

## Nutrition and Hydration Week



**“Making a difference every day”**

**January 2019**

## Happy New Year

We wish all our supporters Happy New Year from the three of us, and wish you all a prosperous new year.

## IDDSI Webinars

Just a quick update. We still haven't received our IDDSI kits yet, they are still stuck in the Canada Post system following their strike. If you asked for one, we'll send it out to you when it arrives.

In case you couldn't join the very informative webinar, here is the link for the recorded IDDSI webinar

<https://attendee.gotowebinar.com/recording/6317353303956690955>

Later in the newsletter we have an information sheet covering IDDSI links etc.

## Big Breakfast Monday

January 21st is Big Breakfast Monday. For those of you who are new to the week and its activities, this is the last in the cycle of Focus Days which take place during the year to provide you with further opportunities to promote your key messages.

It will be good to see your Tweets and Facebook activity demonstrating your good practices that we can share with others.

## Nutrition and Hydration Week Merchandise

Thank you to all those of you who requested these. If you requested items, then look out in the mail as we will be dispatching the items later this month.

If you hadn't requested any, sorry we have allocated all we had for this year.

## IDDSI

We are pleased to be able to share the following information with you thanks to the IDDSI [www.iddsi.org](http://www.iddsi.org)

### Implementing IDDSI?

Here are some quick links for our most requested resources:

### Want to be keep updated with the latest IDDSI news?

Join our IDDSI e-bite mailing list: <https://iddsi.org/contact-us/>

### Just starting IDDSI?

Check out the Resources tab and all the subtabs that include:

PowerPoint presentations; posters; food and drink quick reference card templates; webinars and publications: <https://iddsi.org/resources/>

### Want to watch an instructional video:

The IDDSI Food Testing and Drink Testing videos can be found here:

Drink Testing: <https://iddsi.org/framework/drink-testing-methods/>

Food testing: <https://iddsi.org/framework/food-testing-methods/>

### Wish to view archived webinars?

Visit the resources tab and then click on the videos tab or webinar recordings tab – These open to the IDDSI YouTube Channel:

<https://iddsi.org/resources/>

### Have a question?

The answers to many questions can be found on our FAQ sheets – please see the link here: <https://iddsi.org/faq/>

### If you're still unable to find the answer

Please contact us at [communications@iddsi.org](mailto:communications@iddsi.org)

Please note, that we are not able to reply to all emails individually.

Some common queries will be answered via the e-bite.

### Want to visit the website?

[www.iddsi.org](http://www.iddsi.org)

**Why not download the FREE IDDSI app and have IDDSI on the go – available on:**

The app store:

<https://itunes.apple.com/us/app/iddsi/id1145593063?mt=8>

Google Play:

[https://play.google.com/store/apps/details?id=com.appdataroom.iddsi&hl=en\\_AU](https://play.google.com/store/apps/details?id=com.appdataroom.iddsi&hl=en_AU)

Once downloaded, the app has videos and information embedded so there is no further need for Wi-Fi or data to access information.

### **Other sources of Information**

Recording of the IDDSI Webinar - Taking the Fear out of IDDSI from Science to Practical Application – November 19th, 2018, hosted by CSNM

<https://attendee.gotowebinar.com/recording/6317353303956690955>

British Dietetic Association IDDSI webpage (Note – more UK specific)

[https://www.bda.uk.com/professional/practice/international\\_dysphagia\\_diet\\_standards\\_initiative\\_framework\\_iddsi](https://www.bda.uk.com/professional/practice/international_dysphagia_diet_standards_initiative_framework_iddsi)

## Swallowing Awareness Day



Once again, the Royal College of Speech & Language Therapists have arranged their Swallowing Awareness Day on the Wednesday during Nutrition and Hydration Week. Thanks to Josephine Olley, the PR Manager from the Royal College of Speech & Language Therapists from sharing the following with us.

**SAVE THE DATE – 13 MARCH – SWALLOWING AWARENESS DAY**

Are you interested in raising awareness of how eating, drinking and swallowing difficulties (dysphagia) can affect people's lives? Then, please join the [Royal College of Speech and Language Therapists \(RCSLT\)](#) on 13 March 2019 for its Swallowing Awareness Day campaign.

Eating, drinking and swallowing difficulties have potentially life-threatening consequences. They can result in choking, pneumonia, chest infections, dehydration and weight loss. They can also make taking medication more difficult and they can lead to a poorer quality of life for the individual and their family.

The 2018 campaign was a huge success and saw collaboration between multidisciplinary professionals and the public to create a wide-range of imaginative campaign activities.

The Twitter hashtag #swallowaware2018 trended in the UK and reached around 4.5 million people in more than 30 nations around the world, including Uganda, Australia, Canada and the US.

We want to make Swallowing Awareness Day bigger and better than ever in 2019, and we need your help to do it!

There are many ways for you to take part in Swallowing Awareness Day 2019, like working with your catering department to create a modified menu, running a workshop to get people to experience what it is like to be helped to eat and drink, or creating interview videos with service users and patients about their experiences with dysphagia. Spread the word about your event by inviting your local MP, press, colleagues and members of the public to join you. In fact, get everyone involved!

Make sure you share your campaign activity on Instagram and Twitter and show everyone how you are raising awareness about people's swallowing difficulties and how they are supported by multi-disciplinary professionals such as speech and language therapists.

Please use the hashtag #swallowaware2019 and tag @RCSLT and @GivingVoiceUK when posting your campaign messages, images and videos on social media!

To help you get involved and enable you to get your message across, the RCSLT has built a [campaign toolkit](#) , which includes posters, factsheets, and puzzles, so why not take a look?!

We hope you have a great day campaigning for Swallowing Awareness Day 2019 and look forward to hearing about your activities!

## Focus Days to further build awareness

### Big Breakfast

21 January 2019

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

### Thirsty Thursday

13th June

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

### Fruity Friday

20th September

All things bright and beautiful, its harvest time for a lot of British produce apples, pears berries

etc.

### Tasty Suppers

26th November

A reminder for hearty nutrition in the winter months including warm cosy hot milky drinks

### Newsletter Circulation

Email - 2 270

Twitter - 4 035

Facebook - 966

LinkedIn - 157

## Website

You can find a myriad of information on the website at

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

## Social Media

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration Week Supporter

Thank you to our sponsors for their support of the week

