

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

October 2021

Nutrition and Hydration Week 10th Year plus 1 Celebration

14th to 20th March 2022

We could not celebrate fully earlier this year due to the pandemic so we are hoping you will all join us in celebrating 10+ years in March. We will update some of our posters to reflect this and if you have any photos from your original weeks, please share these with us on your social media in the buildup to the week in March. These will give us a great reflection of just how far we have all come in the last decade promoting good nutrition and hydration to those we care for in health and social care, and schools and in the workplace as the week has developed wider.

We look forward to seeing these.

If you do share any of your own tips on social media do remember to copy us in using the tags -

@NHWeek

#NHWeek

on your social media so we can track them.

We Love a Plan

We (Caroline, Andy and Derek) managed to co-ordinate diaries and have an online catch up in September to discuss the week going forward and some small tweaks that were needed to keep it fresh for you. To be honest it's not broken so it didn't need a massive overhaul, you all engage with it for your organisation's benefit and the people you support. If you have any thoughts or comments, please let us know via email on nhweek@yahoo.com

Daily Themes

We know many of you enjoy having theme days and often follow our suggestions. However, the Tuesday always seems to be a bit hit and miss, we've tried suppers and snacks, but what we have noticed over the past few years many have adjust this them to highlight the work on texture modification you carry out daily. So, from 2022 we have decided to theme the day as '**Textured Tuesday**', as we feel it will be a good lead into Swallowing Awareness Day which the Royal College of Speech and Language Therapists have held on the Wednesday of the week.

This means the daily themes will be

Big Breakfast Monday

Textured Tuesday

Wednesday is the Global Afternoon Tea Party

Thirsty Thursday

Fruity Friday

Smoothie Saturday

Sundae Sunday

If you have your own ideas and themes no worries just share your activities with us and inspire others.

Mealtime Matter October

Hopefully you will have seen on our social media feeds, Twitter & Facebook, we are once again running our Mealtime Matter tips every day throughout the month of October. We moved them last year from July to October on your request, so they were delivered out of the main holiday period, even during the pandemic they were well received with many asking

for the full list of the tips at the end of the month. Feedback has indicated many of you have used the to further develop the importance of mealtimes in your setting.

Tip of the Week

We have been running this feature every Monday on our social media platforms for the past few years. Is this something you find helpful? Or do you have any ideas for something different .. but achievable!

With Tip of the Week in mind, and the stand-alone Thirsty Thursday we have held in June, we feel it may be more appropriate to share good hydration tips every Thursday for six weeks from the UK's Spring Bank Holiday week at the end of May. There will be no Tip of the Week during these weeks, as we will be putting the focus on good hydration for patients, residents, service users, and staff teams. Thirsty Thursday as a stand-alone day will no longer run as a separate entity, and hopefully by running Thirsty Thursday information over a few weeks it will help as the weather warms up!

Supporting Promotional Materials

These will be some available for 2022. We will have a selection of online resources that will be downloadable on our Resources Webpage, you can download from anywhere in the world.

We will have some pens, badges and balloons, more details on how to obtain these in due course. These items will only be available postal addresses in the UK, sorry for those of you who support the week from elsewhere in the world.

Sponsors

Thanks to our sponsors Lakeland Dairies and Pladis we can provide the above items for you to promote the week. Without their support it would be difficult to operate the week.

When we set out over ten years ago it didn't cost us anything to operate, everything we used was free website hosting, social media support platforms and emailing our supporters. Also, we needed no money so there were no bank charges either!

As we have moved into a digital world and especially post pandemic the charges seem to have jumped. It costs over a £1,000 a year just to operate the week and the ongoing awareness throughout the year. We still believe it is worth our (free) time and effort in maintaining the week in the calendar to support and highlight the great work you deliver every day.

Cateys Update

We did not win on the evening, but it was fantastic to be shortlisted for this prestigious award and for your ongoing great work being recognised.