

Nutrition and Hydration Week

“Making a difference every day”



Newsletter Series 6 Issue 4. July 2018

Thirsty Thursday

Thank you to everyone who took part in the focus day and for sharing your great work with us.



Queens Medical Centre Neurosciences, Nottingham

Thank you to our sponsors for their support of the week



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 - 2 250

Twitter - 3 914

Facebook - 960

LinkedIn - 156

Countries reached regularly at least 40

IDDSI Webinar - Food & Fluid Testing

With the IDDSI implementation from April 2019 and the concerns that people may have, the Canadian Society for Nutrition Management (CSNM) have starting thinking of ways of how we can educate ourselves and help each other with the implementation of this initiative.

The main concern is on the area of testing the food/fluids for IDDSI compliance, and many still have questions on where which foods/fluids fall into which category and then how to create and maintain standardise recipes. This is a big implementation and it needs to be done properly and we certainly want to offer help to our supporters who share the same concerns.

The CSNM are in the early stages of setting up a Live one and a half to two hour IDDSI webinar/workshop on IDDSI testing with Peter Lam and Julie Chicero.

This plan will include mailing out an IDDSI package prior to the webinar/workshop, to all those who would be interested in attending the session - including pamphlets, charts, information and two syringes to follow along with the webinar.

The plan is to hold this workshop/webinar in October/November, but to enable the logistics to ensure people are prepared for the session, invitations will be sent at the end of August. Materials from IDDSI and suppliers will be sent to everyone for early October.

If this is something that would interest you, please let us know via email so we can get an indication of packs required for UK shipping. Thank you.

Building a Legacy

The week continues to build a legacy of nutrition and hydration across health and social care, and to this end it is always fantastic to hear about your great initiatives year round. “Making a difference every day”

This is the latest one we received from Doncaster and Bassetlaw Teaching Hospitals Foundation Trust have been building their legacy by holding regular themed Afternoon Tea. Here are two of their themes Royal Ascot & Chelsea Flower Show.



A great example of how to make the most of a drink and food opportunity, thank you for sharing this wonderful initiative with us.