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## Get involved!

Make a difference to someone's health and wellbeing by becoming a volunteer for the Eat Well Live Well programme. You will receive full training and be matched with under nourished clients referred to Age UK Barnet by health or social services professionals. You will visit clients in their home providing advice and support about eating, help set short term goals and signpost to other relevant services.

### Age UK Barnet

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## Eat Well Live Well

Helping older people overcome malnutrition



# ***Eat Well Live Well is Age UK Barnet's programme to tackle malnourishment amongst older people in the London Borough of Barnet.***

Not a condition you associate with this country, in fact malnutrition is a growing problem affecting one in ten older people in Britain. People at risk of malnutrition are often not eating enough or consuming the wrong foods. And failing to get the nutrition needed to stay healthy can lower our immunity, increase risk of infection and have a serious impact on energy levels. All of this can lead to more GP and hospital visits.

## **How Age UK Barnet can help**

The Eat Well Live Well project aims to help older adults at risk of malnourishment to eat more and get a better balance of foods. Maybe they've been losing weight recently and lost their motivation to eat or perhaps it's physically difficult for them to prepare food.

Once someone has been referred to us, trained volunteers will visit them in their homes for up to 12 weeks to work through their specific barriers to eating healthily.

This may involve:

- Help with budgeting
- Being taken to shops to talk about food choices
- Planning meals and snacks
- Tutoring in online shopping
- Finding local lunch clubs and ways to make eating sociable
- Signposting to other Age UK Barnet services such as befriending and financial advice
- Identifying benefits they may be entitled to plus arranging appointments for other services they may need.

Our trained volunteers aim to renew people's interest in food by setting short and long-term goals and monitoring progress with questionnaires and food diaries

All Eat Well Live Well volunteers have been through a nutritional training programme written by a state registered dietitian. They have been Criminal Records Bureau (CRB) checked and have also had training in dealing with vulnerable adults and befriending.



## **Referrals**

### **Professionals**

We welcome referrals from health professionals who have identified clients as being at risk of malnutrition or suspect their diet may put them at risk of ill health. If you think that any of your clients would benefit from this scheme, please contact Eat Well Live Well Project Manager Karen Williamson on **020 8150 0967** or email [eatwell@ageukbarnet.org.uk](mailto:eatwell@ageukbarnet.org.uk)

Information and forms for this project can be downloaded from [www.ageuk.org.uk/barnet/our-services](http://www.ageuk.org.uk/barnet/our-services)

Clients do not need to pay for this service.

## **Members of public**

Do you know someone who has been losing weight recently or who you think is not getting the nutrients they need? Maybe you need help with your own eating? See your GP or practice nurse who can contact us about a referral. You can also contact Eat Well Live Well Project Manager Karen Williamson directly on **020 8150 0967** or by email [eatwell@ageukbarnet.org.uk](mailto:eatwell@ageukbarnet.org.uk)