

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

Nice to Meet You!



Caroline presenting at the Health plus Care event

It has been great to speak at the Canadian Society of Nutrition Management Conference in Ottawa and the Health plus Care event in London in the past couple of months about the week. The best part is meeting up with many of you the supporters and people who make the week what it is. It has been great to speak to people who didn't know about the week too, and hopefully they will take part in the future.

Your feedback and enthusiasm for the week and the legacy that week has become is so inspiring. It has been a pleasure to speak to you.

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 - 2 924

Facebook - 777

LinkedIn - 147

Countries reached regularly at least 40.

Come and say hello to us -

October 14th - 18th IHHC Conference Adelaide (Caroline & Andy)

Ask us about the week or just say hello.

Full details about the three of us can be found on the website.



Logo Usage

To clarify a query / comment made at a recent regional HCA meeting there is **NO CHARGE** to use the **NH Week logo** for service providers. The logo was trade marked a couple of years ago to protect it. If you are a food or equipment supplier to the health or social care sector was ask you to let us know you are using the logo, as a supporter of the week and tell us how your customers will benefit from your support of the week. We don't charge for the use of the logo.

Nutrition and Hydration Week is a free event to take part in!

Trust celebrates Nutrition and Hydration Week

The mental health trust, 2gether NHS Foundation Trust, strongly believes catering, dietetics and nursing can improve nutritional outcomes for patients.



Michael Banks, Head of Facilities for 2gether, tells us Nutrition and Hydration Week provides an excellent opportunity to share these messages with colleagues across the trust, as well as with service users, their families and their carers.

Michael said: “I’m a firm believer in the ‘Power of 3’ campaign, so we created a small project team of key stakeholders to discuss ideas and plan events for Nutrition and Hydration Week.”

“The group included catering, dietetics, occupational therapy, nurses and ward managers, and the aim was to keep it simple and achievable, underpinned by a clear message. Planning takes times, so we found it’s important to start discussing initial ideas at least six months in advance.”

The project team faced a number of challenges when planning their activities. These included the logistics of getting the key stakeholders together, around busy day jobs and full diaries, and making it a bigger and better event than the preceding year’s.

However, even with these challenges, Michael feels it is a key awareness week to support for the Trust. He added: “Nutrition and Hydration Week highlights the importance of food and drink and the value it brings to aiding the patients’ recovery. It also recognises that it is an essential component to physical and mental wellbeing. It’s also



an opportunity for us to showcase what we do well and that, in most cases, food really is the best form of medicine.”

In previous years, the Trust have used the week as a platform to promote special dietary needs, to launch new menus or new dishes. They've also utilised it as an educational and awareness campaign for not only patients' hydration but also staff. Michael added “After all, we can't expect staff to be alert and effective if they're not hydrated. I'm hugely proud of the teamwork at Charlton Lane Hospital and of how the different disciplines have worked together to achieve a single goal.”

The staff at Charlton Lane Hospital in Cheltenham embraced Nutrition and Hydration week this year with a busy and interactive week involving patients, carers, visitors and staff.

Melissa Reed, Occupational Therapist at Charlton Lane Hospital, said: “Good nutrition and hydration is a priority for all of us here at Charlton Lane and ensuring our patients can enjoy a varied and nutritious diet and adequate fluid intake throughout each and every day is always high on our agenda. During the week we had a bustling atmosphere, lots of interactive information, fun and laughter, not to mention yummy fruits, a hearty breakfast and fabulous homemade cakes and treats. We spent one day focussed on hidden salts and sugars, exploring the daily recommended sugar, salt and calorie intake for men and women. Some of us were surprised at the amount of hidden sugars and salts in some of the everyday food and drink items we often have in our cupboards and fridge freezers at home and in the hospital.”



Its FAB Change Week once again in November, full details of the week can be found at <https://fabnhsstuff.net>. Those who took part will remember the challenge to get Chief Executives eating the patient or residents meals , this proved to be a success. So once again this year we would like you to invite your Chief Executives & / or Board Chairs to “Taste the Meal Challenge” on Thursday 16th November.

The change week isn't just an NHS event its for everyone in health and social care, so let us know your plans and share photos etc with us on the day

Lets us Promote Your Campaigns and Key Work

We are starting a new feature in this newsletter promoting the work of one of the week's supporters, the Canadian Society of Nutrition Management (CSNM) and their latest method of attracting younger, new starters in industry to join them. If you are a trade association or focus group and you would like to share your campaigns or key work with us, please email us.

Attracting Students to the Sector

The CSNM launched their second student competition, next month, with the aim of attracting students to learn more about the health and long term care sector in Canada, plus giving them an insight in to the

challenges faced in the sector. The outline of their 2018 competition is “Here is your challenge:

Hosting a Tea Party

You are the Food and Nutrition Manager at a 140 bed Long Term Care Facility.

The administrator of your home has asked you to host a Tea Party for your residents to promote the upcoming Nutrition and Hydration week, March 12 – 18 2018.

To help promote your event, you have been allotted \$600 to spend at your leisure for this promotion.

In addition to the additional funds, you will have 6 life-enrichment staff (Activities Department) and a cook available for 4 hours to help on the day of your party.

The administrator has also provided for you the use of your home’s celebration room, which provides ample rooms to safely accommodate all of the residents in home, and support staff.

To plan this Tea Party for your residents, please consider the following information:

- 120 residents on a regular diet, with regular consistency and no restrictions
- 10 residents are on a full minced diet
- 12 residents on a full pureed diet
- 7 residents are on a thickened fluid and full pureed diet
- 1 resident in on a gluten free diet, with regular consistency
- 15 residents in your home are diabetic

Student Challenge: Please devise a plan to host a Tea Party for the residents of your home.”

Already one college Fanshawe College has made this a mandatory part of next year’s curriculum.

The winning student gets an all expenses paid CSNM Conference place, plus the opportunity to meet the CSNM board at one of their board meetings and learn more about the sector. Entrants also receive Student membership to their provincial SNM association.

To help the students along their way with the competition one of the NH Week leads Andy Jones is hosting a webinar in late September about the tea party for the students.

Events like these open up the health and social / long term care sector to a new audience who will be the managers of the future. Thank you to the CSNM for allowing us to share this with you. We will feature the winning entries on the website early next year.



Start making your plans now for 2018