

# 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

## April 2020

### Nutrition and Hydration Week 16th - 22nd March 2020

## Thank you!

Thank you for all your support for Nutrition and Hydration Week 2020 in what were the most extreme and challenging circumstances.

We did manage to share you great ideas and practices during the week and you'll see from 'Tip of the Week' going forward there are some great ideas out there.

If your plans were put on hold, please do share them with us when your organisation is able hold your Nutrition and Hydration Week.

If you are the lead for your organisation's employee well-being and you are delivering a social media-based support programme, then please include us in using either of the monikers below and we'll do our best to share your great work and ideas.

**@NHWeek**

**#NHWeek**

It was great to see our colleagues at the Royal College of Speech and Language Therapists maintained their Swallowing Awareness Day on the 18th March 2020 and had some fantastic uptake too.

Put this in your diary now!!

## Nutrition and Hydration Week 10th Year Celebration 15th to 21st March 2021

### Some of the activities that took place during 2020

Imagine our surprise when we received an email in Spanish from Ma. del Socorro Jiménez Olivares NC, Jefatura del Servicio de nutrició, **Centenario Hospital Miguel Hidalgo**, Aguascalientes, Ags, México stating their intention to take part in the week. They produced a video in Spanish about their work with food in the hospital setting in Mexico.

The **Canadian Society of Nutrition Management** (CSNM) shared their finalists in the Nutrition and Hydration Week competition they run through the various colleges across the country. The top four entries can be found by following the link here:

<https://nutritionandhydrationweek.co.uk/stories-2/>

The competition has a twofold impact by making the students aware of the week, but also of the professional association they can join, and maintain membership with when they graduate (a great idea for those of you who lead you nations professional association).

The **Chase House** care home in Arlesey, Bedfordshire celebrated the week with tasting sessions - drinks, fruits, desserts but guess the flavour of the chocolate was definitely the winner with both residents and staff.

Our global tea party was a big hit especially for one of their new residents Peggy who celebrated her birthday on the day. Lots of singing and cake! Sorry no photos as Sharon the care coordinator was working from home!

Lisa, a **childminder**, contacted us for a certificate to give to the children she looks after to say they had taken part in food activities during the week. We happily provided her with one 😊

The McCarthy Ward, Rowly Regis Hospital part of the **Sandwell and West Birmingham NHS Trust** held a Tea Party with their patients and visitors to celebrate their Nutrition and Hydration Month.

Staff have prepared a nice table setting, filled with hot drinks, sandwiches and tea cakes. They introduced the event by reminding everyone of the importance of nutrition and

hydration and that it is an important part of quality of care, experience and safety in health and social settings.

It was an afternoon of endless talking, laughter and devouring of yummy cakes. One patient said, this is one of the best tea party he has attended all his life. One patient asked, can we do this Sister every day?

Families were very appreciative and has complemented the staff with all our hard work.

A range of different people joined in with the afternoon tea party including the ward services, discharge trackers and social workers.



Massive thanks all the McCarthy Ward staff who were part of this activity, thank you to those who have donated cupcakes and voluntarily helped with setting up.

The **Royal Papworth Hospital** had an information stand promoting the week in their hospital.

**IF YOU ARE ON LOCKDOWN OR WORKING FROM HOME**

**Don't forget to utilise the free training opportunities and resource**

## 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 with 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>

Next up for us is -

**Thirsty Thursday**  
**18th June 2020**



The graphic features a blue background with the text "Thirsty Thursday Countdown" at the top. In the center is a photograph of water being poured into a glass. Below the photo is the slogan "Making a difference every day" in red. In the bottom right corner is the logo for "Nutrition Hydration week", which includes a fork, a knife, and a water drop with an ampersand.

Thirsty Thursday Countdown

*"Making a difference every day"*

Nutrition Hydration week

Remember to make a note in your diary for Mealtimes Matter Month in October too – when we will be sharing a tip a day during the month promoting the importance of mealtimes.

## Sponsorship Wanted for 2021 our 10th Anniversary

Next year see's the 10th Nutrition and Hydration Week, March 15th to 21st 2021, we are looking for sponsors for the week.

What sponsorship provides the sponsor with?

Direct contact with the newsletter circulation contacts - key decision makers and managers in health and social care; dietitians; speech and language therapists; health and care workers; well-being leads in many major businesses.

A banner on our website home page

A logo on the opening page of the newsletter

A dedicated mail hot to all email recipients

Social media coverage twice a year

A dedicated sponsors newsletter

If you would like more information on the package please contact us.

What sponsorship enables for you our supporters?

It secures the week's future as we, Derek, Caroline & Andy, have been operating the week with no budget for the past couple of years so to have funding means that we can look at the following:

Review the resources and develop more to meet your changing needs.

We would like to roll out our Nutrition Champions scheme wider.

Explore developing further materials to support you (leaflets & posters)

Investigate additional tools and aids for you to promote your great work via the week i.e. give aways and merchandise

## 10th Anniversary Celebrations

Next year see's the 10th Nutrition and Hydration Week, and we are ready to celebrate with you. When you have your plans please share them with us as we hope to engage the media earlier with your plans so they can pick up news features locally.

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