

# NUTRITION AND HYDRATION WEEK

12TH - 18TH MARCH 2018

“Making a difference

## Website

You can find a myriad of information on the website at

[www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk)

## Social Media

Information - just a tap away

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration Week Supporter

## Two new sponsors sign up to support the week



We are pleased to announce the Ocean Spray and Bel’s Laughing Cow brand have signed up to sponsor the week during the 2018 - 19 cycle. More about our new sponsors.

Ocean Spray is a vibrant agricultural cooperative owned by more than 700 cranberry and grapefruit growers in the United States, Canada and Chile who have helped preserve the family farming way of life for generations. Formed in 1930, Ocean Spray is now the world’s leading producer of cranberry juices, juice drinks and dried cranberries. The cooperative’s cranberries are currently featured in more than a thousand

## The Week’s Sponsors



## Focus Days aim to 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 2019

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

## Newsletter Circulation

Email - 2 238

Twitter - 3 218

Facebook - 850

LinkedIn - 152

Countries reached regularly at least 40.



great-tasting, good-for-you products in over 100 countries worldwide. With more than 2,000 employees and nearly 20 cranberry receiving and processing facilities, Ocean Spray is committed to managing our business in a way that respects our communities, employees and the environment.

At Bel we are passionate about contributing to consumers' specific nutritional requirements through great tasting cheese ranges.

Specially developed for the Care sector, The Laughing Cow® Nutrient Fortified makes fortifying through real & nutritious food that bit easier.

Per 100g, The Laughing Cow® Nutrient Fortified contributes a significant 12g of protein, 250% of the standard Reference Intake of Vitamin D, and 150% that of Calcium – giving a great boost in vital nutrients to support good health in the elderly.

As well as a great cheese spread for sandwiches, its mild flavour makes it a highly versatile ingredient across your menu plan - perfect for fortifying Soups, Sauces, Mashed Potato, Omelettes, Quiche... even sweet recipes such as Scones and Smoothies.

It is also suitable for texture modified meals. For more information, recipe ideas and usage video, go to: [www.bel-uk.co.uk/caresector](http://www.bel-uk.co.uk/caresector)



## News Bytes

We had this update from Frank Banda in the Neno District of Malawi, on Facebook, who will be utilising the week to raise awareness in the three villages in the area their organisation covers. More information can be found in his blogs at - [www.smilemumsfoundation.wordpress.com](http://www.smilemumsfoundation.wordpress.com)

Three members of the home enteral feeding team at Sheffield Teaching Hospitals will be taking part in a sponsored week living off of ONS for the charity PINNT. This is their sponsorship page <https://uk.virginmoneygiving.com/7DAYSOFOONS>

The Royal Bournemouth and Christchurch Hospital Nutrition and Dietetics Department have teamed up with Speech and Language Therapists to promote a week's special on tackling nutrition and hydration in Dysphasia/Swallowing difficulties. Additionally, on Swallowing Awareness Day 14th of March they will be hosting a special luncheon event, where staff members will be invited to taste a range of textured modified meals, drinks and supplements, with the aim of highlighting the challenges this patient group face.

The MDOSZ, Hungarian Dietetic Association, World Tea Party in 2018 will be at Zirzen Janka Children's Home (Address: 2 Heinrich István street, Budapest, 1021 Hungary) on 13rd March between 17:00 and 18:00. This Tea Party will be open for 34 children (four of them are under 6 years old) and the five of the staff. Details:

- Interactive presentation about the child edition of the "Smart Plate", called OKOSTÁNYÉR<sup>®</sup>, 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 – presented by Ms Kinga Shenker-Horváth, dietitian, swimmer.

- After the presentation they will provide fruit tea with a very special personalised photo cake (on the top of the cake there will be an edible photo of our "Smart Plate", called OKOSTÁNYÉR<sup>®</sup>, for 6-17 year-olds) for the children and the staff.
- At the end of the event they will provide a Certificate of Attendance for the children.
- Photographs of the event will be taken.

Bow Valley College from Calgary, Alberta in collaboration with Sodexo, their food service provider, will be actively participating in Nutrition and Hydration Week. From Monday to Friday, we will have a table set up outside of The Market cafeteria. They will be promoting their Nutrition Manager Certificate program, they will have educational resources on nutrition and hydration and learners can enter a draw for a fruit basket.

Special events are planned each day:

Monday – Big Breakfast with a breakfast special in The Market

Tuesday – Tea Party with 2 for 1 tea in The Market

Wednesday – Water Wednesday with a water special in The Market

Thursday – Thirsty Thursday with a lemonade stand. Lemonade will be served by the children from the YWCA day care.

Friday – Fruity Friday with fruit specials in The Market and the draw for a fruit basket donated by the Student Association.

St Mary’s Hospital in Dublin have shared their plans too, and here is their table of events.

DAY	EVENT
<b>Monday 12<sup>th</sup> - Sunday 18<sup>th</sup></b>	<p><b><u>“Information Stands”</u></b>                      Drop by one of our Information stands in Teach Iosa or St. Mary’s Restaurant to pick up some information on Nutrition &amp; Hydration</p>
<b>Monday 12<sup>th</sup></b>	<p><b><u>“Mocktail Hour”</u></b>                      Channel your inner Tom Cruise and join Siobhan for Mocktail Hour</p>
<b>Tuesday 13<sup>th</sup></b>	<p><b><u>“Couples Lunch”</u></b>                      Our Activities Department will host a couples lunch where spouses of our residents will be invited in to join their loved ones for lunch</p>
<b>Thursday 15<sup>th</sup></b>	<p><b><u>“Traditional Irish Fare”</u></b>                      St. Mary’s Restaurant will be serving a Traditional Irish Menu for staff.                      Enter the raffle to win Spot Prizes</p> <p><b><u>“Worldwide Afternoon Tea”</u></b>                      Traditional afternoon tea, will be served. We will host our Nutrition &amp; Dysphagia Quiz with Spot Prizes</p>
<b>Friday 16<sup>th</sup></b>	<p><b><u>“Dementia Coffee Morning”</u></b>                      An open invitationn to all staff, families, visitors and residents to participate in sharing experiences of living with or caring for someone with Dementia</p>
<b>Saturday 17<sup>th</sup></b>	<p> <b><u>St. Patrick’s Day</u></b>                       Sit, back, relax and enjoy the parade. We will be serving Traditional Irish Food at mealtimes</p>

## 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. (In addition to all of you listed in the previous edition!)

Waitemata **District Health Board**, **New Zealand**  
Bristol Community Health **CIC**, Bristol, **England**  
Holly Bank **Trust**, Mirfield, England  
Ripley **Hospital**, Ripley, England  
Calderdale Royal Hospital, Halifax, England  
Caterplus, (**Education, Care & B & I Caterer**) Macclesfield, England  
St Helier & Epsom Hospitals, Surrey, England  
Aberdeen Royal Infirmary, Aberdeen, **Scotland**  
Somerset Partnership NHS Foundation Trust ( across 13 sites), England  
Smile Mums Foundation, Neno District, **Malawi**  
Royal Hallamshire Hospital Sheffield, England  
Royal Alfred **Seafarers Society** Belvedere House, Banstead England  
Global Aerospace, (**workplace well-being**) London , England  
Culliford House **Residential Home**, Dorchester, England  
Alice Grange **Care Home**, Ipswich, England  
St James University Hospital, Leeds, England  
Royal Bolton Hospital, Bolton, England  
Fairhavens **Hospice**, Southend, England  
Yeovil District Hospital, Yeovil, England  
Pinderfields Hospital, Wakefield, England  
Barnados **Family Centre**, Ryde, Isle of Wight, England  
Stapleford **Care Centre**, Stapleford, England  
Monklands Hospital, Airdrie, Scotland  
Scotter Ward, Lincolnshire Community Health Services, England  
Hertfordshire Independent Living Service, Letchworth, England  
Grayson **Contract Catering**, England  
Thurrock Community Hospital, Grays, England  
William Farr House, Shrewsbury, England

Basildon University Hospital, Basildon, England  
Nightingale Hammerson **Nursing Home**, London, England  
Hexham General Hospital, Hexham, England  
Cavendish Hospital, Buxton, England  
George Eliot Hospital, Nuneaton, England  
The Christie NHS Foundation, Manchester, England  
Gates Hydraulics, Eaton Socon, Cambridgeshire England  
My Purchasing Partner, ( **Procurement Group**) Lytham. Lancashire  
Queen Alexandra Hospital, Portsmouth, England  
Country Court Care, Highbridge, England  
Whiston Hospital, Prescot, England  
Pen Y Bryn, Wrexham, **Wales**  
Aldergrove Manor Care Home, Wolverhampton, England  
Health & **Housing**, East Herts Council, Hertford, England  
Community **Learning Disabilities Service**, St Mary's Hospital, Leeds  
England  
Derriford Hospital, Plymouth, England  
Ashbourne Centre, Kingsway Hospital, Derby, England  
Central Manchester Healthcare Trust, Manchester, England  
**Healthy Living Service**, Becklin Centre, Leeds  
Liverpool Heart & Chest, Liverpool, England  
Speech and Language Therapy, Sheffield, England  
James Brindley **School**, Birmingham, England  
Liverpool Womens Hospital, Liverpool, England  
Zest for Life ( **charity**) Leeds, England  
Chase House, Arlesey, England  
St Austell Community Hospital, St Austell, England  
Sheffield Childrens Hospital, Sheffield, England  
Farnworth **District Nurses**, Bolton, England  
Clatterbridge **Cancer Centre**, Bebington, England  
Aramark Ireland, Dublin, **Republic of Ireland**  
Turriff Community Hospital, Turriff, Scotland  
Chartwell Care Services. Leicester, England  
St Michaels Hospital, Warwick, England  
New Century Care, **Care Group**, UK  
St Georges NHS Trust, England

Albany House, Bognor Regis, England  
Fanshawe **College**, London, Ontario, **Canada**  
Musgrave Park Hospital, Belfast, **Northern Ireland**  
Linx Printing Technologies, (workplace well-being) St. Ives, Cambridgeshire, England  
Woodlands Lodge Care Home, Barnsley, England  
Donaldson Filter Components, (workplace well-being) Hull, England  
St George's University Hospitals NHS Foundation Trust and our partners  
MITIE and Sodexo, England  
Rochdale Infirmary, Rochdale, England  
Forest Care Village, Borehamwood, England  
Babington Hospital, Belper, England  
Rotherham, Doncaster and South Humber NHS trust, England  
Royal United Hospital, Bath, England  
Summer Fields EMI care Home, Birkenhead, England  
Leeds Cookery School (**SME**), Leeds England  
Herefordshire CCG, Hereford, England  
NHS East Lancashire Medicine Management Board, England  
Greggs, (workplace well being) UK  
Customer Services, Cambridgeshire County Council, England  
Inkersall **Pharmacy**, Chesterfield England  
Chilterns Court Care Centre, Oxfordshire, England  
Glangwilli Hospital, Carmarthen, Wales  
Musgrove Park Hospital, Taunton, England  
Gosforth Park Bakery, (work place well-being) Newcastle upon Tyne  
England  
DXC Technology, (work place well-being) Newcastle upon Tyne, England  
The Hillings Care Home, St . Neots, England  
Allerton Grange School, Leeds, England  
Parseons Brinkerhoff ( workplace well being) Doha, **Qatar**  
Cheltenham Hospital, Gloucestershire, England  
Tameside Hospital, Ashton-under-Lyne, England  
Gibraltar Health Authority, **Gibraltar**



## Thanks to the following organisations and initiatives for actively supporting Nutrition and Hydration Week

Institute for Hospitality in Healthcare (IHC) Australia  
Canadian Society of Nutrition Management (CSNM) Canada  
British Dietetic Association  
BAPEN UK  
National Activity Providers Association UK  
Public Health England  
Complete Nutrition Magazine  
Stir it Up Magazine  
Dental Nursing Magazine  
Mouthcare Matters  
Malnutrition Task Force UK

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

## Hydration and Oral Health

Michael Wheeler HEE Mouth Care Matters Training Team has shared this very useful information with us ahead of the week, and it is a very useful reminder piece of learning for us all.

Hydration and good oral health is key to every one's wellbeing.

Maintaining oral health brings benefits in terms of self-esteem, dignity, social integration and nutrition. Poor oral health can lead to pain and tooth loss and can negatively affect self-esteem and the ability to eat, laugh and smile.

Alzheimer's Society 2015

Imagine what you would feel like, if you could not brush your teeth for over 24 hours.

Dry mouth or xerostomia to give it correct name is salivary gland misfunction generally caused by:

- Environmental heat – think how hot a hospital ward of care how room is

- Medication - many chronic conditions require long term medication, especially those for heart, respiratory, and long-term pain conditions. A well-defined contra indication of most medications linked to the above conditions is dry mouth.
- Stress
- Head and neck cancer
- Simple mouth breathing

Saliva keeps the mouth moist, if salivary flow is reduced it leads to the rapid growth of dental bacterial plaque on the tooth surface or any dentures in the mouth. This leads to poor gum health, causing bleeding gums especially on brushing, and when linked with sugar leads to dental decay.

Top tips to help keep the mouth hydrated

- Ensure the mouth is brushed twice a day with a non-foaming fluoride toothpaste
- If patients have dentures make sure they are rinsed after every meal; brushed twice a day and kept out at night in a denture pot
- Encourage the patient to drink lots during the day, keep fruit juices to meal times, avoid fizzy and high sugar content drinks, however if they are given make sure they are packed with ice.
- Avoid giving patients over spiced food, and excessive use of salt.
- Remind patients and yourself about a healthy life style, no smoking, avoid alcohol and eat lots of vegetables, fruit and omega 3.

Check out <http://www.mouthcarematters.hee.nhs.uk/> as they have some great resources.

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

Together we can all make a difference!

**“Making a difference everyday”**