We need your help!
Care at home and good food in the community

About the project
The Food for Life Better Care programme is funded by the Big Lottery and aims to harness the power of good food to improve the health and wellbeing of older people and bring communities together to reduce loneliness. Food for Life is a charity that aims to make good food the easy choice for everyone.

We want to speak to people who receive care at home (or care for someone who does) as well as people who are employed to provide care at home. We want your views on:
- Barriers and opportunities for eating well
- Ideas for bringing communities together
- What good care and support looks like

Can you host a workshop?
We will be running engagement activities in the community to get input from older people and carers. The workshops will be held out in the community (i.e. during coffee mornings, at market stalls or lunch clubs) and take place over 1 - 4 hours. The activities will be fun and interactive and designed so that people can join in for a few minutes or an hour.

**Would you be able to host a workshop?** The session will be run by our team so no extra support would be required. All we ask from you is a space to run a session and a point of contact. We will provide a summary of our findings and, by hosting a session, you will be supporting a national programme that aims to improve nutrition and reduce loneliness among older people.

All of our researchers have membership with Disclosure Scotland’s Protecting Vulnerable Groups scheme or have had a Disclosure and Barring Service check. The research will be carried out in accordance to the Market Research Society code of conduct. If you are willing to host a workshop please contact Beth Webb or Joe Hind who are coordinating the project on 07811 993099.

Contact Beth Webb or Joe Hind to find out more:
07811 993099
We want to hear your views: care at home and good food in the community

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**What will the interview involve?**

Two of our researchers will meet with you in your home or a location that is suitable for you. If you are employed to provide care at home, the researchers will shadow you during your normal working day. The research will take place on the 12th, 13th or 14th of September and can take place over half a day (2.5 hours) or a full day (up to 5 hours).

If you are available and would like to get involved, please contact Beth Webb or Joe Hind who are coordinating the project on 07811 993099. Beth or Joe will be able to provide more information about the interview and can confirm if you are eligible to take part.

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**You will receive gift vouchers as a thank you for your time!**

- £25 for half a day
- £50 for a full day

Contact Beth Webb or Joe Hind to find out more: 07811 993099