



New

## Lunch Clubs

Do you feel you're losing too much weight, or have you been identified as underweight?

We're working in partnership to support people in Darlington to meet new people, have a nutritious meal and help improve their nutritional health. We'll offer useful advice, monitor your weight to help create goals and assist you in becoming more active.

**NHS**

County Durham and Darlington  
NHS Foundation Trust

 Darlington  
ageUK

**Health Call**

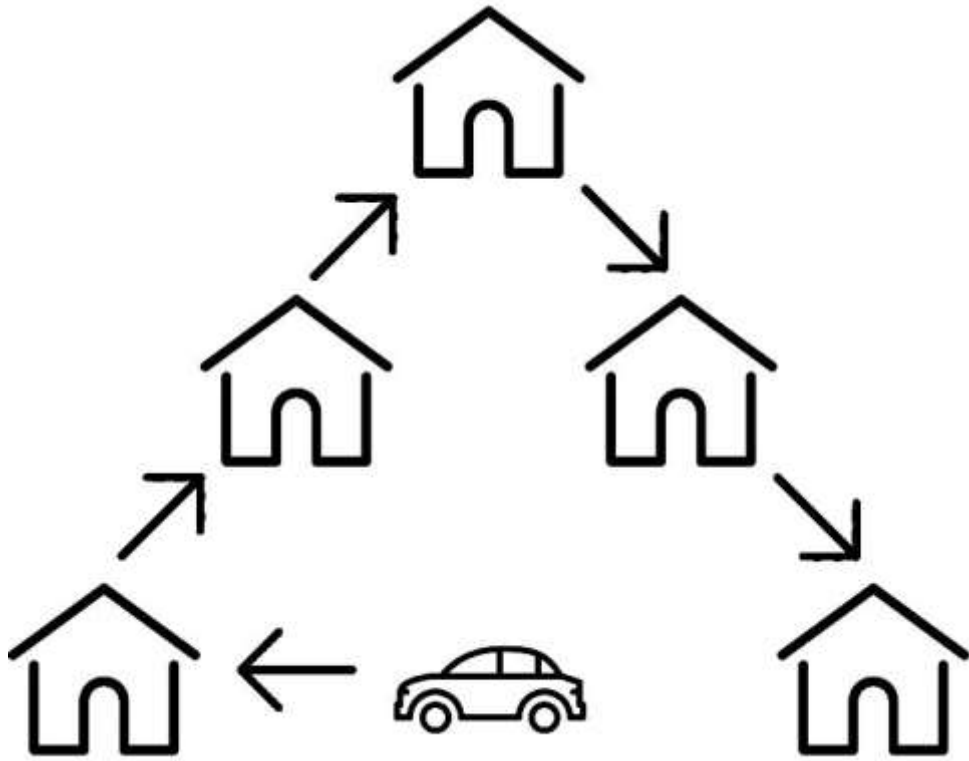
Turn over for more information

# Health *Call* Digital Enabled Lunch Clubs

Catherine McShane

Health *Call*

# Problem – Capacity

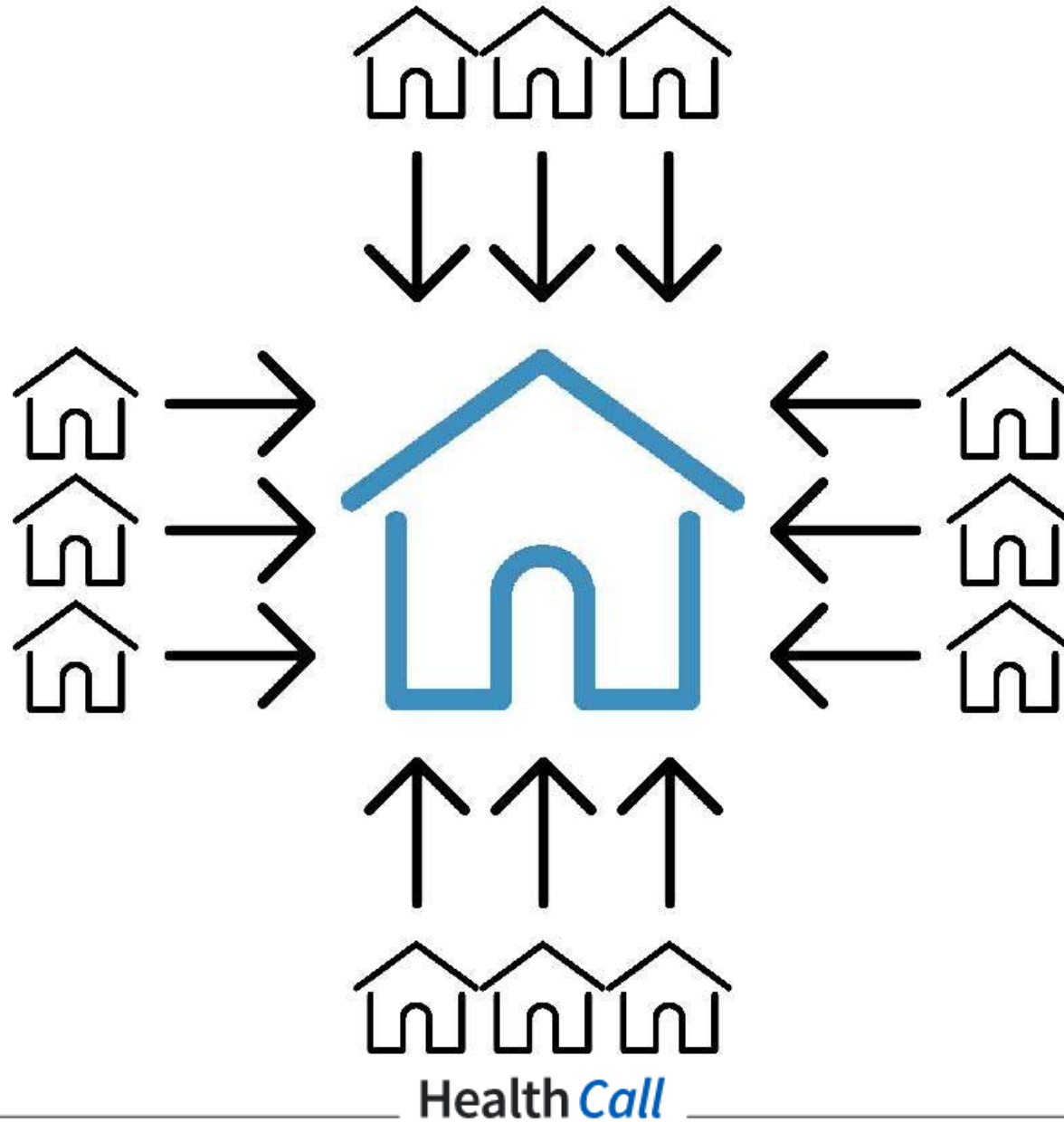


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# Solution?

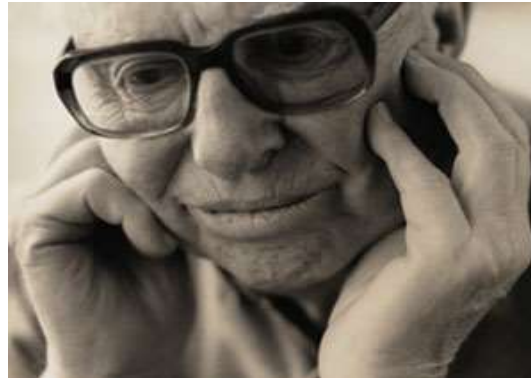


# Problem – Social Isolation/ Loneliness

17% of older people are in contact with someone **less than once a week**

51% of people over 75 **live alone**

11% of older people are in contact with someone less than once a month



10% of people over 65 say they are **lonely or very lonely**

As bad for health as smoking **15 cigarettes**

20% of people over 65 are occasionally lonely

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# Problem – Undernutrition

- 14% of older people living in their own home at risk of undernutrition
- 28% of people admitted to hospital are undernourished
- 14% of people over 65 are at risk of undernutrition
- 93% of people with undernutrition live in the community
- 73% greater chance of being undernourished if you live in the north



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# What have we done?...



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# Implementation

- Individuals attend Age UK luncheon clubs
- Provided with a nutritious meal and social interaction
- Weight monitored and data entered on Health Call portal
- Clinicians alerted if information entered is outside of predetermined parameters and provide timely intervention.
- Link with other projects to increase digital awareness and provide tailored information sharing.



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# What we have found...

## 100% have a cooked meal daily

“ ....but I don't eat it. I pick all day long.  
Cream cakes and biscuits are easier.”

“ Just on a Sunday if somebody calls.  
Plenty of people come, but they have  
their own lives, so they don't stop long”

“ I can't open jars or bottles, its  
difficult to hold cutlery. It takes a lot  
of time to eat my meal now”

“ Cooking it. Can't be bothered to  
make it, when I get it I can't eat it.”



# What we have found...

	Total	%
Number of referrals	40	
Number referred to lunch club	25	63
Number of active patients	17	68
Average weekly attendance	12	53
Number who declined	15	37

ONS Status	Total	%
No ONS	10	37%
No change	5	19%
ONS reduced	2	7%
ONS changed	6	22%
ONS stopped	4	15%
Total	27	

Average weight change  
1.09kg (-1.75kg- +4.2kg)



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# What we have found.....

**100% said the lunch clubs had made a positive difference to their lives**

“Beats sitting in the house. Met some lovely ladies”

“Something different, you can meet people and all staff are lovely”

“I think it’s great. Having a day out, meeting new people, having a lovely meal has made my day”

“Nice to get out and do something. Everyone has been lovely”

“It’s nice to do something different for a change”

“Stops me sitting in watching TV”



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# Thank you



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[www.nhshealthcall.co.uk](http://www.nhshealthcall.co.uk)



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