

NUTRITION AND HYDRATION WEEK

12TH - 18TH MARCH 2018

"Making a difference every day"

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

New Strap line for the Week

We have introduced a new strap line to reflect the work the week promotes -

"Making a difference every day"

We feel this is a reflection of the work you, our supporters, deliver and through your utilisation of the week demonstrate and promote your good practices in nutrition and hydration, which you deliver every day of the year. We hope you like the new strapline as it is a reflection of your passion, innovation and drive to enhance the well being of those you care for.

The Week's Sponsors



Focus Days aim to build awareness

Big Breakfast

22nd January 2018

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

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

Newsletter Circulation

Email - 2 224

Twitter - 3 091

Facebook - 811

LinkedIn - 151

Countries reached regularly at least 40.

News Bytes

All Aboard - Merseyrail are utilising the week to get key messages to their staff all 1160 of them on good hydration.

Marriott Hotel and Country Clubs are using the week to enhance the well-being of their employees too.

Global Aerospace in London have already used Nutrition and Hydration Week information during their Well Being Day on February 1st. They also gave all of their employees a refillable water bottle.

St Andrew`s Healthcare – Nutrition and Dietetics Department. As with previous years they are promoting the Nutrition and Hydration week across their 4 sites (Northampton, Birmingham, Essex and Nottingham).

The Orders of St John Care Trust's Brookside home in Melksham, Wilshire is running a Healthily Living campaign in March to tie in with Nutrition and Hydration Week.

They are hoping Slimming World would like to run an over 60's club at the home for residents and the local community. In addition they are inviting a dietitian to deliver a presentation to residents, residents families and the local

community. Throughout the month they will be promoting healthy eating, with snack and hydration stations placed around the home.

Thank You to

Thank you to the following establishments and organisations for supporting the week and delivering activities to showcase, highlight, raise awareness of your work in nutrition and hydration.

Great Ormond Street **Hospital for Children** NHS Foundation Trust, London
Montgomery County **Infirmiry**, Llanfair Road, Newtown, **Wales**
Ystradgynlais **Community Hospital**, Ystradgynlais, Swansea, Wales
Cambridge House **Grammar School**, Ballymena, **Northern Ireland**
Dorset County Hospital, Dorchester, Dorset, **England**
Bedford Hospital NHS Trust, Bedford, England
NHS Lothian, **Scotland**
Village Green **Long Term Care Home**, Selby, Ontario, **Canada**
Rochdale Infirmiry, The Pennine Acute Hospitals NHS Trust, England
2gether NHS Foundation Trust, Gloucestershire & Herefordshire, England
Her Majesty **Prison & Probation Service** (HMPPS), England
Norfolk and Norwich University Hospital, Norwich, England
North West Boroughs Healthcare NHS Foundation Trust, North West England
Careport **Advisory Services**, Matlock, Derbyshire, England
Calderdale Royal Hospital, Halifax, England
Ormskirk & District General Hospital, Ormskirk, England
Clacton **Leisure Centre**, Essex, England
Danone Early Life Nutrition UK
Bentley House **Care Home**, Hertford, England
Unilever Ireland, Republic of Ireland
St Pancreas Hospital, London England
Woking & Sam Beare **Hospices**, Woking, Surrey, England
All Aspects Care, Daventry, England
Nottingham University Hospital Trust, Nottingham, England
St Andrews Healthcare, Essex, England
Nottinghamshire Healthcare NHS F Trust, Mansfield, England

Northgate Hospital, Morpeth, England
Tayside **Public Health** Shops, Dundee, Scotland
Southampton General Hospital, Hampshire, England
Royal Glamorgan Hospital, Llantrisant, Wales
Association of UK Dieticians BDA, UK
Evington Centre, Leicester, England
St Andrews Healthcare, Nottingham, England
Bow Valley **College**, Calgary, Alberta, **Canada**
Queens Medical Centre, Nottingham, England
St Andrews Healthcare, Birmingham, England
Wrexham Maelor Hospital Wrexham, Wales
Bon Accord Care, Aberdeen, Scotland
North Somerset Hospital, Clevedon, England
Nevill Hall Hospital, Abergavenny, Wales
HC3S Catering **School Meals** Caterer Hampshire, England
Tickhill Road Hospital, Doncaster, England
Bassettlaw Hospital, Worksop, England
Adult Care, Derbyshire County Council, England
Goodinge Health Centre, Islington England
LHI Retirement Services, Hope Valley, South Australia, **Australia**
Wordsworth House Care Home, Swanage, England
Royal Edinburgh Hospital, Edinburgh, Scotland
24/7 **Community Cafe**, Hanley, England
Dorset County Hospital, Dorchester, England
Heartlands Hospital, Birmingham, England
St Andrews Healthcare, Northampton, England
Kings Mill Hospital, Sutton-in-Ashfield, England
Queen Elizabeth Hospital, Birmingham, England
Community Nutrition Support, East Sussex Healthcare, Eastbourne,
England
Kingsway Hospital, Derby, England
Solihull Community Support Service, Solihull, England
Freeman Hospital, Newcastle upon Tyne, England
Royal Surrey County Hospital, Guildford, England

East Lancashire **CCG**, Nelson, England
St Johns Therapy Centre, Battersea, London
Oakhaven Residential Care Home, Leeds, England
St Lukes Treatment Centre, Market Harborough, England,
Village on the Isle, Venice, Florida, **USA**
ARAG plc Clifton, Bristol, England
Amey Walsall Highways Depot (**Workplace Wellbeing**), England
Royal Bournemouth & Christchurch NHS Trust, England
Shelton Primary Care Centre (**School Nurses**) Stoke, England
Liskeard Community Hospital, Cornwall, England
Walton Hospital, Chesterfield, England
Warwick Hospital, Warwick, England
St Mary's Hospital, Dublin, **Republic of Ireland**
Ripley Hospital, Ripley, England

If you are taking part in the week then drop us a line and we can add you to our Roll of Honour.

Promotional Graphics

These are free to access, from the website and our social media feeds!

If you have any ideas of what you would like to see produced please drop us an email and we'll see what we can do.

Big Breakfast Focus Day

This is how Scotter Ward from Lincolnshire Community Health Services utilised the day.

The patients were all given extra choices for breakfast on the day. This was planned with the kitchen NHS Property Services and ordered the previous week.

In addition to the huge array of cereals, porridge and toast they usually offer the patients had croissants, chocolate pastries, poached eggs, scrambled eggs, and fresh berries and fruit. The response was they loved the change and variety.



A special thanks to Mel their food champion for arranging, Marlene their housekeeper and Dereck their volunteer for serving it all up. This also demonstrates team work all round benefits of the patients

Webinars a query

We were asked why we shared the Radical Tool for Conflict Resolution Webinar.



We are pleased the CSNM have shared their full programme of webinars with us. Their webinar programme is designed for their Nutrition Managers (Catering Managers) to have a broad range of information for general catering management. Unlike other professions in the health service and care sector where there are requirements for CPD, the UK does not have a similar scheme through

either of the professional associations for care or hospital caterers and one of our aims is Continued Professional Development, we thought we'd share the full webinar programme with everyone rather than just cherry pick selected sessions.

We are but three people

Its that time of years again, when people ask to speak to our Marketing Department, the Media Team, or just Admin!

There are only three of us Caroline, Andy and Derek, we do our best to keep up with your enquiries but we do have our day jobs to attend too! Plus there has been the small matter of packing and posting the resources that have been requested. These will be with you in February, please bear with us.

Check out this plan

Jenni Collins the restaurant Manager from Bentley House in Hertford has shared her 2018 plan with us for the week. (Editors Note: Not sure I'm up for jellied eels but I'd love the Wednesday meal coming from Lancashire.)

MONDAY 12 TH	TUESDAY 13 TH	WEDNESDAY 14 TH	THURSDAY 15 TH
KICK OFF TO NUTRITION & HYDRATION WEEK. COCKNEY QUIZ RHYMING SLANG COCKNEY MEAL PIE & MASH? JELLIED EELS	FRUIT TASTING... COME ALONG AND HAVE SOME FRUIT, THERE MAY BE SOME YOU HAVE NEVER TRIED! TEA TASTING CREAM TEA DEVON MEAL WHITE PUDDING	BAKERY DAY... NUTRIOUS CAKES TO ENJOY WITH A NICE CUP OF TEA. BARM CAKE/COB BREAD ROLL MAKING LANCASHIRE MEAL PEA & HAM SOUP LANCASHIRE HOTPOT CHORLEY CAKES	THIRSTY THURSDAY... COME AND TRY SOME JUICES OR A NICE MOCKTAIL MADE WITH FRESH FRUIT. DIETITION TALK
FRIDAY 16 TH	SATURDAY 17 TH	SUNDAY 18 TH	

<p>FISHY FRIDAY... ENJOY SOME TASTY FISH FULL OF PROTEIN. GREAT BRITISH TEA PARTY CAKES AND TEAS FROM UK REGIONS</p>	<p>SMOOTHY SATURDAY... TRY A SMOOTHIE THEY ARE FULL OF VITAMINS & MINERALS! ST PATRICKS DAY</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 DOCTOR AWAY!!</p>
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Plus they are sharing treats at Pegs Cafe and providing cartons of juice for residents to takeaway.

Please remember to share your events, good practices with us via email on info@nutritionandhydrationweek.co.uk or via our social media platforms

Together we can all make a difference!

“Making a difference everyday”