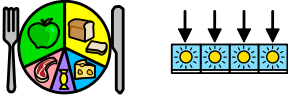
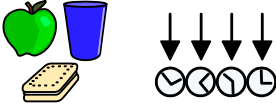
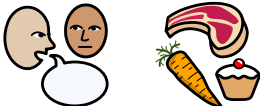


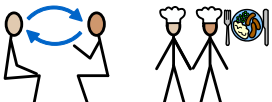
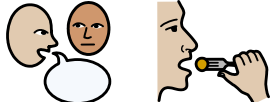


Dining Experience and Healthy Weight Standards

No.	Standard	Examples	R A G
1	 <p>A choice of fresh and healthy meals are available at every meal time that meet individual nutritional/ dietary / cultural and religious needs.</p>	<p>Meals are made from fresh ingredients. Clear nutritional values/ calories for meals. A variety of options are available Menu's and meal plans. Policies around non hospital food such as takeaways/ patient shop items. Pre-packaged foods are monitored in line with guidance from GDSF and PHE.</p>	
2	 <p>Service users are able to make themselves hot and cold drinks and access healthy snacks at all times.</p>	<p>An area where drinks and snacks can be made is open at all times. Healthy options available for snacks. Patient shop items include healthy choices. The amount of sugary drinks, sweets and pre-packaged foods are audited in line with guidance from GBSF and PHE.</p>	
3	 <p>Service users are able to influence and monitor the quality of food.</p>	<p>Service users can self cater. Suggestion or comment box. Meetings with the catering team. An easy to understand food ordering system. Questionnaires and Feedback forms Peer review, audits. Record of food waste or meals disliked reported.</p>	



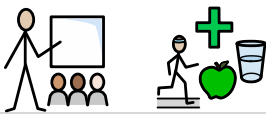
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Dining Experience and Healthy Weight Standards

No.	Standard	Examples	R A G
4	 <p>Service users can gain skills and knowledge about cooking and nutrition.</p>	<p>Budgeting skills sessions. Body awareness information and activity markers. Service users can self cater. Individual risk assessment. Training sessions. Shop and cook assessments. Recovery College sessions.</p>	
5	 <p>Staff and service users regularly eat meals together.</p>	<p>Dining expectations made clear - policy. Menu's available to view. Relational security checks. Poster of mutual expectations of dining.</p>	
6	 <p>Service users are able to regularly communicate with meal providers.</p>	<p>Agenda item at community meeting. Feedback sheets available (or similar). Minutes and action plans. Completed feedback sheets. Written accounts of response shared with group.</p>	
7	 <p>Service users can raise issues about and/or compliment the dining experience in different ways.</p>	<p>Policy/ Protocol in place. Feedback sheets. Catering meeting minutes. Complaints/Compliment process. Suggestions boxes available. Presentations at Y&H meetings - Sharing ideas</p>	

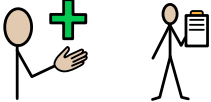

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Dining Experience and Healthy Weight Standards

No.	Standard	Examples	R A G
8	 <p>Service users can order food the same day they are going to eat it.</p>	<p>Clear food ordering system. Dining policy. Systems and processes.</p>	
9	 <p>There are opportunities to cook for others.</p>	<p>Shared meals. Cooking for friends and family. Cooking for events. Self-catering opportunities.</p>	
10	 <p>Education is provided to service users on the importance of having a healthy lifestyle and being active.</p>	<p>Healthy living advice available. Nutritionist courses or support Recovery College courses. Access to a range of physical activity. Improved uptake on physical activity and healthy food options on monitoring measures. Policies around non hospital food such as takeaways/ patient shop items. Information provided to visitors about choices of food and drink they bring in and provide on visits.</p>	

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Dining Experience and Healthy Weight Standards

No.	Standard	Examples	R A G
11	 <p>There is a healthy living group and a physical health monitoring group open to service users, carers, clinical and non-clinical staff.</p>	<p>Minutes of meetings. Baseline identified for Whole Dining Experience including: expenditure per head, arrangements for/at meal times, access to non-hospital food including patient shop, takeaways and use of patient leave, provision of sugar-sweetened beverages, sweets, pre-packed meals/snacks and unhealthy food choices.</p>	
12	 <p>Physical Activity Champions are identified (experts by experience, carers and staff) to enable patients to get active through combination of 1:1 and/or group support.</p>	<p>Identified leads for this area 1:1 and groups available Increase in physical health and activity uptake. BMI, physical and activity indicators are measured for all patients using the Simple Physical Activity Questionnaire is used (SPAQ a 5-item clinical tool designed to assess physical activity). Patient well-being scores are measured using existing tool such as HONOS.</p>	
Total score for this area:			