

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

Thirsty Thursday



Staff at the Betsi Cadwaladr Health Board enjoying the water distributed to staff teams

Judging by everyone interest and sharing of activities on social media Thirsty Thursday was a great success for a first Focus Day. It looks like this will become a fixture in the calendar as the timing was perfect, as a hot spell started making the day more relevant to get out those good hydration tips. Thank you to everyone who took part. We have included some of your great activity in this newsletter.

Check out the tips and activities you never know we may have another heatwave here in the UK this summer!!

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 - 2 105

Twitter - 2 897

Facebook - 775

LinkedIn - 148

Countries reached regularly at least 40.

Come and say hello to us -

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



Preparations for The Willows Care Centre in Milton Keynes

The week that grows and grows

Food distributor, Bidfoods, supported the day supporting and enabling the activities below to take place.

For Big Breakfast Monday they hosted an event with the residents to make cakes using Kellogg's fortified cereals in the Langfield care home in Middleton, which is part of the Orchard Care group.

For the Global Tea Party they linked two of their suppliers with two of our customers to hold parties. Kerrymaid attended the Elizabeth Finn Cotswold care home to serve up some delicious afternoon tea desserts, whilst Pritchitts cooked up cakes

for the Dukes Court care home, part of Avery Healthcare.

On Thirsty Thursday the residents of the Hallmark Lakeside care home in Lightwater enjoyed some fruity mocktails courtesy of Frobishers plus some non-alcoholic wines and beers served up by Jonathan Morton from ViVAS.

For Fruity Friday the residents of St Helens Lodge in Saint Helens (Orchard Care Homes) enjoyed some fruit smoothies during their Friday afternoon film.

To prove nutrition and hydration can be a social affair Jemma Maguire from Nestle attended the Willows Care Centre in Milton Keynes to throw a coffee morning for the residents who enjoyed coffee and biscuits plus a fortified cake made with coconut powder.

Thanks for sharing your activities Vicky Mogford, this is a great example of how food distributors and suppliers can get actively involved with the week and support their customers and their residents / patients/ service users.

Is Nutrition and Hydration Week n YOUR marketing plan for 2018?

The Junior Food Ambassadors Serve up a Treat!

On Friday 12th May, the Junior Food Ambassadors at Romiley Primary School had their own drinks and doughnuts stall. This was not just any normal catering stall, the clever children also created a PhotoBox, for visitors to their stall to have some fun, and pull some silly faces for the camera! (For those thinking so what, a similar PhotoBox was a huge hit at the recent CSNM conference!)

They contacted companies for donations and were thrilled when Radnor Hills gave a fabulous variety of delicious soft drinks supplemented by N H Case providing a great range of yummy doughnuts, all free of charge.

They set up their stall to raise funds for the new forest school area, within the school grounds. As it was National Doughnut week, the Ambassadors also very generously made an additional donation to The Children's Trust, which is the charity of National Doughnut Week.



Long time supporter of the week Kathleen Blackburn from the Village on the Lake care facility in Venice Florida has taken time to up date us on their week's events. They had a blast at their "Not so tea party". The Residents and staff celebrated the day by dumping tea for coffee, although they did eat scones with clotted cream, but drank coffee with flavoured creamers. The celebrations continued with patriotic music and all the residents laughed the afternoon away. Every day the facility did something to promote nutrition and hydration through community involvement, but it is the Global Tea Party that has become a grand event in Florida, and the entire campus got involved. The spirit of the week has carried over to everyday, by the way the staff helps encourage the residents to eat for health and to maintain good hydration during their long summer months.

Kathleen concluded her message to us with "Thank-you again for the wonderful opportunity to celebrate with you. We are already planning next year's event"

Snapshot of Thirsty Thursday

Some great activities took place during the week including the distribution of water to staff teams as seen on the front page of the newsletter. Stockport NHS trust used the day to remind people that “Blood clot prevention begins with good hydration” they also had a lunch time information stand in the staff restaurant. Surrey Downs CCG, NHS Erewash and Westminster Libraries used the day to utilise social media to remind people of the benefits of good hydration. Information for care home providers was also shared.

The mobile hydration station trolley complete with balloons, bunting & cocktail umbrellas toured the ward in Stockport too to further reinforce the hydration message with patients. The staff can be seen to be preparing the trolley here.



Date for your diary Thirsty Thursday 2018

Thursday June 14th 2018

