

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

January 2020

Happy New Year to you all

Nutrition and Hydration Week 16th - 22nd March 2020

Thirsty Thursday 18th June 2020

Planning for March

Hopefully you are now starting to plan your events to promote your great services during Nutrition and Hydration Week 2020. Here are some suggested theme reminders for you.

Monday - Breakfasts

Tuesday - Suppers

Wednesday - Afternoon Tea — Global Afternoon Tea Party

Thursday - Hydration

Friday - Fruit

Saturday - Smoothies

Sunday - Sundaes

Remember to visit our website to check out the resources you can download and use in your workplace to promote your key messages.

Please remember to share your activities with @NHWeek or use the hashtag #NHWeek - these are the two key links we check up on during the week.

Free Training Opportunities and Resources

Allergy Awareness

We keep reading on social media that many of you are wanting or looking for allergy awareness training. The Food Standards Agency designed an on-line course for catering staff when the new legislation came into force five years ago. It still is a valid tool for your staff, its free and available on line.

Please follow the link here to access this course.

<https://allergytraining.food.gov.uk/english/>

Hydration Awareness Toolkit

We are pleased to share with you the hydration toolkit 'DrinKit' which includes a training course and supporting resources kindly shared by the University of East Anglia. Again, it is free to access but please abide by the conditions they have set out for its access and use by all.

Please use the link here to access this toolkit and course.

<https://www.uea.ac.uk/medicine/research/publichealth/health-services-and-primary-care/DrinKit>

Hydration Awareness Video

Colleagues at the Royal Cornwall Hospitals Trust have introduced the simple approach of [#ButFirstADrink](#) to improve hydration. You can watch this short [Animation](#) to find out more.

The team have also set up a Facebook page to encourage people to share ideas and projects etc (<https://www.facebook.com/Butfirstadrink/>). Please feel free to use, all the team ask is that you share back anything you may develop from the idea.

Hydration Survey

You may have seen we shared on our Facebook and Twitter feeds in mid-November a survey for healthcare staff on hydration. We hope to share the results in our next newsletter. Thanks to Kitty Jones the student from Kings College London for devising the survey which is part of her course work.

Swallowing Awareness Day 18th March 2020



SAVE THE DATE

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 18 March 2020 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 2019 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 #swallowaware2019 reached around 2.46 million people in 55 nations around the world.

We want to make Swallowing Awareness Day bigger and better than ever in 2020, and we need your help to do it!

There are many ways for you to take part in Swallowing Awareness Day 2020, 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 #swallowaware2020 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, placemats, coasters and factsheets, so why not take a look?!

We hope you have a great day campaigning for Swallowing Awareness Day 2020 and look forward to hearing about your activities!

No Merchandise for 2020

A reminder, as many of you are building on your plans and send us emails asking about merchandise for this year.

We currently do not have any sponsorship 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.

NEWSLETTER CIRCULATION	
Email -	4 225
Twitter -	5 064
Facebook -	1 384
LinkedIn -	167
Countries reached regularly at least 45	