

August
2016



food & friendship newsletter

Welcome

Hi Everyone

I really hope you enjoy the August newsletter. In this edition I would like to introduce you to Hampshire Fire and Rescue's new Safe and Well scheme which is a replacement for the Home Fire Safety check. This could be really useful to our clients and is a completely free service.

The profile this month is the Royal Voluntary Service, one of the long standing and loyal Partners to Food and Friendship.

This edition also gives some information on why good hydration is essential and we provide some tips to help you on your home visits.

Finally let me say a big thank you as always to our dedicated teams of volunteers who give up their time for free!

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Partner Organisation Profile

Royal Voluntary Service

The Royal Voluntary Service is a volunteer organisation that enriches the lives of older people and their families across Britain.

They support older people by giving time and practical help to help them get the best from life. Their volunteers – ordinary men and women of all ages and ethnicities – love spending time with the older people. Through them, they want to help create a society where everyone feels valued and involved whatever their age.

They have 20+ offices throughout the UK and each one offers a range of services from:-

- ◆ Befriending
- ◆ Transport
- ◆ Lunch Clubs
- ◆ Social Clubs
- ◆ Hospital to home Service (only at some locations)

The RVS Hampshire office are working in partnership with Age Concern Hampshire to deliver the Food and Friendship Service. "Meals are delivered by apetito and the Royal Voluntary Service then provides befriending on a regular basis to reduce isolation and improve wellbeing including nutrition". This service is invaluable and for some elderly people they are the only people they see from day to day. All of our volunteers go out of their way to make sure the clients they visit get the best service available.



Volunteer for the RVS

We all could do so much more with this service if we had more volunteers, anyone wishing to help out should call us on 01264 317080 or you can also find more information on our Facebook page look for RoyalvoluntaryServiceNorthandSouthHampshire or visit our website www.royalvoluntaryservice.org.uk. Please mention that you are interested in the Food & Friendship project.



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Volunteer Profile—Enid Croft

Hi, mine name is Enid Croft, I live in Wickham and I'm a volunteer for Age Concern Hampshire's Food and Friendship project. I moved to Wickham about 7 years ago after my husband and I returned from living in Spain. We went there for 6 months when I retired and ended up staying 4 years! No doubt you're wondering why we came back - the simple reason is that I was bored! There is only so much sun, sea and sangria that one can consume! I missed England and our family, although there were frequent visits in both directions, especially in the summer, not so many in the winter, which despite popular belief is not always warm or sunny in Spain! Before I retired I was an admin officer in the education department of one of the London boroughs for several years, but I got fed up with pen-pushing and at the age of 56 had a complete career change, working as a housekeeper with Abbeyfield in Crowborough. After my twin grandsons were born in Basingstoke, I wanted to be closer to them to help out if necessary, so I then worked as a deputy warden in a charitable sheltered housing complex until I retired 11 years ago. I have always enjoyed being involved with people and the community, so when I saw a poster on the village notice board for volunteers for Food and Friendship I decided to apply. Paul came to visit me, I was accepted and the rest is history as they say. I have been visiting a wonderful elderly lady, who unfortunately is now completely blind, for just over 2 years. She will be 97 on 1st October and has an amazing attitude to life. She loves to go out for short walks and if the weather is really bad likes to be taken for a walk around her own house, being blind she cannot manage this without someone to guide her. She has very small appetite but is fond of fish; we are very lucky in Wickham as Johnsons Enterprises of Portsmouth have a stall in the square once a week selling really fresh fish, most of which is caught locally. I try to buy her some each week and the guys from Johnsons always make sure they fillet and remove all the bones for her. Her carer cooks it for her and she always says it's her favourite meal of the week! She also tries to go to the community lunch, which is held in the church hall every Wednesday. I think this shows amazing spirit as it's not easy for her although the local Lions Club do organise transport. She makes me realise how difficult life is for people with little or no vision; she cannot watch TV, read, move around unaided or do any of the little things the rest of us take for granted. She has to have complete trust in everyone who enters her house as she does not know who it is until they speak to her but she does enjoy having visitors to talk to which is where I come in, if only for an hour or so a week.

If you would like to volunteer for Food & Friendship like Enid did then please call Paul on 01962 892455 or email food&friendship@ageconcernhampshire.org.uk

Safe and Well



Introducing Safe and Well visits

Hampshire Fire and Rescue Service have upgraded their original home fire safety visits to become tailored Safe & Well visits, dependent around the individual's needs, health and wellbeing.

As well as fitting and testing smoke alarms our team will be able to assess an individual's environment, behaviours and lifestyle choices. We will leave each household with a custom-made information pack for them to refer back to.

We will also be able to refer residents for extra care, where appropriate, to ensure every individual gets the support they need.

Our priority

Anyone aged 65 and over in Hampshire, who is registered with a GP automatically qualifies for a free visit.

We are using Exeter data which is a sharing agreement between NHS England and all Fire and Rescue Service's of anyone 65 and over registered with a local GP.

The data is distributed to Fire and Rescue Service's via The Health and Social Care Information Centre. The data is broken down into age, gender and address.

We can provide free of charge:

- A custom-made information pack

- Install new and check existing smoke alarms

- Advice on where to get help if needed

A uniformed member of Hampshire Fire and Rescue Service will be visiting your area to carry out the visit.

Please call us directly on **023 8062 6751** and ask for the Community Fire Safety team to alleviate any concerns you may have or to book a visit.

For more information please visit our website

www.hantsfire.gov.uk

If you feel any of the clients you are visiting would benefit from a Safe and Well visit then pass on the number above to your client or ring Paul Simmonds on 01962 892455.



**HAMPSHIRE
FIRE AND
RESCUE
SERVICE**

Retail



Have you visited our shops lately?

We think that you may be surprised, we have had redesigns and they are looking amazing! Each of our 3 shops has a wonderful range of products, from books, jigsaw puzzles (one of our best sellers) to designer clothes, all at unbelievably low prices!

We have something for everyone, in the ladies and men's fashion we like to think that we lead the way in the charity sector with an eye to current trends, our knowledgeable teams can help you put together an outfit for an interview, party or wedding. We have a comprehensive range of DVD's and children's toys to keep everyone amused.

All our stock is donated so if you're coming in to make a purchase why not bring in a bag of donations; they are always needed. All the shops addresses are on our website. You can gift aid your donations too!

Fundraising

Your Chance to win £25,000 every week! Support Age Concern Hampshire by joining our weekly lottery.

Each chance to win costs just £1, you will have an amazing 1 in 63 chances of winning a prize, just match 3,4,5 or all 6 digits of the winning number in the correct order.

Your Contribution:

£15 allows our accredited advice service to help two older people by providing much needed information and support.

£25 provides a counselling session for someone with dementia or their carer.

£40 provides a group music therapy session.

£100 goes a long way to supporting the cost of a group outing to the coast.

Please see our website for further details and how to take part: www.ageconcernhampshire.org.uk or ring us on 01962 868545.

The Eatwell Plate

The Eatwell Plate illustrates the different types of food we need to eat, and in what proportions, to have a well-balanced and healthy diet. These include:

- Plenty of fruit, vegetables and salads (at least 5 portions daily - a portion is about a handful)
- Starchy foods such as wholemeal bread, brown rice and wholegrain cereal
- Some protein-rich foods such as meat, fish, eggs, lentils and beans
- Some dairy foods such as milk, cheese and yoghurt

When discussing healthy eating with your client bear in mind the eatwell plate.

Fruit & Vegetables 33%



Starchy foods - 'Carbs' 33%



'Protein' foods 15%



Dairy and alternatives 12%



High fats/sugar/salt foods 7%



Tips on Good Hydration

The following signs and symptoms can be indicators of dehydration.

- Thirst, headache, dry mouth and lips.
- Tiredness, feeling dizzy or lightheaded
- Passing small amounts of dark coloured, concentrated urine
- Dry sunken eyes, fragile skin, confusion.
- Lack of concentration
- Constipation

However these can often be due to other conditions in older people such as normal age related changes, dementia and the side effects of medication

How much should a person drink to stay hydrated ?

Encourage clients to drink regularly throughout the day. The Food Standards Agency recommends a daily intake of 6-8 glasses of water or other fluids.

Get creative to improve hydration

High fluid foods all contribute valuable fluid

- ice-lollies
- jelly and milk puddings
- pureed fruit
- cut up water rich fruit or vegetables such as melon and cucumber
- soups

Get creative with drinks

- Fizzy vs flat water
- Ice cubes and straws
- Add flavouring for taste and colour
- Use a variety of drinking vessels and glasses



Tips on providing good hydration

- Having a readily available wide range of drinks at the right temperature
- It is often more effective to offer a drink rather than ask if the individual would like one.
- Encourage individuals to take each tablet of medication separately with fluid, to maximise intake.
- Prompt individuals to drink but avoid nagging!
- Reassure an individual that you have time to help them drink.
- Time spent preventing inadequate hydration = less time dealing with the associated problems.
- Aim for the best you can do. Small steps can be effective and older people find it difficult to change their routines
- Show understanding and empathy. Imagine yourself in that individual's situation.
- Emphasise the importance of good hydration to the individual.