

Nutrition and Hydration Week

“Making a difference every day”

Newsletter Series 6 Issue 2. May 2018



Mealtimes Matter July

As a result of the comments and reaction during the week in March, we will be running a series of daily Mealtimes Matter tips during July. The tips will be shared daily on our Facebook and Twitter platforms.

They will be in a format where they can be shared or downloaded to be used locally as reminders or you could even print them out to form an information folder for new starters to understand the principles of protected mealtimes and why mealtimes matter. They will also provide guidance as to how to implement protected mealtimes.

Your Vote Counted

The result of the vote on how to invest our sponsorship money has been concluded. The choices were -

To hold a one day seminar style of event, or

Provide more merchandise to support you with your NH Week events.

There was a 60% -40 % in the vote in favour of providing more merchandise to support you.

We will look into the options after the summer, but if you have any ideas on what you would like please drop us a line at info@nutritionandhydrationweek.co.uk.

Don't forget - Thirsty Thursday 14th June

Thank you to our sponsors for their support of the week



Website

You can find a myriad of information on the website at

www.nutritionandhydrationweek.co.uk

Social Media

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration Week Supporter

Looking for Inspiration & Ideas ?

Check out some of the 2018 activities here

This is what the Nutrition Link Group from the Northern Devon Healthcare NHS Trust supported and delivered during the week. Thanks to Sarah Winfield-Davies Safeguarding Nurse/Team Lead from the Care Homes Team for sharing this great work with us.

As a Team they offer free education and training to independent care providers within North Devon, facilitated their quarterly Nutrition Link Group and offered fruit kebabs to those who attended. Emily Crwuyz the Specialist Dietitian helps run the link groups which are open to independent care providers within North Devon. Cathy Stibbs, Community Speech and Language Therapist delivered a presentation on Dysphagia.



A practical activity, above, shows Cathy supporting Emily to eat, from that presentation and which emphasised the importance of good posture, the speed in which people are fed and regarding treating people being fed with dignity and respect.

Those who attended the group shared their activities for the week which included:

Focus Days to further build awareness

Thirsty Thursday

14th June

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

Fruity Friday

21st September

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

Tasty Suppers

27th November

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

Big Breakfast

21st January 2018

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

Newsletter Circulation

Email - 2 252

Twitter - 3 841

Facebook - 933

LinkedIn - 155

Countries reached regularly at least 40

- Hatchmoor Nursing Home in Torrington who have put together the attached a programme and created an awareness board for residents, families and staff to read.
- Harriet Nanscawen Nursing Home in Braunton have been sampling different types of fruit with residents at the 11am tea round, including raspberries, kiwi and pineapple. Staff Nurse Amanda Hill informed the group 'It has been fun watching the reactions of our residents to the new textures and tastes, we have also implemented regular smoothie rounds during the week and will continue to do so'.
- Deer Park Nursing Home in Holsworthyheld a Nutrition and Hydration quiz with their residents.
- Herons Lea Residential Home in Westward Ho! Offer a regular afternoon 'trolley dolly' round. Manager Linda Fletcher said - 'We started this initiative last

year during Nutrition and Hydration week. It proved so popular that we have continued with it since then. In the past we have found that it was really difficult to tempt people to eat fresh fruit daily. We tried putting out fruit bowls but only a few people would take fruit. Others with Dementia would take fruit and then hoard it and forget about and we would find mouldy fruit hidden around the building. The afternoon trolley has proved a hit. Fruit is prepared and people can choose what they would like. We hand it to them on a napkin and they eat it readily. Cold drinks are also given out at the same time. Thanks to the Nutrition and Hydration week last year all of our residents now eat fresh fruit daily and drink more water and cold drinks'.

In addition, The Care Homes Team focused their education delivered in care homes this week around Nutrition and Hydration and offered all staff attending their sessions bottled water, attached are staff from Lakenham Residential Home in Northam who drank water whilst learning about constipation.



Nutrition and Hydration Week was celebrated at the Fourseasons Woodview and Greenwood Court care homes in Branston, Lincolnshire, with a whole week of activities. Danya, the Nutrition Ambassador, aimed to involve staff and residents in raising awareness about the importance of nutrition and hydration.



The week started with a fruit tasting where residents were offered the chance to sample some of their favourite fruits and to try some exotic new fruits including passionfruit, kiwi and sharonfruit.

Swallowing Awareness Day was embraced by staff and residents alike where we switched roles and allowed residents to 'assist the assister'. This prompted a lot of interesting discussions among staff and residents about how it feels to be assisted with your meals.

Managers, carers, domestic staff and more all sampled textured desserts and meals, as well as thickened drinks, and discussed how we could make a better dining experience for our residents.



The week finished off with a morning cream tea which residents thoroughly enjoyed. We enjoyed singing along to residents favourite songs as they tried new flavoured drinks, milkshakes and smoothies from the hydration station.

Activities Co-ordinator Elliot held a quiz between the songs that focused on people learning new things about nutrition and hydration.

“All in all the week was a great success with everybody getting involved and the goal of raising awareness while having fun was certainly achieved!”

The Fourth World Tea Party hosted by the Hungarian Dietetic Association - MDOSZ was held at Zirzen Janka Children's Home on 13th March. Jolán Kubányi, the MDOSZ President, told us this year their Tea Party for 34 children and the five of the staff at the home commenced with her warm welcome speech on a cold day. This was followed by an Interactive presentation about the "Hungarian Smart Plate", called OKOSTÁNYÉR[®], for 6-17 year-olds – presented by Kinga Shenker-Horváth, dietitian and swimmer.

The "Hungarian Smart Plate", called OKOSTÁNYÉR[®], for 6-17 year-olds made by the Hungarian Dietetic Association with the recommendation of the Food Science Scientific Committee of the Hungarian Academy of Sciences and the National Institute of Pharmacy and Nutrition.



A blind food tasting was held and was great fun! The children tried pomelo, salad mix, mozzarella, buckwheat puffs and turkey ham.

After the presentation we provided fruit tea by the courtesy of Unilever Food Solutions and tea biscuits. 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 three students volunteered at our event.



Everybody loved this iced chocolate cake with an edible creation of our “Hungarian Smart Plate”, called OKOSTÁNYÉR ®, for 6-17 year-olds on the top.

At the end of the event we provided a named Certificate of Attendance for all the children.

“We are really proud to have taken part of Nutrition and Hydration Week in 2018. We are determined to carry on our progress in the future years. Thank you for all your support!” Jolan.

Don't Forget

Thirsty Thursday 14th June!