



Regional press release

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<Insert your service> URGES LOCAL PEOPLE TO SUPPORT COMMUNITY MEALS SERVICES ... NO ONE SHOULD GO HUNGRY

To celebrate National Community Meals Week¹, <Insert your service> is <insert your services activities>. The planned activities will not only raise awareness of the importance of this service but also reward the 'heroes' who give their time to ensure this vital lifeline is maintained.

Many older people struggle with basic grocery shopping, finding it difficult to carry heavy bags, get to the shops and even cook their own meals. Community meals services in <insert r area> feed a massive <insert number here> older people, helping to make sure none of them go hungry or become malnourished.

This National Community Meals Week <insert your service> is working tirelessly to show local residents the immense value of this service and is also urging them to support local community meals by getting involved in the events taking place.

<Insert your services spokesperson> said: "Huge cuts are leaving many services under threat, so it is vitally important to give the community a chance to get involved and help us to raise the profile of the important services community meals provide."

"<insert your service> is proud of our community meals service and we believe regular delivery of meals to the home is key to ensuring older people continue to remain independent and in good health."

Nationally, the NACC is launching the 'Personalisation, Nutrition and the Role of Community Meals' report which draws attention to some shocking findings including that one in 10 older people are at risk from malnutrition. This figure is set to rise at an alarming rate (by 2033 an estimated 23% of the UK population will be aged over 65 and a further 3.2m aged over 80). Malnutrition can lead to increased hospital stay, increased readmission rates and increased transfer and admission to care homes, all of which will lead to mounting costs.

To help address some of the issues raised in the report, the NACC and the Caroline Walker Trust are also launching a single Nutrition Standard which will help to improve the nutritional content of food. The NACC believes the introduction of this new standard will help ensure **all** older people have access to food with the correct nutritional content, lowering the risk of malnutrition up and down the country.



For more information on the events taking place in your region or to find out how you can get involved please contact: <insert your details>

Ends

Notes to editors:

¹Launched back in 1999, Community Meals Week is an event of national importance. The aim is to draw attention to the importance of this service, which enables many disabled or housebound people to remain in their own homes long after they would otherwise have been hospitalised or taken into residential care and to highlight important messages such as security and safety in the home, healthy living and winter living.

²The National Association of Care Catering (NACC) is a progressive organisation representing professionals providing catering to the care industry. They are recognised by local authorities, independent providers, the charitable sector and government departments as a prime source of information and opinion on all aspects of catering within the care sector and whose primary aim is to improve standards.

The NACC works with a number of partners to:

- To promote and enrich the standard of catering within the care sector, whether that catering be provided by Social Services Departments or other Caring Agencies
- To provide a forum for debate among individuals, companies and organisations of all kinds involved in catering for the care sector
- To facilitate the exchange of information, experience and expertise
- To promote the development of professional standards among those involved in catering for the care sector
- To commission research into matters relating to catering for the care sector
- To publish guidelines, policy papers and authoritative statements on all aspects of catering for the care sector