



Greater Manchester Nutrition and Hydration Programme

DID YOU KNOW?...

1 IN 10

older people are
undernourished

OVER 90%

of these people live
in the community

YOU CAN MAKE A DIFFERENCE

With simple advice
and support, weight
loss and dehydration
can be prevented.



GET INVOLVED!

Nutrition and Hydration training

This training will give you simple
and practical tips and tools
to make a big difference.

Duration: 60-90 minutes

Location: Flexible in Bolton, Bury,
Oldham, Rochdale or Stockport

In the training session you will learn
about why some people lose weight
as they get older, how you can
spot this and how you can support
people to eat and drink well.

Following this training we will ask you
to keep track of your conversations
to feed into the evaluation.



- Do you work with
older people?
- Do you want to support
them to live well and
live independently?

Sign up for training for you
and your team by emailing
econnolly@ageuksalford.org.uk

**Greater
Manchester
Nutrition &
Hydration**

Bolton: nicola.calder@ageuksalford.org.uk

Bury: carmel.berke@ageuksalford.org.uk

Oldham: marie.price@ageuksalford.org.uk

Rochdale: martin.hazlehurst@ageuksalford.org.uk

Stockport: siobhan.mckenna@ageuksalford.org.uk

All areas: emma.connolly@ageuksalford.org.uk

E-learning tool on malnutrition and swallowing difficulties

FREE interactive e-learning tool designed for anyone providing care in a paid or unpaid role.

Content

- Malnutrition, including how to identify and prevent it and stimulate weight gain
- Dietary advice for people at risk of malnutrition
- Advice, information and experiences of carers and health-care professionals
- Dysphagia (swallowing difficulties)
- Texture modified foods and thickened liquids – including changes to IDDSI



Who is it for?

Care home staff

Home carers

Adult social care

Voluntary organisation staff and volunteers

Hospital staff

Unpaid/family carers



Quality standards

CQC regulation 14

NICE quality standard 24

Care certificate standard 8

Certificate upon completion

PaperWeight
helping fight malnutrition

For more details visit:

www.ageuksalford.org.uk

GMCA GREATER MANCHESTER COMBINED AUTHORITY

NHS
in Greater Manchester

How to access

Go to the website: www.paperweightarmband.org.uk