

Nutrition and Hydration Week Newsletter

September 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 and Tasty Suppers



Thank you to all those of you who took part and shared your events with us. It is great to see so many people utilising the focus days to promote their good practices. Don't forget to diary the next opportunity to highlight your great nutritional care on **26th November** for our **Tasty Supper Focus Day**.

To our Twitter followers – thank you

We have now over 5,000 following the week on this platform. Thank you for your support.

UK Malnutrition Awareness Week 14 -20th October



**UK MALNUTRITION
AWARENESS
WEEK**

#MAW2019

We have received this invitation from our colleagues at BAPEN to share with you all.

Invitation to participate in a national survey of malnutrition and nutritional care during UK Malnutrition Awareness Week (14th-20th October 2019)

“As part of UK Malnutrition Awareness Week 2019 (founded by the British Association for Parenteral and Enteral Nutrition (BAPEN) and the Malnutrition Task Force), we will be running a national malnutrition screening survey to help us understand more about the prevalence of malnutrition in adults and gain insights into the nutritional care they receive.

We would like to have as many people as possible across all health and social care settings (hospitals, care homes, mental health units, GP practices, domiciliary settings etc) to get involved during this week so we can get as big a survey as possible.

A simple electronic portal accessed via the BAPEN website and will allow you to quickly and easily input your data.

There are 5 steps to getting involved:

1. Register for access to the [UK MAW screening portal](#) so you are all ready to capture data during the week
2. Tell other colleagues about the week and encourage them to register too
3. Use ‘MUST’ to screen for malnutrition during UK MAW week from 14th – 20th October 2019
4. During the week enter your data into the portal, it is quick and simple to use and will do all the calculations of ‘MUST’ (Malnutrition Universal Screening Tool), for you from the data you enter.
5. To find out about other UK MAW activities logon to the BAPEN website www.bapen.org.uk/malnutrition-undernutrition/combating-malnutrition/malnutrition-awareness-week

You can also follow BAPEN on twitter @BAPENUK and please also reference #MAW2019 in any tweets.”

Hopefully, you will be able to assist BAPEN in getting an accurate picture of malnutrition in the UK health and care sector during the week.

Public Sector Expo

Tickets for this event are still available and the full line up etc can be seen by visiting the website <http://psceexpo.co.uk>

One of the Nutrition and Hydration Week leads, Andy Jones, is among the headline speakers for the two-day event.

Mealtimes Matter

Thank you to all those of you who contacted us for a copy of this useful tool. If you missed the opportunity to receive yours please drop us an email nhweek@yahoo.com

NEWSLETTER CIRCULATION

Email -	4 215
Twitter -	5 003
Facebook -	1 340
LinkedIn -	157
Countries reached regularly at least 45	

FOCUS DAYS

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

Fruity Friday

18th September 2020

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