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Food In Later Life

Food In Later Life (FILL) aims to provide an international, intercultural, multidisciplinary and intergenerational perspective on how the preparation of food and eating should change over the years to accommodate changes in nutritional needs and living styles.

 FILL aims to provide an international, intercultural, multidisciplinary and intergenerational perspective on a specific cultural aspect: how the preparation of food and the rituals associated with eating should change in time to accommodate the changes in nutritional needs and living styles of people. FILL focuses on those who, due to age or diseases, have to substantially change their nutritional style. The target groups include adults caring for their relatives, volunteers active in NGOs, aging people and educators working in the fields of social work and healthcare. Different cultures, ages, lifestyles and expectations will be taken into consideration.

A number of simple and effective solutions are available. Project partners aim is gather data about them and to offer concise information to those who are involved, directly or indirectly, in the preparation and presentation of meals. To this end, FILL partners are producing textual, visual and audiovisual informational products.

Transnational Meeting in Livingston

The Centre for Science, Social Science, Health & Social Care (West Lothian College) hosted the 3rd Transnational Meeting of the FILL Partnership (Food in Later Life) on Thursday 30th and Friday 31st October.

Meeting activities across the two days were varied and all partners participated in a range of practical events and detailed discussion as related to the aims and objectives of the learning partnership.

Additionally, the partnership were joined by guest speakers who presented on services related to nutrition for the frail elderly.



Livingston Meeting Minutes

Day One: Thursday 30th October 2014 – Transnational Learning Day

9:00–10:00 Welcome by host partner

Information provided to all partners on scheduled activities during the two day event. All matters arising in relation to the project discussed, and all operational issues concluded.

10:30–12:00 Great West Lothian Bake-Off

Discussion of cultural and inter-generational differences in approach to Scottish baking/cooking practices. An activity was co-ordinated by the host partner and the Hospitality department of West Lothian College where partners were divided into four competition teams (Cloutie Dumplings; Cullen Skink; Cranachans; Haggis Bashes) and directed/supported by Chef/Lecturer



Tommy Smith to produce a variety of baked treats. Following completion of this activity, each team's effort was judged against a set of criteria and prizes awarded accordingly.

12:00–1:45 A Scottish-themed Lunch

All partners attended the West Lothian College Terrace Restaurant where a themed lunch was prepared and served by college students and

staff to illustrate a range of traditional Scottish meals.

1:45–3:00 Food Train Presentation – Christine Watt

The partners participated in a presentation and Q&A session with Christine Watt (Food Train) on a voluntary food purchase and provision service aimed at supporting the frail elderly to maintain independence within their own homes.

3:15–3:45 Nutrition on a budget: SMART Cooking – Linda Brown



A state-of-the-art presentation was delivered by Linda Brown on the development and progress of this specific piece of work. This was followed by a Q&A session.

3:45–4:30 Edith Draxl of partner organisation UniT delivered a presentation on a project that was complementary to the FILL project.

Day Two: Friday 31st October 2014 – Project Development Day

9:00–10:45 Original agenda was amended to support additional partner presentations from Tino Boubaris on the FILL app development and Laurence Ledesma on the IFITS International Event and development of nursing teaching module.

Marion Darling from West Lothian College delivered a presentation on the Next Steps which WLC will take in the development of their materials.

10:45–11:30 “On the Menu” – Rory Stewart



Partners participated in a presentation, activity and Q&A with Rory Stewart (On the Menu) which highlighted the additional costs to the NHS of malnourishment within the elderly population. A variety of high-quality, nutritionally balanced meals which can be purchased were demonstrated to the partners. Rory also spoke at length on the social dimensions and rituals of food in later life which On the Menu can support.

11:30–12:30 FILL Project Evaluation – Jonathan Kaplan

1. Standards enabling monitoring and assessing educational materials.
2. Production processes and availability to public of materials.
3. Experimentation, feedback and sharing of experiences of material use in partner organisations
4. Partner progress, adjustments where required and co-ordination of future work.

12:30–12:45 Planning of next transnational meeting to be held in Genoa in January 2015.

Rita Bencivenga led the discussion and scoped out the meeting parameters and proposed attendances.

12:45–1:00 Evaluation questionnaires, Confirmation certificates and final questions.

1:00 Meeting closed

On Saturday the 1st November, West Lothian College held its annual Graduation ceremony for HN level students. All partners were invited to attend this event, with some able to do so as guest of the College Principal and Chief Executive, Mhairi Harrington.



Zooming in on WLC

West Lothian College is an award winning provider of further education based in Livingston, West Lothian. The College offers the widest range of academic and vocational qualifications in the area, offering a diverse curriculum to approximately 8000 learners.

The College is led by Principal & Chief Executive, Mhairi Harrington and is renowned for its successful collaborations with external partners such as skills organisations, universities, government organisations and community groups.

With a vibrant, modern and innovative learning environment, the College is well equipped to ensure that students have the best facilities and resources to help develop their learning and skills. The College is an essential provider of a vast range of courses all focused on developing relevant skills for employment and to enhance current career prospects for those who are already working. For 2013-14 it was established that 86% of HN graduates at the College progressed into employment or further study.

Latest Developments

For 2014-15, a £2m investment programme supported by the Scottish Funding Council, involves significant extensions to campus facilities. The project will see the construction of a 325 square metre multi-purpose workshop extension

and an extended sports hall with state-of-art facilities. The development will allow the College to extend its curriculum further supporting education in the construction, engineering and sport and fitness industries.

More recently the College received a prestigious 'European Foundation for Quality Management (EFQM) Recognised for Excellence 4 Star rating' from Quality Scotland.

Specialist Curriculum Areas

The College is renowned for a number of key specialisms in:

- Science, Social Science, Health and Social Care
- Computing and Electronics
- Engineering
- Construction
- Sport and Fitness
- Hospitality
- Hairdressing and Beauty Therapy
- Creative Industries
- Business and Management

About the Department

The demand for skilled and qualified people to work in the Science, Social Science and Health and Social Care sectors has never been greater. Our Centre offers wide ranging, nationally recognised studies and qualifications which are specifically designed to equip you for a successful career trajectory. The Centre has a reputation for

excellence and success in which our courses combine academic study with practical, hands-on experience, designed to fully enhance career and employment prospects across a wide range of fields. Beyond employability, our courses also provide an excellent foundation for those looking to advance their academic studies either within Further Education or through Higher Education to Degree level.

Our highly qualified team of lecturers have sector relevant experience that is specific to the subjects that they teach. Theory is underpinned by relevant practice workplace experience within multiple sectors and which provides our students with skills, knowledge and opportunities.

With 97% of Health & Social Care, Science & Social Sciences graduates in further study and employment in 2014, there are clear advantages to studying these subjects at West Lothian College.

99% of further education graduates are in employment or further study.

97% of higher education graduates in either employment or further study.

News from IFITS

The Institut de Formation Interhospitalier Théodore Simon (IFITS) has always aimed at updating its training offer and align it with the needs of caregiving professional requirements. It strives to provide qualified nurses who are capable to meet needs of the elderly.

A group of healthcare instructors from IFITS developed a training module on nutrition of the elderly in the framework of FILL. The Partnership provided for the mobility of several instructors who travelled to Livingston to present it during the meeting in October 2014. The approach used is one

of joyful-eating and is intended to stimulate healthcare professionals' taking into account cultural, biographical and intergenerational aspects.

IFITS healthcare instructors were invited by Alister



Charnley – Head of Health, Social Care, Social Science and Science – to attend a graduation ceremony at West Lothian College.

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Credits

FILL Partners



FILL is an initiative brought to you by several European organisations that are involved in adult learning and education. By forming a Partnership these organisations are sharing knowledge and working together to offer a comprehensive understanding of issues related to nutritional changes that take place as one gets older, plus offer instructional materials to support a lifelong pleasurable experience when eating. This initiative was made possible thanks to grants from the European Commission under the Grundtvig Partnerships Lifelong Learning Programme.

Disclaimer

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