



## 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

**December 2021**

## Seasons Greeting

We send you and all our supporters greetings for the festive season. Thank you for your continued support and best wishes for the new year including your participation in the week in March.

## Highlighting Your Great Work

We have produced some blank cards that you can either complete as a team or an individual to highlight the work you do every day to support your patients, residents, service users, staff teams and customers with good hydration and nutrition. These cards are available from our website resources page <https://nutritionandhydrationweek.co.uk/resources/> . An example can be seen below, during the lead up to the week and during the week please share these with us, so we can share your great work.



We also have one for you to use to show case your future plans.

**Diary Date:**

## **Nutrition and Hydration Week 10th Year plus 1 Celebration**

**14th to 20th March 2022**

**@NHWeek**

**#NHWeek**

### **Managing Adult Nutrition in the Community**

The Malnutrition Pathway team and the Patients Association have allowed us to share this information with you. Some of you may have seen this during Malnutrition Awareness Week in October, run by BAPEN.

“Over the last few months, the Malnutrition Pathway has been part of a steering group working with the Patients Association to develop a set of resources on disease-related malnutrition, which are aimed at patients and carers.

These resources are now available at <https://www.patients-association.org.uk/improving-your-nutritional-health> and include:

- A leaflet about disease-related malnutrition (what it is, signs to look out for, who's at risk)
- A leaflet to support patients taking oral nutritional supplements
- A short animation that discusses what disease-related malnutrition is and how it can be treated
- Links to organisations that can provide help and advice.

Also available is a report that describes the background to the development of the resources and the data they are based on, which includes a survey of patients and focus groups with patients and carers.

The Patients Association has also revised its Nutrition Checklist, which was originally launched in 2018 and has proved popular. The update follows feedback from a variety of users and is available from the [website also](#).

As you know, millions of people in the UK are at risk of malnutrition, but with the knowledge, tools, and support, patients and carers can better engage with their healthcare

provider as partners to address their nutritional health. These resources are useful tools and we hope you will share them with anyone you think could benefit from them, as well as with your networks to benefit as many people as possible.”

## **Merchandise**

The good news - we will be offering some promotional materials early in 2022 ready for the week in March. We have been busy sourcing materials which will help you promote the week and be as eco- friendly as possible.

Full details of how to access what no doubt will be a limited number of packs will be issued in early January. This will be a separate email and not in the newsletter, so please make sure you are on our mailing list otherwise you may miss out. The packs will be dispatched in time for the week.