

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

Theme Days Added



In recognition of those people providing services 7 days a week, two further theme days have been added to the week's suggested themes -

Smoothie Saturday and Sundae Sunday

We hope these themes will compliment the other day five day suggestions, but as many of you do, feel free to create your won focus theme days. After all the week is about what you do!

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 - 2 837

Facebook - 771

LinkedIn - 145

Countries reached regularly at least 43.

Come and say hello to us -

June 15th - 16th Ottawa CSNM Conference (Derek)

June 28th Health +Care Excel London (Caroline & Derek)

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

Ask us about the week or just say hello.

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



Activities from Western Australia

Some more highlights from the week

Haplunds Hospital in the North Staffordshire Combined Healthcare NHS Trust held a variety of events during the week, these included a Pop Up Tea Room, Healthy

Bingo, Balanced Choice Taste Testing and a smoothie cocktail making session. They held a tea dance as well on the afternoon of the 15th March.

These are some of the activities the Quantum Care Homes enjoyed during the week.

At the Courtland Lodge they enjoyed making sweets and chocolates and on the Monday had a "Pie Day" with a selection of savoury and sweets pies, and pie in your face game. They held baking session in preparation for the tea party, followed by a decorating cupcakes and biscuits session for the afternoon tea party. The global tea party, was open to general public during which they also discussed what's your cup of tea, to make collage scrapbook.

"Thirsty Thursday" was enjoyed making and tasting mocktails, smoothies & milkshakes, learning about good hydration, along with glass and mugs decorating during the craft session. On Friday, St Patrick's Day was celebrated with Beechfield school visiting and an activity involving the children.

This was followed on Friday Evening with an Irish pub night, food and drink tasting, music and quiz.

Dukeminster Court held Exotic Fruit Tasting and Milkshake Tasting session and also celebrate St Patrick's Day with a visit from a troupe of Irish Dancers.

At Fosse House throughout the week a Smoothie 'shop' was open with smoothies made to order. A World Tour of food: was held with the main meals each day will be themed to a different country. all supported by guest chefs.

A Pub Night "Ye Olde Fosse Way" was created with an Irish Themed Pub night celebrating St Patricks Day.

Musical Entertainment from Dave Brierley was held with a selection of Irish songs celebrating St Patricks Day'.

On Fruity Friday their week concluded with a tasting session of exotic and unusual fruits.

The Greenacres care home held a 'St Patricks Day' Party complimented by Guinness and Ale tasting and all family and friends were welcome.

Heath House along with other care homes held a fruit smoothies and fruit cocktails tasting session. To further explore tastes varied flavoured 'sausage rolls' for Tuesday tea were added to the menu to sample including salmon pasties and cheese pasties. A Chinese Day was held offering a choice of sweet and sour chicken or stir fry.

A Greek food tasting morning with feta cheese, olives and sundries tomato sauce to further expand the taste opportunities. The St Patrick's Day Lunch menu included gammon mash and cabbage and IRISH apple pie with custard or green pistachio ice cream with drinks trolley and Guinness.

The Jubilee Court hosted a 'Nutrition Day' linked to Fruity Friday and they involved family friends to further raise the key messages.

In Mayfair Lodge they hosted St Patrick's Day Celebrations by decorating the sun lounge with an Irish theme, encouraging people to join in with an Irish music sing-along, Irish coffee served.

At Meresworth all of their activities were open to all residents, staff, families and friends.

Made Without Monday - A session tasting a selection of Vegetarian , Gluten Free and Lactose Free snacks and treats ...Can anyone taste the difference ?

Cheese and Chutney Tuesday - Offering a selection of regional cheeses and different chutneys and pickles to find out everyone's favourite combination

Tea Party Wednesday As part of the Global Tea Party they invited Families, Friends and Neighbours to join them for Morning Tea and Cakes

Think Up a Drink Thursday - They had a selection of ingredients for everyone to choose from which can then be made into a Smoothie or Mocktail

'St Patrick's Day' Finians Rainbow Friday (Or ...not your usual St Paddy's Day!) they showed the musical "Finians Rainbow "and offered an array of Irish themed refreshments including Shamrock mini pizzas and Rainbow cupcakes.

On Saturday Fruit Bingo was held with a selection of fresh fruits to try

To conclude the week they held a Food and Drink Quiz (with suitably tasty prizes!)

At Pinewood Lodge they themed their days slightly differently, but some great ideas here too.

Teas from around the world was held in their Best Friends Café

Blind folded guess the fruit with fruits from around the world

A trip to the local Green grocers stopping off at the local café for refreshments.

Irish coffee morning staff to wear green. Irish themed Pub night! Irish music, Guinness, Irish pub quiz and Irish lotto to be drawn!

Residents making baking, in the day centre

Movies with smoothies, old time movie with homemade smoothies in the best friends café

At The Fairway a variety of activities including; smoothie making, cheese and bread tasting, fruit day and a Blind Taste Quiz were held concluding with a 'St Patrick's Day' Celebration - Irish themed day – food, drink and entertainment.

At Trefoil House a 'Cheese & Wine' tasting started the week,

followed by a Lyons Tea Room (Scones & Jam) a lovely reminiscence session, who remembers those tea rooms?

A Cheeky Fruit Fondue was held on the units. 'St Patrick's Day' saw Live music and a Guinness for all in O'Brien's Bar. All 'American' Desserts was the theme for Friday, and a 'Breakfast at Katie's Café' concluded their weeks celebrations.

At Tye Green they hosted their afternoon Cream teas on the Monday, with Tuesday seeing a Tea tasting session, later in the week they held a taster session with Foods from around the World

At Willow an Irish Coffee Morning with baileys and soda bread was the flavour of the week followed by an Irish music and Guinness in the evening.

In North Devon in the Northern Devon Healthcare Trust's care homes held a variety of events during the week.

The photos shows Bridget Tait (front right) the Care Homes Team Nurse Educator (Torrridge) at Castle House Care Home, Torrington, handing out water to the staff when she delivered training. Staff hydration is vital and any opportunity to promote it is important.



The second is staff at Clayfields Care Home in Barnstaple also enjoying water during their training session.

Ebberley House Care Home in Barnstaple celebrated the week by introducing exotic fruits and smoothy making (the staff used a Nutribullet in front of the residents after they selected what they wanted in it), They also devised a quiz to further raise awareness with residents.

The staff at Hatchmoor Care Home in Torrington who celebrated the week by offering varying activities from tasting different and unusual foods to cooking and eating foods prepared by residents.

The photo is a staff member and resident at Heron's Lea Care Home in Abbotsham, Bideford during the week.



The Matron from Heron's Lea said that residents enjoyed the afternoon tea trolley's so much that the home intend continuing with the afternoon drink and snacks trolley, providing fruit, cheese and crackers, cake and other savoury items as the residents have started to look forward to it after lunch. This is brilliant news and what its all about.

Its not too late to send in your stories, photos and features from 2017 or what you have done for Thirsty Thursday.

We love reading and sharing them all.

