

# Nutrition and Hydration Week Newsletter



## Website

You can find a myriad of information on the website at [www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk)

## Social Media

Twitter : @NHWeek    Facebook : NHWeek    LinkedIn : Nutrition and Hydration Week Supporter

## March 2020

Nutrition and Hydration Week 16th - 22nd March 2020

Thirsty Thursday 18th June 2020

Well it's here.... Nutrition and Hydration Week 2020

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

@NHWeek

#NHWeek

We hope you have a great time and look forward to hearing about your activities 😊

Put it in your diary now!!

Nutrition and Hydration Week  
15 - 21 March 2021

# Swallowing Awareness Day 18th March 2020



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?

## Nutrition and Hydration Simple Solution to a Complex Problem webinar 18th March 2020 13.00 – 14.00

Why not join the NHS England and NHS Improvement Act Now Home First nutrition and hydration webinar to hear about a system wide approach to nutritional care and the experiences of a nutrition community nurse. It's FREE...

1. To join click the following weblink (see below)
2. You will be provided with 3 options:
  - a. Download
  - b. Open in a browser
  - c. Open Microsoft Teams (If you have the app already installed in your computer)
3. If you have the app, please select Open Microsoft Teams
4. If you do not have the app, please select "Open in a browser" – preferably Google Chrome
5. If you are unable to join via a laptop / desktop, please join by phone on the dial in number listed below, and insert the conference ID when prompted.

---

### [Join Microsoft Teams Meeting](#)

+44 20 3794 0272 United Kingdom, London (Toll)

Conference ID: 646 408 878#

## theHYDRATIONfoundation

The Hydration Foundation are again supporting Nutrition and Hydration Week 2020 and are offering Hydrants free to those who need them, and to the professionals who support them, through Nutrition and Hydration week.

All you need to do is contact them and let them know where to send (delivery address) your Hydrants to. Email them at [nhweek@thehydrationfoundation.org](mailto:nhweek@thehydrationfoundation.org)

# BerryWorld celebrating Nutrition and Hydration Week 2020

BerryWorld will be celebrating with their teams by running a competition called 'Choose Your Fusion'! and by holding The Big Breakfast event on the 20<sup>th</sup> March 2020.

They kindly shared their plans with us – thanks so much



## CHOOSE YOUR FUSION!

Choose Your Fusion is being held as part of Nutrition and Hydration Week (16<sup>th</sup> – 22<sup>nd</sup> March). The week is an annual event with the aim to highlight and celebrate improvements in the provision of nutrition and hydration across the globe.

To take part, we are running a competition called **CHOOSE YOUR FUSION**. Further details can be found below.

### COMPETITION TIME!

- We would like you to 'Choose Your Fusion' by creating your own unique drink recipe to be in with the chance of winning a great prize!
- This can be for smoothies, cocktails, hot drinks or anything else you can think of!
- Drinks do not need to be made to enter; we are just asking you to send in your innovative ideas
- Please submit all entries by COP 19<sup>th</sup> March
- Judges will then pick a winner on 20<sup>th</sup> March
- You must be in it to win it!

### THE BIG BREAKFAST

- 'The Big Breakfast' will be held at Turnford Place on Friday 20<sup>th</sup> March. This is part of Nutrition and Hydration Week to highlight the most important meal of the day
- Please head over to the social area on the day to help yourself to breakfast

PS – check out their website for some amazing recipes 😊

## A snippet of your social media so far



**Teddy Croft**  
@CroftTheodora



'It's always tea time' 🍰🧁 #madhattersteaparty

Invitations going out today for our global tea party as part of @NHWeek, exciting times! 🙌

♥️ 4 9:41 AM - Feb 7, 2020





**Danielle Mulligan**  
@DMullNutri



Yes! The meetings have started for [@NHWeek](#). We have some innovative days planned between dietetics and speech and language which I'm excited to be a part of [#biscuitchallenge](#) [#fruityfriday](#)

1:28 PM · Jan 31, 2020 from Manchester, England · Twitter for iPhone



**karen**  
@karendraper23



Just watched the very talented [@Kwoklyn\\_Wan](#) cooking live on [@thismorning](#). You were great. Looking forward to seeing you on [@b3\\_unit](#) in march during [@NHWeek](#) [@malia616](#) [@claire\\_conboy](#) [@NUH\\_AcuteMed](#) [@NUHDietetics](#)

2:26 PM · Jan 28, 2020 · Twitter for Android

3 Retweets 11 Likes



**Jennifer Doman** @JennidomanDoman · Jan 29



Remember all of this [@StGeorgesTrust](#) well we're planning even more for this years [@NHWeek](#) please DM or email me if you want to be part of our weeks events in March ! Very excited 🤗🤗!!



1

2

10





**Melody Gaudin** @Gaudin\_mel · Jan 31

@nhsCCGHere and @HfdsCouncil are supporting @NHWeek's lovely Global Tea party event in March. Are you joining us? Sign up here [eventbrite.co.uk/e/global-tea-p...](https://eventbrite.co.uk/e/global-tea-p...) #hydratedandheathyhere #nhweek #globalteaparty



1

2

8



Some great ideas from social media here and a great way to let us know what you are planning and doing, to spread your good ideas and practices and to learn from what others are doing and adapt their ideas to achieve your goals! Together we can all make a difference and support the people we care for.

And its always great for us to see our social media being used to support your key topics



**Sarah Williams** @LambLovesGin · 17h

As we approach #NHWeek2020 a reminder of the importance of screening and then acting in it. #nutritionmatters @PDietitians @proudPHTnurses @hcdocherty1 @TinaHetheringto

**N&H Week** @NHWeek · 17h

10 Key Characteristics for Good Nutritional Care No. 1 Screening



3

3



Look out for our Mealtimes Matter campaign in October, after Thirsty Thursday in June.

## DONT FORGET TO UTILISE THE 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 online 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 online. Please follow the link here to access this course.

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

### Hydration Awareness Toolkit

We are pleased to share the hydration toolkit including 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>

### A reminder no merchandise for 2020

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

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

We have posters and information that you can download from the [resources](#) page of the website.

### Sponsorship for 2021 (our 10th Anniversary 😊)

Next year is the 10th anniversary Nutrition and Hydration Week, March 15 to 21 2021, and we would love to make it very special. To help us achieve this we are looking for sponsors for the week.

If you are interested in become a sponsor please contact at [nhweek@yahoo.co.uk](mailto:nhweek@yahoo.co.uk) and we would be delighted to discuss the sponsorship package.

**NEWSLETTER CIRCULATION**

Email - 4 700

Twitter - 5 064

Facebook - 1 384

LinkedIn - 167

Countries reached regularly at least 45