

Nutrition and Hydration Week Newsletter



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

May 2019

Next year's dates 16th -22nd March 2020

To clarify a typo in the last newsletter. Sorry!!

Thirsty Thursday 13th June

Our next focus day 'Thirsty Thursday' is now on the horizon, so it's time to get your plans in place and share your ideas with us. Hopefully there will be lots of ideas from your colleagues shared on social media, so if you are looking for some inspiration keep an eye on our social media platforms in the weeks leading up to Thirsty Thursday.

Look out for 'Mealtimes Matter July' on Social Media

We will be sharing a tip each day on how to introduce Protected Mealtimes and how to ensure the people you care for can benefit from the Protected Mealtime to make the most of mealtimes.

We also hope you are enjoying the regular Monday 'Tip of the Week', judging by the social media interest you are!!

Some more inspiration from Nutrition and Hydration Week 2019

From Shropshire

There were food, drink and fitness activities galore going on across Derwen College in Shropshire during the week in March.

The Gobowen residential and day college for young people with learning difficulties and disabilities focused on healthy eating, healthy lifestyles, and the importance of drinking plenty of water. Staff and students looked to 'reinforce, focus and energise' the healthy message with a range of activities across the college.

Students practiced making healthy choices as part of their Independence and Well-being in their residences, with the college's dedicated Sport and Leisure Activity Makers (SLAMs) in their learning pathways, and as part of Duke of Edinburgh's Awards practice.



Students made fruit smoothies for healthy snacks, learned to create nutritious pasta dishes in readiness for Duke of Edinburgh's Awards expeditions and ensured they were well hydrated in well-being sessions in the gym. They also created a Nutrition and Hydration board in the Student Union highlighting information regarding a nutritious, healthy lifestyle.



Helen Owen, Independence, Health and Well-being Manager, said that she was pleased with how the college embraced Nutrition and Hydration Week.

She said: “We work hard all year around to reinforce the message of healthy eating, activity and hydration, so it was nice to show some of our work in practice this week. The college is lucky to have dedicated Sports and Activity Makers to organise healthy activities for students’ free time. We have also introduced a student-led snack bar in the Student Union which offers hot drinks, water and healthy option snacks.

“We spend time with residential and day students encouraging them make healthy options and learn to prepare fresh, nutritious food independently.”

From the North East of England

Jeff Pringle the Compliance Officer for a small family run care home group called Exclusive Care Group based in the North East, informed us of their activities.

Jeff asked their 7 homes to take part in Nutrition and Hydration Week and the impressive response from the homes embracing the opportunity surprised him. He saw innovative ways in which to engage with residents, relatives and visitors in promoting this fantastic initiative. He is now collating all the activities and in particular those that have benefited residents.

Jeff said ‘I would especially like to share with you some of those activities which I know you would find impressive in the hope you may feature one or two in your stories section. I think the staff would be over the moon to see their hard work recognised. Thank you’



From our colleagues at the CSNM

As you know our colleagues and friends at the CSNM so kindly invite us to join their brilliant webinar sessions - thank you.

If you have missed the sessions you can catch up with the webinar recordings at <https://www.gotostage.com/channel/csnm>

FOCUS DAYS

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

27th November

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

Big Breakfast

20th January 2020

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

NEWSLETTER CIRCULATION

Email - 4 203

Twitter - 4 932

Facebook - 1 299

LinkedIn - 157

Countries reached regularly at least 45

Please remember to share your events, good practices with us via email on nhweek@yahoo.co.uk or via our social media platforms

Together we can all make a difference!

"Making a difference everyday"