note you will need to open the file and play as a slideshow in PowerPoint).

Once the e-briefing has been viewed, Winter Friends can collect a resource pack from the Public Health Resource Centre (Technorth Centre, 9 Harrogate Road Leeds LS7 3NB) to support conversations and promotion of relevant campaigns.

To provide and increase support across Leeds, we would be really grateful if this information could be shared to encourage access to the resources.

For more information on any of these topics please contact Rachel.Brighton2@leeds.gov.uk

Social Isolation

Tool for signposting vulnerable citizens to support services

Go to <https://leeds.care.vu/>

Using the isolation support tool

The isolation support tool helps you find the names, websites and phone numbers of support resources for residents who may be socially isolated.

1. Click on the menu ☰ and select "Isolation Tool".
2. If you know the category for resources you want to look up, pick "Choose from list" and pick the category from the list.
3. If you don't, click "Interactive" and the tool will ask you some basic questions about the resident, leading you to the most appropriate category. You can go back or restart at any time.
4. By default, all resources are shown. If the resident is not older, BAME or LGBT+, you can exclude resources that are specifically for these people by unticking the boxes at the bottom at any time. Contact Jonathan.Hindley@leeds.gov.uk for more information.