

Case Study: Food & Friendship Project, Age Concern Hampshire

The following case study was received from the Food & Friendship scheme at Age Concern Hampshire. The Food & Friendship volunteers offer regular visits to older people at mealtimes to provide company and support. The volunteer involved had previously attended one of our voluntary sector training sessions which is part of the [OPEN toolkit](#) (with the addition of some training around using the PaperWeight Nutrition Armband, as part of a six-month pilot project).

“Our volunteer had noticed that Mrs Thompson* seemed to have lost a little weight, which was very clear from her ill-fitting clothes. Mrs Thompson normally eats really well at home and she had been in respite care for about a month in between our volunteer visits. The assumption our volunteer made was that the displacement into care may have impacted on her normal routine and caused the weight loss. Mrs Thompson had stopped going to lunch clubs as she was embarrassed about using her stick and believed that losing weight was a part of getting older which our volunteer immediately told her was not the case.

Our volunteer had been trained in undernutrition awareness and knew how to use the PaperWeight Armband. She used the armband on Mrs Thompson which suggested she was not underweight and took her own scales around to plot Mrs Thompson’s weekly weight. Our volunteer gave Mrs Thompson some advice on nutrition and provided the Dairy Council ‘Bring Back’ leaflets and the ‘Eating Well Feeling Good’ leaflet provided by OPEN (Older People’s Essential Nutrition). Our volunteer commented that the PaperWeight Armband was extremely useful for generating a conversation around nutrition and eating habits in general. Needless to say after a few more visits it was clear that Mrs Thompson had put the weight back on that she seemed to have lost during her respite stay and had increased her weight from 7stone 2lbs when our volunteer first weighed her to 7stone 7lbs.”

* Name changed for confidentiality reasons