

Malnutrition awareness: Services and signposting

This resource is for professionals working with older adults in Kensington and Chelsea. It is designed to be used in conjunction with “Food for Vitality: Are You Getting Enough Nutrition?” leaflet to provide more in depth “at a glance” information on services that are available locally for older adults who identify with one or more malnutrition risk factors within the leaflet.

Concern around appetite, weight loss or eating difficulties

If you are concerned about your weight **contact your GP**. They may refer you to a Dietitian.

Resources

- **Snack suggestions**
- **Nourishing drinks**
- **Poor appetite**
- **Affordable eating**

Available on the People First website
www.peoplefirstinfo.org.uk

If you are having issues with your teeth or dentures you may need **to visit your dentist** for a check-up.

British Dental Health Foundation: for advice on teeth & gums with specific advice for older people
 01788 539 780
www.dentalhealth.org

Social lunch clubs and groups

Age UK Food and Friends

020 8960 8137

health@aukc.org.uk

www.ageuk.org.uk/kensingtonandchelsea

Open Age Lunch Groups

020 8962 4141

mail@openage.org.uk

<http://www.openage.org.uk>

Lunch Clubs in RBKC

- *Kensington Day Centre:* 020 7727 7337
- *Quest:* 020 7792 8434
- *Chamberlain House:* 020 8206 8626
- *Pepper Pot:* 020 8968 6940
- *New Horizons:* 020 7590 8970
- *Open Age main office:* 020 8962 4141
- *Second Half Centre:* 020 8962 5500

Cooking groups and resources

Cook and Taste

Public Health Nutrition Team, CLCH

Open Age: International cooking group

020 8962 4141

Resources: Cooking for one

Available on the People First website

020 7313 3060
cook&taste@clch.nhs.uk

mail@openage.org.uk
<http://www.openage.org.uk>

www.peoplefirstinfo.org.uk
Search "Cooking for one"

Meal delivery services and local food banks

The Trussell Trust Food Bank

020 7370 0338
www.kensingtonchelsea.foodbank.org.uk

Meals delivered to your door

- Sodexo: 020 7404 0110
- Wiltshire farm foods: 0800 773 773
- Oakhouse foods: 0845 643 2009
- Apetito: 01225 753 636

The Food Chain

Provide support to deliver meals and groceries, offer cookery and nutrition classes and communal eating opportunities to people living with HIV
www.foodchain.org.uk

Services and support for homeless, excluded or vulnerable people

St Cuthbert's Drop-in Centre

020 7835 1389
Email: dropin@stcuthbertscentre.org.uk

The Salvation Army

020 7352 7557
Email: chelsea@salvationarmy.org.uk
www.salvationarmy.org.uk

Missionaries of Charity Soup Kitchen

020 8960 2644
www.homelessuk.org/details.asp?id=UK 14637

Chelsea Methodist Church

020 7352 9305 ext. 21
www.chelseamethodist.org.uk
Email: office@chelseamethodist.org.uk

240 Project

0207 221 7530
www.240project.org.uk
Email: info@240project.org.uk

Community support to remain independent or access health services

RBKC Adult Social Care

Support adults under the age of 65 with physical disabilities, and older people with physical disabilities or mental health problems. To request an assessment:
020 7361 3013 socialservices@rbkc.gov.uk

Citizens Advice Bureau

Information and debt advice
0844 826 9708
www.citizensadvice.org.uk/kensingtoncab.htm

Linking people with community and services

Age UK Outreach programme

020 8960 8137
health@aukc.org.uk

Open Age Link Up programme

020 8962 4141
mail@openage.org.uk
<http://www.openage.org.uk>

Primary care navigators

Based at GP surgeries in RKBC

Money matters

Citizens Advice Bureau

Information and debt advice

0844 826 9708

www.citizensadvice.org.uk/kensingtoncab.htm

Healthy Homes Hotline (RBKC)

Advice on fuel bills

0808 202 6204

Camden Charities

Provide support to those of pension age for help with bills, replacing household goods & debt advice.

020 7313 3794

<http://www.campdencharities.org.uk>

Help with transport to get to shops

West way community transport

Shopper Service

020 8964 4928

www.westwayct.org.uk

Age UK escorting service

020 8969 9105

information@aukc.org.uk

www.ageuk.org.uk/kensingtonandchelsea

Exercise groups (may help to increase social interaction and appetite)

Open Age Exercise groups

Steady and Stable, Healthy Lungs & many more

020 8962 4141

mail@openage.org.uk

<http://www.openage.org.uk>

Health Walks

Free walking groups available, come along and meet friends and improve your fitness.

02079388182

www.walkingforhealth.org.uk

Resources: Exercise and Sport

Available on the People First website

www.peoplefirstinfo.org.uk

Search "Exercise and Sport"

Chelsea Sports Centre

020 7352 6985

Chelsea Manor Street, SW3

Enquire about a **Leisure Pass**

Alcohol & Substance Abuse advice & support

KC North Blenheim Drug & Alcohol Service

Acorn Hall, East Row, Kensal Road
London W105AR
02089605599

www.blenheimcdp.org.uk

KC South CAPs Drug & Alcohol Services

69 Warwick Road, Earls Court
London SW59HB
02033155800

www.cnwl.nhs.uk

Smoking Cessation

Kick it – stop smoking clinic

020 3434 2500

www.kick-it.org.uk

Kick it advisors will provide you with around six, free weekly sessions of help and support to get you through the hardest part of quitting. Top quality advice on medications that can help you quit (which you'll get on prescription).

Developed July 2015 by the joint Food and Fuel Working Party, Kensington and Chelsea. For review February 2016. Contact Public Health Nutrition 02089624270 or publichealthnutrition@clch.nhs.uk

The services and organisations listed in this resource are a guide only for your convenience. Please check what they offer, make sure they would be right for your client's needs and if there are any charges. Please note this is not an exhaustive list.