

Nutrition and Hydration Week Newsletter

August 2019



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

Nutrition and Hydration Week 2020

16th - 22nd March

Fruity Friday 20th September



The autumnal opportunity to promote your services good practices and key message around the benefits of fruit. Our social media streams are sharing a range of posters and graphic in the lead up to the week for you to utilise so please look out for these.

Don't forget to share your activities with us during the day or your plans in the lead up to the day.

Public Sector Catering Expo - A new event dedicated to public sector caterers

The Public Sector Catering Expo is a new event for 2019 dedicated to caterers and chefs operating in the public sector and will run from 19 – 20 November.

The two-day event, taking place at the Telford International Centre, aims to bring together buyers, decision makers and influencers from across the entire industry.

There will be a major exhibition of suppliers, seminars, networking and live cooking demonstrations that will showcase the best of catering in schools, hospitals, universities, colleges, social care settings, prisons and the military.

The seminar programme will look at the key topics and issues affecting public sector catering including: health & nutrition; food costs & sourcing; allergens & labelling; mental health & wellbeing; recruitment & training; food & plastic waste; diet & menu trends.

The organiser, The Public Sector Magazine Managing Director, Andrew Archer says: *“The Public Sector Catering Expo has been designed to create a unique event that brings together buyers, decision makers and influencers from across the entire industry.”*

Click the link below for more information and to book free tickets

http://pscexpo.co.uk/?utm_source=CSC&utm_medium=Online&utm_campaign=PSCEXpo19

Mealtimes Matter July on Social Media

Our latest campaign [Mealtimes Matter](#) proved to be a huge success. Every day on Twitter and Facebook we shared a tip to improve the mealtime experience for those you care for.

This included tips on how to introduce Protected Mealtimes to ensure the people you care for most will benefit from the Protected Mealtime and to make most of mealtimes.

There was a lot of interest in the tips, so if you have missed any you can find them on our social media feeds, and yes you can copy them to use as training aids for your staff teams.

If you would like a copy of the tips emailing in a table format, please contact us via email at nhweek@yahoo.co.uk

And to other news....

Colleagues at the Oxford Patient Safety Collaborative have shared a link to their recent publication [Reducing urinary tract infections in care homes by improving hydration](#).

The aim of this quality improvement project, started in May 2016, was to reduce the incidence of UTIs by improving hydration with the ultimate aim of reducing UTI admissions to hospital by 5% from the previous year.

You can read the excellent article at:

<http://bmjopenquality.bmj.com/cgi/content/full/bmjog-2018-000563>

FOCUS DAYS

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

Big Breakfast

20th January 2020

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

Thirsty Thursday

11th June 2020

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

NEWSLETTER CIRCULATION

Email - 4 215

Twitter - 4 998

Facebook - 1 340

LinkedIn - 157

Countries reached regularly at least 45