

NUTRITION AND HYDRATION WEEK

12TH - 18TH MARCH 2018

A Global Challenge

Website

You can find a myriad of information on the website at

www.nutritionandhydrationweek.co.uk

Social Media

Information - just a tap away

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration Week Supporter



The Velindre Cancer Centre, Cardiff celebrate the week

A BIG THANK YOU to all those of you who took part and held activities during the week, your events were amazing and inspiring. Over the next few newsletters we will look back at the events you shared with us.

We will have an edition on the info graphics that were shared during the week, as some of you may have missed them on the social media feeds.

We hope you enjoy the new look newsletter, if there is any thing you would like to see included please drop us a message.

The Week's Sponsors



Focus Days aim to build awareness

Thirsty Thursday
15th June

Leading up to the warmer days and the requirement for a reminder on the need to properly hydrate

Fruity Friday
15th September

All things bright and beautiful, its harvest time for a lot of British produce apples, pears berries etc.

Tasty Suppers
28th November

A reminder for hearty nutrition in the winter months including warm cosy hot milky drinks

Big Breakfast
22nd January 2018

A reminder to start the day as the New Year with a hearty breakfast.

Newsletter Circulation

Email - 2 100

Twitter - 2 809

Facebook - 770

LinkedIn - 140

Countries reached regularly at least 40.



An example of the many info graphics this one is from Hertfordshire

A Taste of the Week

Torbay and South Devon NHS Trust Ambassadors played a key role as part of Nutrition and Hydration Week in promoting the week to colleagues, peers, patients and visitors encouraging participation, sharing examples of great practice from their networks, encouraging participation, seeking opportunities to support the Hospital for the campaign of awareness of malnutrition and hydration improvements to the patient service.

They had support from the Wicked Cake company, who helped support the Worldwide Afternoon Tea. The Trust promoted afternoon teas in their Acute and Community wards, and used it to also promote the work our organisation does every day and showing how to improve nutritional intake.

It wouldn't be teatime without cake and other delicious treats, the Wicked Cake company, donated a selection of their popular cake bars & Bidvest who we have had a much longer working relationship have kindly donated a selection of

their juice sticks for our Thirsty Thursday improving our staff hydration intake.



At Signature's The Beeches Care Home they held a world food event on the 15th March. The Beeches staff, in the photo above, prepared food from their own countries and present it to the residents, along with information about traditional food and drink. The countries featured will be Philippines, Cyprus, Latvia, Poland, England, Bulgaria, African & Romanian

Bow Valley College in Calgary, Alberta, Canada, took part in the week which coincides with Nutrition Month in Canada. Their Nutrition Manager Certificate Program, in collaboration with Counselling and Wellness, Student Association, YWCA Childcare Centre, Sodexo and Imagine Health Centre had the following activities:

Monday: Big Breakfast – breakfast deal in cafeteria

Tuesday: 2:1 water in cafeteria

Wednesday: Global Tea Party – tea special in cafeteria

Thursday: Thirsty Thursday – lemonade stand served by YMCA Day Care Children

Friday: Fruity Friday – fruit menu highlighted in cafeteria



Information Stand at Bow College

To augment these activities they had an information table in main concourse outside cafeteria with:

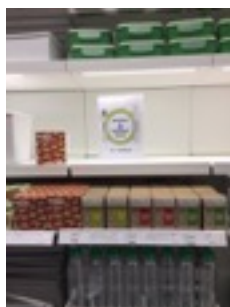
- nutrition display (in different languages)
- granola bars
- activity to complete with draw for fruit basket
- pictures with “I will take the fight of food this Nutrition Month” pledge card.

The Hungarian Dietetics Association MDOSZ held their third Tea Party and this was a very special experience, as it was held at the Institute for Adult Blind People on 16th March, it was organised on March 16th, because March 15th is a bank holiday in Hungary.

The Tea Party was open for everybody in the Institute, as always, we had a great support from the Department of the Dietetics and Nutrition Sciences of the Semmelweis University Faculty of Health Sciences, this time eight students volunteered the event. The week before we had a special training organised by the Institute for Adult Blind People, we could try how we can cope with different type of situation when we can't see (for example to serve not a tea, just a glass of water). This was a requirement by the Institute prior to hosting the tea party, and it described as “A very enriching experience for all of us.” by Jolan

the MDOSZ president. We'll have more details of their activities in future newsletters.

The week did reach further than every with many workplace and public facing food outlets raising awareness through the week. This is a photo from the IKEA store at Wednesbury in the West Midlands



Editorial :

These five organisations are just the very tip of the iceberg of activities taking place during the week. We will endeavour to share with you as much as possible over the coming months to the range of activities and events taking place, and being created as a legacy for the organisations involved.

As you will see on page 2 we have created a series of Focus Days through out the year, based on suggested themes days we have from the week. These have been created in response to you our week's supporters saying the food and drink is a 365 day requirement and why just focus on a week. We see the week as being the pinnacle of the year where the focus is placed o the great work you deliver every single day in the provision of the most necessary basics of life drink and food, without it we would all suffer ill health and worse!

Throughout the year will be continuing to remind people of the benefits of good nutrition and hydration through a regular series of social media releases; these will be highlighting the great, inspirational and varied work you deliver.

Please look out for these on the three social media platforms we utilise - Twitter, Facebook and LinkedIn details are on the front page if you don't already follow these. Throughout the year there are over 100 different information / highlight bites we have planned. Hopefully an average of every

three days will help in underpinning your key messages that nutrition and hydration counts for everyone - service users (patients, customers, residents etc.), staff, carers, family members and not forgetting yourself.

If you have any information on your activities for the week or photos (jpeg form please) please send them to

info@nutritionandhydrationweek.co.uk

We love seeing what you've been up to and over the next year we aim to share them through the newsletters and on our website.

Thank you for your continued support of Nutrition and Hydration Week



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Planning for 2018 starts now, what will you do next year?