

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

Series 7 No 7

November 2019

Nutrition and Hydration Week 16th - 22nd March 2020

Thirsty Thursday 20th June 2020

We met, we listened, took on board your thoughts & planned ahead

We met up for the first time in a couple of years to discuss the shape of Nutrition and Hydration Week and all the actions we do around it. A big thank you to all those of you who shared your thoughts with us, and hopefully you'll see how your ideas and thoughts have helped us to shape Nutrition and Hydration Week as we move forward.

The week will continue to be in March where it has become firmly established in everyone's calendar. The daily themes for Nutrition and Hydration Week will remain the same, should you wish to follow them. Please feel free to create your own themes to promote your key messages and good practices – we love seeing the myriad of different themes you run each day - after all that is what the week is about - **YOU!**

The themes as a reminder are -

Monday - Breakfasts

Tuesday - Suppers

Wednesday - Afternoon Tea — Global Afternoon Tea Party

Thursday - Hydration

Friday - Fruit

Saturday - Smoothies

Sunday - Sundaes

After the Tasty Suppers Focus Day on the 26 November 2019 there will be no more focus days. Many of you have indicated that there are now lots of opportunities with other targeted days to promote your good practices and link food and drink to many of the other themes. Also, some of you said there was only an infinite amount of money and time you can allocate to promoting on focus days etc., so we took the decision to reduce these. Hope that's OK.

Following the success of Thirsty Thursday in June and the focus on staff wellbeing, in particular hydration, we have kept Thirsty Thursday as a standalone event. Spookily, on the evening after we met there was some chatter on social media about the need for a focus on hydration in the work place, so we were pleased we kept the day in the calendar.

By targeting the week and Thirsty Thursday it will allow us to develop some promotional materials for people to access. We also hope by focusing on one area we can build stronger resources for you. We are looking at a two-pronged angle for hydration - one for those you care for / support and the other for staff. Research has indicated as many as 38% of health care staff are turning up for work hydrated and during shift often have little opportunity to access fluids.

If anyone has accessed our materials for the Tasty Suppers, Fruity Friday and Big Breakfast focus days, these can still be made available to you on request. We will over the year also keep these materials in view on our social media platforms.

Social Media, this is our primary platform for reaching out to you. We will maintain both our Twitter and Facebook pages, which do reach different audiences at various times throughout the day. We are also exploring Instagram and having a page there as it appears many of the younger (under 35's) now use this platform more than the two we currently do.

Thank you, Twitter Followers

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

Mealtimes Matter

Judging by the response from the last two newsletters many of you are interested in Mealtimes Matter and the tips we've been sharing. We will be moving our Mealtimes Matters month from July to October in 2020. We will be sharing the tips again on a daily basis.

Newsletter

We are now planning for a Bi-Monthly newsletter.
A couple of reasons -

1. Keeping the news in your inbox relevant
2. We currently haven't any sponsorship for the week

We have noticed over time that many of you are happy to share you great ideas, services, and practices on social media without providing write ups for newsletters etc. We know that your time is precious, we accept that as a fact, so rather than just send out a newsletter every month with no real news in it we thought we'll reduce this to Bi- Monthly.

However if you do have anything do please send it to us at nhweek@yahoo.com Short or large - no word limit just let us have your news and a photo if you can.

No Merchandise for 2020

We do not have any sponsorship at the moment so unfortunately, we can't provide any merchandise items for the week in 2020. Sorry.

We will have posters etc. you can download from the resources page of the website in due course.

Nutrition Champions

Hopefully during the next 12 months, time permitting we will draw together some information for having workplace / service Nutrition Champions so watch this space.

And to other news...

Public Sector Catering Expo 19-20 November 2019 at the Telford International Centre.

The Expo is a brand-new event that brings together buyers, influencers and decision makers across the entire industry and also includes an exhibition of over 100 suppliers in an exhibition running alongside the main event.

It is free-to-attend and will provide a seminar programme and live demonstrations, along with the chance to network with industry colleagues.

On Tuesday 19 November at 11am, Hugh Fearnley-Whittingstall will discuss issues in the public sector catering industry including plastic and food waste, and health, nutrition and obesity, as well as local sourcing and provenance. Prue Leith will present her keynote address on Wednesday 20 November at 11am, *The Great British Bake Off* judge recently joined the hospital food improvement review team, which aims to increase the quality of patient food in hospitals.

For more information and to register for free entry visit: www.pscexpo.co.uk

National Stop the Pressure Day on Thursday the 21st November 2019



Colleagues from the National Stop the Pressure team would love your support to raise awareness of the improvement role that nutrition and hydration plays in the prevention and management pressure ulcers.

The team have developed a range of resources to support you which you can download from the resources page of the Nutrition and Hydration Week website - <https://nutritionandhydrationweek.co.uk/resources/>

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