



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 10 No 1

May 2022

Thank you

For your activities during the week, we were so happy to share them with everyone. Please keep sharing your work with us when you can, and it has been good to see people utilising the week's theme for their own weeks outside of the March week. If it works for you ... do it! It's a pleasure to see you great work

Caroline, Andy & Derek

Dates for 2023

Monday March 13th to Sunday March 19th 2023

Tip of the Week & Thirsty Thursday

Keep an eye on our social media feeds every week we'll share Tip of the Week every Monday.

During the period the usual Spring Bank Holiday (the last Monday in May) for six weeks we'll be running a Thirsty Thursday feature ... every Thursday we will be featuring some of your great tips for improving hydration.

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

@NHWeek

#NHWeek

on your social media so we can track them.

Creating your own organisation's 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.

The Hydration Foundation offer free Hydrants ...

The Hydration Foundation (Patron, Baroness Greengross) is supporting Nutrition & Hydration Week by offering up to 1,000 Hydrants at no cost to those who need them. This offer has been enabled by generous contributions to the cause.

The Hydration Foundation is a Community Interest Company established solely to raise funds to enable the free distribution of The Hydrant drinking system (<http://bit.ly/The-Hydrant>) to those vulnerable people in the community who struggle to drink independently.

If you are a potential user, a carer of someone who may need one, or a healthcare professional with a client that it may help then contact the Foundation to arrange for delivery of The Hydrant directly to you or your client.

How to order your Hydrant –

Simply email the details of where it needs to be delivered to:
nhw@thehydrationfoundation.org

Or call 0800 043 6003 for more information.

Thank you to the Hydration Foundation for sharing this offer with our supporters.

The Residents at Four Seasons Care Homes Enjoyed the Week

The residents at Four Seasons care homes enjoyed fruity fun to mark Nutrition & Hydration Week 2022

Residents at Four Seasons and Brighterkind care homes across the UK enjoyed some fruity fun during Nutrition and Hydration Week by helping the homes' chefs come up with a variety of smoothie recipes.

The smoothie menu includes flavours like peach melba, kiwi & mango, and berry & oat as well as a more unusual peanut butter & banana blend which went down a treat.

Wayne Woolman, Chef at The Lawns Care Home in Oadby, Leicestershire, explained: "As we get older our bodies may find it harder to store essential fats and sugars so it's really important to make sure we eat and drink plenty of nutrients. Drinking smoothies is a good way to maintain a healthy weight and its great fun trying different ingredients. It's easy to fortify smoothies by adding in high energy foods like custard, ice cream, milk powder and honey to increase calories where needed."

Food and drink play an important role in the care home whether it's trying new things, bringing back fond memories, socialising with others or providing comfort and stimulation as well as essential nutrition. Residents also enjoy creating their own dishes as part of the homes' weekly Cookery Club activities where anything from curry to cakes to cocktails can be on the menu.

Resident Joyce Paine, aged 99, said: "I've really enjoyed trying all the different smoothies, they're much more exciting than just eating a piece of fruit and makes it easy to get my 5 a day. I thought the peanut butter and banana one sounded a bit strange, but it was definitely my favourite."

John Bridgeman, Group Food Development Chef at Four Seasons Health Care Group, said: "Our residents have really enjoyed getting involved in creating and trying out our menu of smoothies. We're very pleased to support Nutrition and Hydration Week, an initiative which aims to improve health and well-being and reduce the burden on health and social care services in treating and supporting those at risk of undernutrition and dehydration."

To see the residents' smoothie recipes visit <https://www.fshc.co.uk/our-news/life-in-our-care-homes/smoothies-helping-things-run-smoothly/>

Thank you for sharing these activities and recipes with us, if you have any activities or recipes to share, please do so by dropping us an email nhweek@yahoo.com

Creating Your Plan of Activities

Thanks to Sarah Gray the Facilities Team Leader at East Suffolk and North Essex NHS Foundation based at Aldeburgh Community Hospital for sharing her plans with us, we can give you an example of the planning this year. A full copy of Sue's Powerpoint presentation outlining further thinking behind her plans can be found on the Resources Page of our website.

Sarah's team selected five themes over the five weekdays at various times to engaged wider with the staff and patients.

- Milkshake Monday @10am
- Talking Tuesday @ 3pm
- Cupcake Wednesday @3pm
- Thirsty Thursday @ 10am
- Finger Food Friday @ 5pm

As you can see they selected their own theme to suit but included one wider idea that others utilise.

In the plan each day had a briefing note for its aims i.e. Talking Tuesday -Tea & Coffee served @ 3pm Staff are offered a cuppa to have with patients and to have a chat about the importance of nutrition and hydration.

Thanks for sharing Sarah, hopefully your ideas and plans will inspire others to take part in 2023. Get the date in your diary now March 13th to 19th, plus put some planning time in your diary later this year and into January. We look forward to seeing and hearing your plans.