

	<p align="center">London Borough of Hammersmith & Fulham</p> <p align="center">HEALTH, ADULT SOCIAL CARE AND SOCIAL INCLUSION POLICY AND ACCOUNTABILITY COMMITTEE</p> <p align="center">3 December 2014</p>
<p>TITLE OF REPORT Call for evidence – Future arrangements for meals on wheels</p>	
<p>Report of the Executive Director for Adult Social Care and Health</p>	
<p>Open Report</p>	
<p>Classification - For Scrutiny Review & Comment</p> <p>Key Decision: No</p>	
<p>Wards Affected: All</p>	
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1. EXECUTIVE SUMMARY

- 1.1. There is a manifesto commitment to greater involvement of local voluntary and community sector organisations to identify and solve problems.
- 1.2. This report provides information on the current arrangements for providing meals on wheels. Whilst many older people are isolated and malnourished, the present meals on wheels service supports a small number of people.
- 1.3. Local organisations that provide lunch clubs, community cafes and services to older people in their own homes are invited to present their views on local priorities and possible solutions to the Committee.

2. RECOMMENDATIONS

- 2.1 The Committee is asked to consider the oral and written evidence from key stakeholders and the information in this report so that it can make a formal recommendation to the Council's cabinet on future arrangements for provision of meals on wheels and associated services to reduce isolation and improve levels of nutrition.

3. INTRODUCTION AND BACKGROUND

- 3.1. Isolation and malnutrition are often linked and both have a significant negative impact on older people in Hammersmith and Fulham.
- 3.2. In Hammersmith and Fulham, 38 per cent of households are one person households, a higher figure than nationally. One in 10 households (8.8%) is a lone pensioner household, lower than London (9.6%) and England. Almost half (43%) of older people live alone, carrying a risk of social isolation.
- 3.3. From nation research into malnutrition we know that people over 80 who are admitted to hospital are five times more likely to be malnourished than those admitted who are under 50.
- 3.4. There are 130 people using the meals on wheels service, with approximately 80 meals delivered each day. Meals on wheels is the traditional approach to providing a meal for someone who is eligible to receive support from Adult Social Care and is not able to prepare a hot meal for themselves. The service involves pre-frozen meals being heated up in a specially adapted van and delivered to the door by a driver. People choose the meals in advance and there are a wide range of cultural and dietary specific meals available.
- 3.5. The service is very reliable and as well as the meal, provides a basic welfare check each day, but it does not deal with the underlying issue that many people are isolated from their communities. The driver is not able to spend significant time with the person, to check how they are or to see whether they eat their meal.
- 3.6. Whilst a small number of people receive meals on wheels, many others benefit from a wide range of lunch clubs and community run cafes, but these are mostly used by people who can travel independently or who can use community transport. Some of these receive funding from the Council through grant funding.
- 3.7. There are also many community and voluntary sector organisations that recruit volunteers and provide services to people in their own homes, but these do not usually involve providing a meal.

- 3.8. In some areas community based schemes that can complement meals on wheels are being developed to reach a wider audience. For example projects such as Casserole Club and We:Care Community Kitchen. These match people who need a meal with local people who are prepared to cook and deliver a meal.
- 3.9. The Council is preparing for the implementation of the Care Act in April 2015. This requires a more proactive approach to identifying people who would benefit from preventative services as well as more consideration of the wider range of support that someone might need.
- 3.10. One way to make the most use of existing community assets and to understand local need, is to carry out ward-based assessments. These involve working with networks of local organisations to gain an in depth understanding of the need in that area, to identify what resources are present and to agree where there are gaps. One such project is underway in College Park and Old Oak Common.

4. BUDGET

- 4.1 The current annual budget for this service is approximately £75,000. The total cost of a standard meal is £6.95 and people are charged £4.50. The cost to the Council for each meal is therefore £2.45.

5. CONCLUSION

- 5.1 Although the meals on wheels service is effective for some people, it is unlikely to be the preferred solution for the greater number of people who would benefit from regular company and a nutritious meal. Local voluntary and community sector organisations are key to finding a sustainable solution to the problems of isolation and malnutrition amongst older people and they have been invited to give evidence to the Committee.

LOCAL GOVERNMENT ACT 2000
LIST OF BACKGROUND PAPERS USED IN PREPARING THIS
REPORT

No.	Description of Background Papers	Name/Ext of holder of file/copy	Department/ Location
1.	None		