

Nutrition and Hydration Week

“Making a difference every day”

Newsletter Series 6 Issue 7. October 2018



Suppertime Tuesday

Next month sees the third in our series of Focus Days - Suppertime Tuesday, as the name suggests the focus is on the final food and drink offering of the day. This is your opportunity to showcase any innovations and ideas you have introduced to ensure the people you care for go to bed fed and watered.

We look forward to seeing your Tweets and Facebook activity so we can share your good practices with others.



Merchandise - What would you like?

In the September newsletter we asked you for ideas of what items would help YOU promote good nutrition and hydration during the main week in March. We have had a range of responses, but before we make our final decision you still have time to let us know your suggestions. We need these before November 15th please.

So, what would you like to see us provide, if we can, funds allowing?

Last year we provided, pens, badges, note pads and balloons. Previously we have also been able to provide sashes and lanyards. These are still available options but let us know via nhweek@yahoo.co.uk what you think would help you.



The Week Continues to Grow

Thank you to all your support the week continues to grow with our Twitter following over 4,000 and Facebook is approaching the 1,000 mark.

IDDSI Webinar

If you haven't already booked here are the links and information for this FREE webinar. A reminder if you have booked and require a kit see the details below to obtain one.

A workshop-webinar - this is a one-and-a-half-hour session on IDDSI, with the last half hour of the session devoted to questions on IDDSI. Carol Donovan will be providing the webinar, and then Peter Lam and Dr. Julie Cichero, from IDDSI will join Carol for the half hour question period.

The webinar will be live for three different time slots –

Monday November 5 at 9 PM UK Time (4PM Eastern Canada Time)

Register via this link -

<https://register.gotowebinar.com/register/213244076681445379>

Monday November 19 at 6 PM UK Time (1PM Eastern Canada Time)

Register via this link -

<https://register.gotowebinar.com/register/3552391621005576449>

Thursday November 29 at 2 PM UK Time (9am Eastern Canada Time)

Register via this link -

<https://register.gotowebinar.com/register/4402845173392654849>

To access the webinar, you need to register via the link for the date you require.

If you require an IDDSI kit, please see below.

IDDSI Kits

We will be receiving a limited number of IDDSI kits here in the UK for distribution prior to the Webinars. After you have registered for the Webinar using the link above please send us an email to

nhweek@yahoo.co.uk with your address so we can send out the following kit to you. We have limited number of these and they will be distributed on a first come first served basis.

The kit will include:

- IDDSI flow card
- 2 syringes for liquid testing
- IDDSI guide
- Invitation to webinar workshop session
- Bonus: a copy of the CSNM magazine

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

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 2019

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

Newsletter Circulation

Email - 2 250

Twitter - 4018

Facebook - 962

LinkedIn - 156

Thank you to our sponsors for their support of the week

