

'Still Hungry to be Heard' Campaign

Esmée Russell, campaign organiser at Age UK, 'guested' our Christmas article last year. She urged caterers (and dietitians – AD!) to play an important role in ensuring people in later life receive food they can eat, to help raise the profile of the issue and to facilitate change on the ground.

TVF are committed to supporting this essential campaign, through a variety of initiatives during 2011. Those of you who are attending our Over To You customer workshops will be hearing more there, and we will be regularly updating all of you through Foodsense during the coming year.

To support Age UK's call for caterers to promote the seven steps, one of our plans is to feature each of the campaign Seven Steps in forthcoming editions of Foodsense, starting this month. If you have successfully implemented campaign promotions, please let us know and we can offer an 'ideas swap shop' to help others, or feature your hospital!

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Step One

"Hospital staff must listen to us, our relatives and carers"



We all know what foods and styles of eating we personally like and dislike, when and where we like to eat, and how much – and just how important these things are to our sense of being valued, and to our feelings of personal comfort, well-being and self-respect. When older people go into hospital they want similar values around their mealtimes, snacks and beverages, and to know that they are respected as individuals in their eating and drinking needs. If it is difficult for the patient themselves to explain these, then their relatives and carers should be consulted – and everyone wants some signs that their needs have been heard, respected and acted upon!

Some menu layouts can be confusing, and the print too small for some people making the complexity of choices even more daunting. The campaign suggests the use of pictorial menu to enable people with reading and communication difficulties. TVF have produced a CD-ROM that helps you do just that!

For a copy please contact our Customer Services Manager, Michelle Brown (her email address is on page 3).



Step One

at Milton Keynes Hospital

Helen Bagby, Hotel Services Manager Facilities at Milton Keynes Hospital tells us:

"We have produced pictorial menus that are being used at ward level to help patients with their food choices, particularly for the more vulnerable such as stroke victims and the elderly. "Fun" versions were also produced for the children's ward, with jungle and sea-life themes.

To help with the provision of snacks, a new system has been introduced where the patient can order their preferred snack whether it be fruit or biscuits, and this is issued directly to the bedside at meal times, so the patients can help themselves whenever they fancy, rather than ask for food between meals and feel they are adding to the nursing staffs' work load or "being a pain".





THIS MONTH'S ECO TIP

DID YOU KNOW:

The energy saved by recycling 1 aluminium pop can equals the amount of energy it takes to run a TV set for four hours. This is the energy equivalent of almost 2 litres of petrol!!

Recycling 1 gastro foil (or 2½ small foils) is almost the same benefit as 1 aluminium pop can.

It takes nearly 4 tonnes of bauxite (aluminium ore) and 463 kilograms of petroleum coke (fuel) to manufacture one ton of aluminium. Using recycled aluminium to produce aluminium reduces raw material requirements by 95 percent and energy requirements by 90 percent.

5 A DAY the Vive! Way

The vegetable portions in our Vive! steam meals are in excess of 80g and are cooked without added salt. So they fulfil the Department of Health 5 A DAY requirements, if you are registered to display the 5 A DAY logo on your menus.



PEAT- we need YOUR help...

As this is the PEAT season we are looking to our customers for good news stories to include in future editions of Foodsense.

We are already receiving anecdotal evidence of positive results and we would love to hear from customers who have in particular seen their PEAT scores improve year on year. Just let us know the outcome and if applicable what changes you have made in the past year to generate the improvement.

If you provide us with the basic elements of your story we would be delighted to help review and edit the content to your satisfaction before publication.



We have a wide network of customers and the initial feedback from our 2011 workshops is that we need to find ways of sharing best practise for the benefit of everyone.

It strikes us that collectively generating stories based on the excellent work of our customers which would otherwise go unrecognised outside of their own units would be a great way of doing this.

Please submit any articles for consideration and inclusion to Les Darlington at les.darlington@tillervalley.com

Nutritional Know How

This month we break with convention, and hand over our dietitians' slot to a Speech and Language Therapist.

Did you know that this year is The National Year of Communication?

So we thought that taking a wider view of the role of Speech and Language Therapy would provide a refreshing change from our usual professional focus on older adults with swallowing difficulties, and be of interest to many of our readers with young families.



Hello – 2011 The National Year of Communication

Hello, the 2011 national year of communication, is a campaign to increase understanding of how important it is for children and young people to develop good communication skills.

In the 21st century, the ability to communicate - to say what you want to say and to understand what other people are saying - is fundamental.

Speech, language and communication underpins everything we do in life. Babbling babies do not become talkative toddlers by chance. Communication is a skill that we learn and develop and is something we can all improve.

But did you know that in the UK today over 1 million children and young people have some form of speech, language and communication need? This is at least 2 or 3 children in every classroom – and that's the children we know about.

Difficulties with communicating can affect children and young people severely and for life. In areas of poverty, over 50% of children start school with delayed language skills. This puts them at a huge disadvantage to their peers as they struggle to learn and make friends. Hello aims to make communication for all children and young people a priority in homes and schools across the UK so that they can live life to the full.

Hello is being run by The Communication Trust, a coalition of over 35 leading voluntary sector organisations with expertise in speech, language and communication.

The Communication Trust raises awareness of speech, language and communication issues amongst everyone that works with children and young people. It was founded by Afasic, BT, Council for Disabled Children and I CAN. The Trust's coalition are all involved in helping to run Hello. The Trust is working in partnership with the Government's Communication Champion, Jean Gross.

Hello is backed by the Department for Education and Department of Health. And BT is sponsoring Hello, playing a leading role in the campaign along with Pearson Assessment.

The campaign has monthly themes (see inset) to help give a real focus to each month. Over the course of 2011, these themes will take you on a journey through communication and be supported by events and resources.

January - Hello. Don't take communication for granted. Learn more about how communication involves you in life

February and March - Early chatter matters – from bump to birth and beyond. Babbling babies don't turn into talkative toddlers by chance. It requires help and encouragement from you!

April - It's not just about talking. Children learn to talk by listening, taking turns and interacting with others. These are the building blocks of communication.

May - Good communication begins at home. Learn how to turn everyday activities into fun communication opportunities.

June - Imagine life for those that struggle. Children who find communication hard, find life hard. Over 1 million children in the UK struggle to communicate.

July - Skills for work, life and play. The power of communication helps you stand out from the crowd, connect with people and live life to the full.

August - Talk and go. Develop your child's talking, listening and communication skills in the park, at a museum, in a cafe – even in the car.

September - Back to school. Speech and language skills are vital in the classroom. Language is the way that teachers teach and children learn.

October - More than words. Some children have little or no speech. They use facial expressions, signing, symbols or computer aides to communicate with others.

November - Celebrating communication. Our ability to communicate is something to celebrate – it's what makes humans unique.

December - Talk to the future. Children with severe and complex communication difficulties will struggle for life, not just in 2011.

For more information visit www.hello.org.uk



Julie Wagge is Director of Speech and Language Therapy for Symbol UK a member of the Communication Trust.



www.thecommunicationtrust.org.uk



www.symboluk.co.uk



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