

Nutrition and Hydration Week

“Making a difference every day”



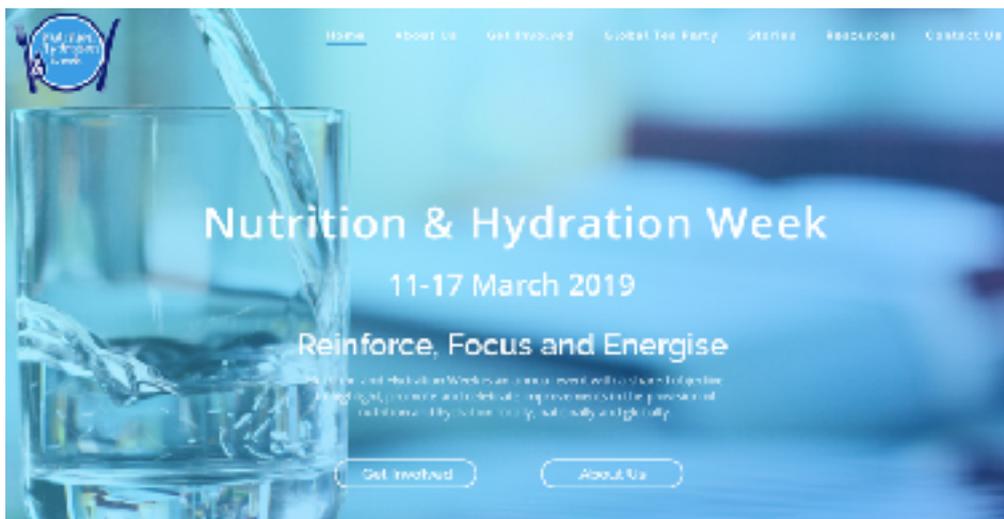
Newsletter Series 6 Issue 3. June 2018

Thirsty Thursday

Our first focus day in the series we hold throughout the year, appears to have engaged people in to thinking more about their hydration status and those they care for.

Due to the editorial deadlines and pressures, or as we sometimes call them annual leave!, there will be a full report of the day in our next edition.

New Look Website



Have you checked out our website recently? www.nutritionandhydrationweek.co.uk We have updated and freshened the web pages. There are still some pages under development and if there are any items or features you'd like to see included please share your ideas with us.

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

Mealtimes Matter - July

Throughout July we are running a series of daily tips on Twitter and Facebook to support you in maximising the impact of mealtimes. Some of you may have seen a sneak preview of one of the tips at the end of May on Twitter. Judging by the reaction it is something that will be helpful. The tips will be published every day(UK time) between 7 -8 am and 4-5 pm on Twitter and 11.30 -11.55 am and 8.00 -8.30 pm on Facebook.

The tips are in a format to print out and use as reminders or even create a folder for all staff and new starters to refer too.

As a taster this is the format

Making Mealtimes Matter

Tip No. 30

After Mealtimes ASK them did they enjoy the meal - use positive and not negative words, and do they want anything else to eat or drink.



"Making a difference every day"

Focus Days to further build awareness

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.

Thirsty Thursday

13th June 2019

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

Newsletter Circulation

Email - 2 235

Twitter - 3 864

Facebook - 931

LinkedIn - 155

Events and Activities

Here are some more reports and features of your inspiring activities during the week in March. Thank you for sharing them with us.

South Petherton Community Hospital in Somerset celebrated the week with a display stand in the main reception and another promoting hydration at ward level.

The week got off to a good start with the patients having a full English breakfast which was very well received, they joined in with the Global Tea Party mid-week with support for their volunteers, they promoted hydration, ate fresh fruit and rounded the week off with an ice cream sundae.



Also in the Somerset Partnership, at the Williton Hospital in Taunton the whole Hospital (staff and patients) were treated to a full English cooked breakfast or bacon baps and all got together for the Big Breakfast! On Tuesday different fruit smoothies were made for patients to try. On Thursday patients had the chance to try all the different drinks we have on offer - even fortisip and thickened fluids! On Friday had a lovely mixed fresh fruit salad which patients really enjoyed!



They told us the highlight of the week was Wednesday's Mad Hatters Tea party! They decorated their conservatory with bunting and flowers and the catering staff laid out a lovely high tea spread, including scones with cream and jam, and assorted cakes and sandwiches. Several of the staff including Sister Sharon Sweeney, HSM Liz Childs, Porters Mark Risdon and Mike Mahoney and Staff Nurse Pamela Rennie went above and beyond their job description and dressed up for the occasion!



“We all had a great week highlighting the importance of nutrition and hydration, and showing the ways Sompar (Somerset Partnership) ensure patients are catered for to meet these needs.”

St Austell Community Hospital had a stand in the entrance of our hospital where Denise Walters, Dietetic/Adult Speech & Language Therapy Assistant the chatted to Visitors, patients and staff.



Everyone loved the free snacks given away along with the great promotional goodies. We also had a quiz about Nutrition/Hydration and a guess the weight of the fruit and veg competition.

Dense added “already planning bigger and ‘better’ next year with people asking how they can get involved.”

Once again Bow Valley College, Calgary Alberta Canada, participated in Nutrition and Hydration Week. A display table was set up outside the main cafeteria and it was laden with nutrition information from Health Canada. Copies of the Canada Food Guide in many different languages were available and their multicultural student body cleared off the table daily. The SABVC donated a fruit basket for a draw.



A highlight of this year's event was a Lemonade Stand sponsored by Sodexo with volunteers from the YWCA Daycare. The children, dressed up as lemons, did a great job (with the assistance of the daycare workers) with this fundraising event.

Just a reminder please share your photos and features with us. Sharing of ideas helps others and you too may learn from someone else's good practices and ideas.

STOP PRESS STOP PRESS STOP PRESS

EMAIL ISSUES

We've had a technical issue with our info@nutritionandhydrationweek.co.uk inbox. If you have sent us something since 14 May please can you re send to nhweek@yahoo.com, whilst we rectify the problem