



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

Series 9 No 4

January 2022

Thank you

As founders of Nutrition and Hydration Week, one of the best parts of our role is telling all you our supporters of the 'week' how much you mean to us. We set out 11 years ago to create a focus week where everyone could feel they belong and share the positives of their work involving nutrition and hydration regardless of their core discipline. It didn't matter to us how big the week became, so long as it was a help to people share information and support those they care for.

Thanks to you telling your friends and colleagues about Nutrition and Hydration Week over the years, our reach is in millions of people, spanning every continent. This is a testament to how you have all motivated one another and to the power of sharing your work, good practices to inspire others.

How can you help keep this going? Simply by telling your colleagues and friends about Nutrition and Hydration Week and what it means to you, and how it helps you throughout the year. Every tip you share counts!

The week wouldn't happen without you.

Thank you for your continued support of the week.

Caroline, Andy & Derek

Promotional Items

We have been busy sourcing materials which will help you promote the week and be as eco-friendly as possible.

The promotional items will be enamel badges, nash wheat straw pens, recycled plastic trolley coins, 'I make a difference every day' button badges, and fridge magnets. Each pack will contain a selection of these.

You can obtain these by emailing us with your name and address to nhweek@yahoo.com

These will be distributed on a first come first served basis.

We hope to dispatch these from the end of January onwards. Sorry but for this year we can only post them in the UK.

Thank you to our sponsors Lakeland Dairies and Plaidis UK without them we would not be able to provide these items for you.

Highlighting Your Great Work

We have produced some blank cards 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, below 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 to the week and during the week please share these with us, so we can share your great work.



Posters

We have produced a selection of posters and signs for Hydration Stations. These are available from our website resources page <https://nutritionandhydrationweek.co.uk/resources/> .

Creating your own Nutrition Champions

We have uploaded a range of information for you to create your own Nutrition Champions in the workplace on to our website, this can be found here <https://nutritionandhydrationweek.co.uk/get-involved-2/> . All the information can be tailored and made appropriate for your organisation and includes an outline introductory report, flyers, posters, and presentations.

Tip of the Week & More

In the lead up to the week we will once again be sharing on social media extra information about the week besides our regular Tip of the Week feature. There will be a focus on the 10 Key Characteristics for Good Nutritional Care in February, plus some more information about the week's aims as we approach the week in March. Please share these where you can. Thank you.

If you do share your activities on social media, please use the following so we can see them!

@NHWeek

#NHWeek

