

Newsletter

NUTRITION AND ™ HYDRATION WEEK

A global challenge

2017 : March 13th - 19th

Series 4 No 10

Keep up to date & follow us on

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration
Week Supporter

www.nutritionandhydrationweek.co.uk



Thunderclap

Engaging everyone's social media to make an impact. Please sign up to the week's Thunderclap by 13th March. Just copy this into your browser.

<https://www.thunderclap.it/projects/53579-nutrition-and-hydration-week-2>

Thank you.

Competition Time from Oranka


Oranka Juice Solutions are offering one lucky health and social care setting the opportunity to win an Oranka Tea Party. This is designed to tie in with the Worldwide Afternoon Tea event on the 15th March.

Over the course of the next two weeks a series of tweets will be broadcast from @OrankaUK with the #OrankaTeaParty, inviting organisations to re-tweet and share in order to be entered into the prize draw to win. The prize will include a selection of cakes and bakes including cupcakes, cookies and brownies accompanied by a range of Oranka's juices and drinks.

The competition will end at midday on Friday 10th March with the winner contacted and announced by midday on Monday 13th March 2017. The Oranka Tea Party will then be delivered to the winning venue for them to hold their very own World Afternoon tea on the 15th March, in conjunction with Nutrition and Hydration week.

If you are not on Twitter you can enter by emailing info@oranka.co.uk

Debbie Cheetham, the Lead Nurse patient Safety at the City Hospital Sunderland has shared this with us. They are making good progress with their plans, based on the theme days. The poster below outlines this. They are also piloting a new fluid monitoring chart during that week, so it's going to be a busy one!

Keep up to date on  @NHWeek

 Find us on Facebook NHWeek



Nutrition & Hydration Week 2017 "Eating for Health"
13th – 19th March 2017

DATE	Programme of Events:	
MONDAY (13 th March)		"Big Breakfast"
TUESDAY (14 th March)	"Suppertime Snack"	
14 th March @ 13.00-14.00		Lecture by Professor Dianne Ford, Northumbria University "Can we eat to live longer?" Lecture Theatre, Education Centre (No booking required)
WEDNESDAY (15 th March)	"Afternoon Tea Party"	
THURSDAY (16 th March)		"Thirsty Thursday"
FRIDAY (17 th March)	"Fruity Friday"	

Hospices are supporting the week too

David Doherty, the Head Chef from Haven Hospices, dropped us an email to let us know they are planning to follow the theme on each of the five focus days ie Big Breakfast on Monday, Suppertime Snack with fortified snacks and meals on Tuesday, etc etc. too.

Their main event will be a tea party in the day centre where we will invite the day patients and inpatients in the hospice to come and drink tea, eat sandwiches, homemade cakes and scones as well as try smoothies, homemade lemonade etc for those who want it. They are also planning on a piano player to keep our guests entertained.

Newsletter

On Fruity Friday they thought it would be fun to offer fruit kebabs and to try some more exotic fruits and on Thirsty Thursday our nutribullet will be overworked with a selection of nutriblasts and smoothies as well as offering some non alcoholic cocktails.

Ditching Tea in Florida

You may recall in the last Newsletter (no 9) Kathleen from Florida share her intention to support the week, well here are her plans. They are doing things little different in America.

They are going to show our American Pride by having a not so tea party tea party. They will be dumping tea for coffee. (*We don't mind, its the taking part that counts!*) Each day they will be celebrating being an American.

Monday they will be fishing for prizes. (foods and beverages from the different countries that the staff here comes from). Tuesday will be a colouring contest of the different states they were born in or have traveled to (Most Floridians were not born here, they are truly a state of immigrants in Florida)

Wednesday is the tea party day and they will be symbolically dumping their tea for coffee (Kathleen's note : "It's what we drink, we all meet for coffee and cake not tea and scones, we will be serving the English clotted cream because we like it.")

Thursday is a corn hole tournament were they will be throwing tea bags.

Friday is St Patrick's Day and since most Americans has some Irish in them somewhere, they will be honouring our Irish roots.

Kathleen added "Thank-you again for inviting us to participate in the week and the tea party. The staff and Residents here enjoy the activities of the week and also the Friendships the events have made over the years. We are truly proud to be included in the events."

Down Under, look out for the Podcast

Nicole Deltora from Nestle Health Science in Australia informed us that they have organised to have the tea party on the 15th March. They are also organising a podcast through the local Stroke Foundation Association on the importance of Nutrition & Hydration.

In the Home Counties care home activity includes -

Chase House nursing home in Arlesey, Bedfordshire are once again supporting the week. Dawn McGuire. Activities Co ordinator informs us that they have a a full week of events planned for residents, staff and visitors. This includes: exotic fruit tasting, themed meals, a fun game of "What am I?" and a cheese & wine evening. We would

Newsletter

like to take this opportunity to thank everyone who supports us and participates in our activities.

These are ideas plans share by Jenni Collins, the Restaurant Manager from Signature's Bentley House in Hertford for their participation in the week.

MONDAY 13 TH	TUESDAY 14 TH	WEDNESDAY 15 TH	THURSDAY 16 TH
<p>KICK OFF TO NUTRITION & HYDRATION WEEK.</p> <p>FRUIT & VEG BINGO!!! (PRIZES TO BE WON)</p>	<p>FRUIT TASTING... COME ALONG AND HAVE SOME FRUIT, THERE MAY BE SOME YOU HAVE NEVER TRIED!</p> <p>ALZHEIMER'S TALK</p>	<p>BAKERY DAY... NUTRIOUS CAKES TO ENJOY WITH A NICE CUP OF TEA.</p> <p>BREAD MAKING</p>	<p>THIRSTY THURSDAY... COME AND TRY SOME JUICES OR A NICE MOCKTAIL MADE WITH FRESH FRUIT.</p> <p>NUTRITON TALK</p> <p>NUTRITIOUS PLATE TASTING</p>
FRIDAY 17 TH	SATURDAY 18 TH	SUNDAY 19 TH	
<p>FISHY FRIDAY... ENJOY SOME TASTY FISH FULL OF PROTEIN.</p>	<p>SMOOTHY SATURDAY... TRY A SMOOTHIE THEY ARE FULL OF VITAMINS & MINERALS!</p>	<p>SIMPLY SUNDAY... SUNDAY ROAST SERVED WITH FRESH VEGETABLES ALL PART OF YOUR 5 A DAY!</p>	<p>AN APPLE A DAY KEEPS THE DR AWAY!!</p>

Hospital plans are coming through too and these include

Anna Warman the facilities lead in the Somerset Partnership has informed us they will undertaking activities across all it's 13 Community Hospitals.

Taken from their internal newsletter

"The Annual Nutrition & Hydration Week 13th - 19th March 2017 is nearly up on us as per previous years the mission is to create a global movement that will reinforce and focus, energy, activity and engagement on nutrition and hydration as an important part of quality care, experience and safety improvement in health and social care settings. Somerset Partnership NHS Foundation Trust Catering and Hotel Services Department has pledged to be part of this as we do every year since it started.

Newsletter

We are celebrating the week with the following events across all our 13 Community Hospitals at ward level with the support of our Nursing Teams, Dietitians and Nutrition Champions:-

Monday - Big Breakfast

Tuesday - Continental Breakfast/Bedtime Snack

Wednesday - Global Tea Party (Local Themes)

Thursday - Thirsty Thursday

Friday - Fruity Friday and Fishy Friday

We also ensure full displays are in the main entrance areas to reinforce what we do as a trust.”

The Partnership’s Hotel Services Teams are also planning to relaunch the Power of 3 (Working together to aid patient recovery) -

The Power of 3 campaign seeks to bring together three complimentary disciplines, Catering, Dietetics and Nursing in order to improve the patient experience and increase outcomes. Linking their housekeeping with their catering and dietetic colleagues ensures that ward staff have a greater awareness of enhancing recovery through appropriate nutrition.

The ISS team based at UHCW Hospital in Coventry are planning another week fun of events. Nigel Watson their Catering manager informs they once again have a full week of activities including Tasting Tuesday - including texture modified diets; Thirsty Thursday - with a particular aim at their children wards; Finger Food Friday - including a finger food tasting session.

Please keep your stories and photos of your events coming in. We do aim to use as many as possible to promote your great work.

Don’t forget to look out for our announcement during Nutrition and Hydration Week about further plans we have.

In the meantime have a great week!

Contact for Newsletter items, photos, plans, ideas, any comments send them to one of us

info@nutritionandhydrationweek.co.uk

Newsletter

NUTRITION AND



HYDRATION WEEK

A Global Challenge

2017 : March 13th - 19th

Series 4 No 9

Keep up to date & follow us on

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration
Week Supporter

www.nutritionandhydrationweek.co.uk

Thank you for sharing your plans with us. To hopefully inspire you if you haven't do so to utilise Nutrition and Hydration Week to promote your great work, or to share your plans with us here are a few examples of the information we have received.

Kathleen Blackburn from Venice, Florida sent us this message. "Thank-you again for including us in Nutrition and Hydration Week. We here in America will participate in daily events throughout the week, including the tea party on March 15th and also a St. Patrick's Day meal on the 17th. Once plans are finalized a copy will be forwarded.

Enjoying all of your ideas and materials."

The Canadian Society for Nutrition Management held a webinar entitled Improving Nutrition and Hydration - Hosting a Tea Party. The session also included one Continued Education point for attendance.

The session was about the benefits to patients/clients/customers, and also to staff and clinical colleagues about 'Hosting a Tea Party'.

The session covered

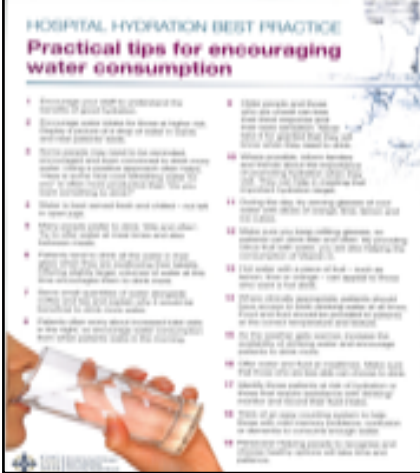
- Planning - What, When, Why & How
- The Menu/offer
- What and whom is involved
- How to theme the 'Tea Party'
- Benefits for Patients/Clients/Customers
Catering/Nutritional staff and Nutritional Managers
Clinical Staff
- Overcoming any barriers
- Leaving a legacy - making the 'Tea Party' a regular event

The north Welsh Betsi Cadwaladr University Health Board's (BCUHB) Catering, Nutrition Nurses, Occupational Therapy, Speech and Language Therapy, Pharmacists, the Communications Team, Occupational Health, Improvement Team and other dietitians are in the final stages of bringing the week's plans together; and are optimistic it

Newsletter

will be the most successful year yet!

These are their plans.

The event	The detail	The location
<p>1. Global tea Party</p>	<p><u>Wednesday 15th March</u> will see an afternoon tea party celebrated around the world! The BCUHB Catering departments have engaged with the event annually, and each year it becomes bigger and better!</p> <p>This year the Tea Parties will be held on every ward between 2 – 4pm, in every unit across the Health Board. These provide an ideal opportunity to showcase the dedication to improving nutrition and hydration for patients, to patients, their families, loved ones, carers, and staff. It is also the opportunity to launch new initiatives....</p> <p>The Event is fully supported by Catering and Dietetics, while Ward Managers will retain ownership of the Event. A visit from the Chairman and Chief Executive to ‘serve tea and cake to patients’ is a wonderful opportunity to highlight to the media the dedication of the Board to improving patient care.</p>	<p>Acute and community hospitals, mental health units and CYP areas</p>
<p>2. Wise up on Water!</p> <p>Hydration poster launch</p>	 <p>A snapshot audit of hydration awareness on wards during N&H Week 2016 demonstrated some areas of poor knowledge, and also demonstrated the poor hydration status of clinical staff (appendix).</p> <p>This poster has already been produced ready for distribution to all areas on <u>Monday 13th</u>, and will be placed in a highly visible spot on the first day of the week! As per the Wise Up on Water campaign (attached), we are dedicated to improving the hydration status of patients AND staff. This poster points out the key messages to ensuring adequate hydration.</p> <p>The Improvement Team are looking at options to embed the poster electronically to enable patients and families to ‘scan and view’ on their phone! The ‘scan and view’ object will give some key BCUHB messages around the importance of promoting hydration.</p>	<p>Acute and community hospitals, mental health units and CYP areas</p>

Newsletter

<p>3. ‘Quality Check In’ on nutrition and hydration</p>	<p>It is essential that Ward Managers and Matrons are closely involved with the nutrition and hydration needs of their patients. It is vital they are ‘checking in’ on N&H on a daily basis to inform accountability, identifying needs for improved quality care and to facilitate change.</p> <p>1000 Lives+ have published a core toolkit to facilitate change, this is simply an assessment of daily quality.</p> <p>This year we are excited to launch our ‘Quality Check Ins’ in nutrition and hydration! It is proposed that the ‘Check ins’ will commence with a celebratory visit by a Matron in the pilot areas, who will look for areas demonstrating good practice, plus supporting innovative solutions to improvement.</p> <p>Using the 1000 Lives guide, the Improvement Team have developed some prompt questions to use during a ‘ward walk around’ to facilitate action..</p>	<p>During N&H Week - Selected wards on each site (East / Centre / West) as pilot, aiming for this to be the launch of a legacy approach to improvement.</p> <p>Eventually ALL acute and community hospitals, mental health units and CYP areas</p>
<p>4. Power of 3</p>	<p>A joint launch by Catering, Dietetics and Nursing (‘The 3’), with support from Speech and Language Therapists, Occupational Therapists and pharmacy.</p> <p>Working as one, a senior member from each of ‘The 3’ with support from other services (which may vary per site) will observe the ‘last 9 yards’ (or so) of a patient’s meal from the kitchen, to their side, and the mealtime occasion.</p> <p>The process quality will be scrutinized and reviewed. Patients will be asked their opinion of the service and treatment they received.</p> <p>A range of questions will be asked of ward documentation and patients, which will enable the population of a national BAPEN database. This allows benchmarking of quality across the country. As yet, this tool has not been populated by any other Health Board in Wales!</p> <p>Tuesday 14th</p>	<p>During N&H Week - Each acute site, 2 wards and 2 patients.</p> <p>Legacy: this will be continued at 2 – 3 monthly intervals; the team have also agreed to continue meeting regularly to prepare for future improvements – these will be fed up to INCHS and PAG as appropriate.</p>
<p>5. BCUHB Nutrition and Hydration Logo</p>	<p>Working with our communications team has resulted in a BCUHB Nutrition and Hydration logo aimed to use in the following ways:</p> <ul style="list-style-type: none"> - As laminated or magnetic objects to be placed on patients’ whiteboards to identify ‘need’ for (e.g) snack menus. (Similar to the butterfly for dementia). - Maybe as car stickers - Use the logo for the campaign promotion and at the foot of all our email signatures - And maybe! Tea Parties could have cakes made with the logo on them. 	<p>Acute and community hospitals, mental health units and CYP areas</p>

Newsletter

<p>6. Artist work!</p>	<p>The Trust have identified one, possibly 2 artists who we are hoping can work with us to develop:</p> <p>Promotional poster: this will act as a legacy to demonstrate the BCUHB dedication to improving nutrition and hydration. It will prove WE CARE AT EVERY LEVEL.</p> <p>Pee charts! The Trust would like the same artist to develop a simple illustrated BCUHB ‘pee chart’ which they would aim to distribute to all public toilets (patients and staff).</p>	<p>Everywhere! Launch during the week.</p>
-------------------------------	---	--

<p>7. Other work and events</p>	<p>Education and Teaching: Dietitians on each site are continuing their work in providing staff education around improving patient nutrition and hydration. During the week there will be planned teaching in different areas.</p> <p>Promotion boards: Every year the Trust have place nutrition and hydration promotion and information boards in prominent positions (usually outside dining rooms) with free water bottles for those passing by.</p> <p>Snacks: The Trust are currently investigating barriers to patients receiving nourishing snacks, which may lead to further initiatives in the working year.</p>	<p>Community hospitals, residential and nursing homes.</p>
--	---	--

We have heard from Rebecca Hosking the Lead Stroke Dietitian at the Royal Cornwall Hospital about their plans. Here they are -

1. Front entrance display with three sections

- Theme of the day
- General N & H week information
- Diet of the day

2. 5 of their lovely Dietitians have volunteered to follow a therapeutic diet for the week and raise money for a related charity to increase the profile and provide publicity for the week. The diets planned to be followed and charity beneficiary are -

- Pureed diet - Stroke Association
- Gluten Free - Coeliac UK
- Renal - Kidney Research
- Liquid - Crohn's and Colitis UK
- Clean Diet - Macmillan

Newsletter

They are hopeful that Cornwall Food will be able to provide some patient meals so they can experience what it is like to be an inpatient and a patient at home. They are planning to use the Trusts Facebook and Twitter feeds to blog about our experiences.

3. Afternoon Tea - There are plans to hold afternoon teas on the 15th, and they are confirming their final plans for this.

4. Staff quiz - After success last year using the Trust's daily bulletin and survey monkey this will be run again this year. (Editor's note : If it work's utilise it again don't re invent!)

5. Taste Testing Tuesday - the theme for Tuesday. Last year Cornwall Food brought their roadshow to promote our locally sourced delicious patient food and give staff and visitors a chance to try it. They are aiming to do something similar again this year, a bit of myth busting about the quality of hospital food (Rebecca was salivating at the thought of lamb in cider she tried last year!).




For those who did not order them, this is a photo the Nobisco NH Week napkin.

Brakes have a series of information sheets including a recipe that follow the theme of the day for the week, plus they added a couple extra for the weekend - Smoothie Saturday and Sunday Sundaes.

Contact for Newsletter items, photos, plans, ideas, any comments send them to info@nutritionandhydrationweek.co.uk;

Newsletter



Keep up to date on  @NHWeek

 Find us on Facebook NHWeek

Newsletter

NUTRITION AND HYDRATION WEEK



A Global Challenge

2017 : March 13th - 19th

Series 4 No 8

Keep up to date & follow us on

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration Week Supporter

www.nutritionandhydrationweek.co.uk

Thank you.

Our inbox is starting to become lot more active as it does this time of year with details of what's happening during the week, requests to be on our ever expanding email list for information, requests for posters and other guidance.

For the latter please check out our website first, we currently don't have any hard copies of posters or other supporting merchandise to share with you - sorry. We are working on it as they say, if not for this year definitely for next. Yes, there we have it we've committed to another year!

These are the plans you have shared with us so far - thank you

The Health Protection team in Lincolnshire and are looking to actively promote Nutrition and Hydration week amongst our staff, patients, service users, social media and the 97 GP practices they look after. Thanks to Nada the Health Protection Co-ordinator from Lincolnshire NHS CCGs for the information.

Ann Penson from the Heart of England NHS Trust has told us they are planning to hold a cocktail event (nonalcoholic of course) on one of the days, the other days will be tea/coffee/cake focused.

They are also planning to purchasing some coloured wine glasses (plastic) and coloured, to add some more style to the event. They have some recipes for milk/banana based drinks and plan to decorate the glasses with umbrellas etc. They will be serving some canopies (finger foods), little cake fancies/sausage rolls, plus other foods to encourage calorific intake for their elderly patients.

The City Hospitals Sunderland NHS Foundation

Newsletter

Trust are planning on using their Nutrition Link Nurses to champion their week's activities

The dietitians in South Gloucestershire Sirona are facilitating 10 training sessions for community nurses (potentially training 200 nurses) on Malnutrition screening [[Key Characteristic of Good Nutritional Care No 1](#)] aiming to raise awareness of timely intervention. Three sessions are taking place during Nutrition and Hydration Week, thanks to Lorraine Norris the Lead Dietitian for updating us on this fantastic piece of work.

Think Kidneys have released their Acute Kidney Injury Care Homes Guidance, and details can be found here - <https://www.thinkkidneys.nhs.uk/aki/resources/care-homes/> . They will be using social media during the week to reach out further to make people aware of this work and what can be done to help prevent this type of illness / injury in care homes.

Andrew Cullum from the Humberside Independent Care Homes has told us they will be holding an Afternoon Tea Party in all of their homes, during the week.


In the last newsletter (7), we highlighted the availability of Nutrition and Hydration Week napkins. 58 boxes have been ordered from Nabisco, up almost 300% from last year, despite the tight deadline with request coming in from as far a field as the USA. Next year look out for details of this offer in the Autumn / Fall.

Look out for an announcement during Nutrition and Hydration Week of further activities to help support your great work. Yes we are planning special days thought the year to keep the focus ongoing

We will be presenting information on the week at the Health Plus Care Show at Excel London at the end of June, at the Canadian Society for Nutrition Management Conference in Ottawa in mid-June and at the IHHC conference in Adelaide in October. If possible come along and find out more and ask questions about the week, we love to hear your feedback.

Contact for Newsletter items, photos, plans, ideas, any comments send them to info@nutritionandhydrationweek.co.uk;



Keep up to date on  @NHWeek

 Find us on Facebook NHWeek

Newsletter

NUTRITION AND HYDRATION WEEK



A global challenge

2017 : March 13th - 19th

Series 4 No 11

Keep up to date & follow us on

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration
Week Supporter

www.nutritionandhydrationweek.co.uk

Nutrition and Hydration Week 2017 is upon us....

This maybe the last newsletter for Nutrition and Hydration Week 2017 but we will continue to share as much of the information we have received over the last few weeks with you throughout 2017 and we hope that this will inspire you for 2018...

Thank you for your support once again its been inspiring and amazing.

Nutrition and Hydration Week Focussed Events

Numerous supporters and participants of the week have been asking us for more focus events to enable them to raise key messages on food and drink. Many of you have realised that having a shared platform to do this provides more strength to your key messages. With both health and social care being 365 day operations, building awareness throughout the year is key to embedding good practices in the work place and awareness within staff teams, patients, carers and service users, so, it was only logical to add some focus days to the calendar.

These are initial dates and themes -

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

What you have been telling us

Snippets from our social media

From Twitter

[@AllEars_WGH](#) (NHS Grampian) Planning Nutrition & Hydration week: Mexican Monday, Thai Tuesday, Welsh Wednesday, Turkish Thursday and French Friday

Newlyn Court Nursing Home, Bilston are taking part in [@NHWeek](#) @NHW2017 our tea party is on St Paddys day

Hobart Cooking [@HCS_Cook](#)

[@NHWeek](#) is a few weeks away, but do you know the 10 key characteristics of good nutritional care? [#NHW2017](#)

SGH Ready for action for **nutrition&hydration** week Mealttime Matters for patients,staff and visitors [@StGeorgesTrust](#) [@NHWeek](#)

Trust board [@WorcsHealthCare](#). Hearing about nutrition and hydration week and the importance of this in the NHS

Care home group prepares to support **Nutrition and Hydration Week** [#carenews](#) [#carehomes](#) [#catering](#) <http://ow.ly/KNbc309FbJ2>

NottmDietetics [@NUHDietetics](#)

[@NHWeek](#) collecting for food bank [@TrussellTrust](#) [@NUHstaff](#) [@nottmhospitals](#) [@therapiesatNUH](#) boxes in City&QMC restaurants

From LinkedIn

Lifeview Residential Care (Melbourne, South Australia) has a full week organised, a different theme each day and we have organised smoothy bikes for residents and staff

From Facebook

Meridian Leisure Centre (Lincolnshire)

This month we are celebrating Nutrition & Hydration week [#NHW2017](#) & WE ARE CHALLENGING YOU to try as many ways to feed your body better.

These are just a few of the information snippets on our social media don't forget to check them out for great sources of inspiration and ideas.

Newsletter

Ailish Ward from the Roinn Lónadóireachta at **Ospidéal Mhuire Páirc an Fhionnuisce** in Baile Átha Cliath (the Catering Department at **St. Mary's Hospital Phoenix Park** in Dublin) has shared their plans which she is also rolling out to one of their sister hospital too this year, following success with the week last year. They will be holding the following events -

“Information Session” Their Dietitians and Speech & Language Therapists will be on hand to answer any questions you may have.

“Journey Into The Past” Take a journey along the old railway routes of Ireland and enjoy a cuppa and a slice of Irish Whiskey Cake along the way.

“Worldwide Afternoon Tea” Enjoy a traditional afternoon tea, with music from St. Mary's Choir, along with Nutrition & Dysphagia Quiz & Spot Prizes.

“Great Irish Quiz” On Thirsty Thursday they are holding the Great Irish Quiz.



After encouraging their patients to sit, back, relax and enjoy the parade, they will be serving Traditional Irish Food at mealtimes.

Thanks to Joanne Barrett the Specialist Cystic Fibrosis Dietitian for sharing the Events at the **Heart of England NHS Foundation Trust** : Heartlands Hospital, Solihull Hospital and Good Hope Hospital.

This year they are promoting:

Snacks and milky drinks - all wards will be issued with a new poster for their drinks trolleys and a flask for warm milk to encourage wards to offer milky drinks with a snack in between meals.

Fluid - encouraging everyone who sees a patient to encourage them to have a drink and make sure a drink is left in reach

Keeping mobile - to keep fit and active the general population should aim for 10,000 steps a day. This is a bit much for hospital patients but we recognise that without encouragement and support our inpatients might hardly move at all. We'll therefore promote a target of 900 steps a day in hospital (for those who can) and encourage patients to get dressed each day in hospital. This ties in with campaigns on Twitter #900 steps and #endpyjamaparalysis

Come dine with me events will be held to showcase the patient menus to staff and the public. On each hospital site the public will be able to sample the hospital food.

Newsletter

Elderly Care - are having a cocktail and canapé afternoon on Tuesday 14th March 2017 this includes bingo with a twist, Eldersong bingo the cards have song titles rather than numbers and we have a CD where the song (including title) is sung for about 20 seconds, giving the patients enough time to place a counter on the song title on the bingo card. For their canapés they are going to purchase bitesize foods e.g. sausage rolls, mini cocktail sausages, mini quiche, cheese cubes, mini cakes. They are extending the welcome to some inpatients/outpatients too.

Cystic Fibrosis - West Midlands Adult Cystic Fibrosis Centre will be also serving non alcoholic cocktail's and canapé's to their patients during the week

For Wednesday 15th March 2017 they will be hosting a traditional coffee afternoon (with tea, coffee / cakes) and they are going to use the bingo in the "Joan Whitelaw Reminiscence Room" encouraging the mostly dementia patients to join them.

Eat Drink Move Display Competition - they are offer a prize for the best 'Eat Drink Move' display for a ward on each site.They are working with community colleagues to promote similar messages across Solihull community, including a prize for the best 'Eat Drink Move' display in a care home.

The Head of Activities, Kim Holland, at **Castlemeadow's Lincoln House Care Home** in Dereham, Norfolk has shared their plans with us, putting their own slant for themes for each day.

Monday is Milky Monday - Milky drinks coffee chocolate are to be served in the morning and Smoothies in the afternoon

Tuesday is Tea Tuesday - Fruit Teas and other Teas to be served

Water Wednesday - Different flavoured waters and raising awareness of what water does for us.

Turbo Thursday - For those who require Fortified Snacks, exploring more options and tastes.

Fruity Friday - Fruit tasting

The **Friends of the Elderly Charity** is supporting the week. During the week they will be highlighting the importance of good nutrition and hydration in older age. We will also be supporting the Global Tea Party on Wednesday 15 March by inviting older people and their carers into our homes and services to join residents and their families for afternoon tea at their following homes in Dorset at the Retired Nurses National Care Home in Bournemouth; in Essex the New Copford Place Care Home in Colchester; in Surrey at the Bernard Sunley Care Home in Woking and Moor House Care Home in Staines

Newsletter

Laura also informed us that they will be posting on social media in the lead up next week and also during the week, they have also teamed up with the British Dietetic Association and will be sharing tips throughout the week.

Bow Valley College in Calgary are participating in events for Nutrition and Hydration Week, which also coincides with Nutrition Month in Canada. Gail Thauberger the Coordinator of their Nutrition Manager Certificate Program informs us, in collaboration with Counselling and Wellness, Student Association, YWCA Childcare Centre, Sodexo and Imagine Health Centre will be engaging in the following:

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

As well, they will have the following activities:

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

Plans for **Romiley Primary School** Junior NH Week Ambassadors are as follows - The Juniors have been busy preparing for Nutrition and Hydration Week 2017. They have succeeded in obtaining funding for the event through the school's PTA for ingredients. Throughout the week, all children will have baking sessions in the food technology room to make cakes ready for the Community Tea Party. The tea party will be held in the main hall at school on Friday 17th March. The Juniors have already started an advertising campaign, and posters have been put up around school, and in the local community. It is hoping that this year's event will also raise funds for the new Forest School outdoor area, which has been planted within the school grounds recently. The Juniors are really looking forward to this year's Nutrition and Hydration Week. You can follow their story on Twitter @RomileyPS too. Thanks to Ellen Clayton for updating us on this great project.

Newsletter

Johann Johnson a dietitian from the **Whittington Health NHS Trust** has filled us in with their plans for the week.

As part of Nutrition and Hydration week 2017 week the dietetics department are holding a nutrition and hydration fair all day on the Monday 13th March. The event is aimed at hospital staff aimed at making them aware how they can help the patients they look after on the wards.

The event has been advertised across the hospital site using screensavers, posters, intranet newsletter. The fair have displays and stands on different topics - IBS, Cancer prevention, healthy eating, fluids, food fortification, BMI, handgrip etc, dementia. Raffle for everyone who attends the Fair Day. Plus lots more.

To further enhance this the Dietitians will be visiting wards during the week to do joint training with SALT on thickened drinks and nutritional screening.

They have arranged for afternoon tea on the Wednesday 15th for all patients, including those on modified diets who will be having custard and jam.

Contact for Newsletter items, photos, plans, ideas, any comments send them to one of us

info@nutritionandhydrationweek.co.uk;

