



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

July 2022

Dates for 2023
Monday 13 March to Sunday 19 March 2023

Catey Awards 2022

Thanks to your fantastic efforts over the past decade or so, we were shortlisted, again, for the Health and Nutrition Award at The Cateys.

The Cateys are the most prestigious awards in the hotel and catering sector and are viewed as the industry's Oscars. The award recognises the hospitality business that has shown the greatest commitment and taken the most innovative steps to developing a food offering that caters for the growing demand for healthier and more nutritious eating options in the past 12 months.



We are pleased to announce we were successful in being awarded a Catey. The three of us, Caroline, Andy and Derek, feel it is fantastic recognition for the inspiring work you all deliver 365 days a year supporting nutrition and hydration in your organisations. Without your continued support such recognition would not have been bestowed on Nutrition and Hydration Week.

The judges were full of praise for the main trio and their 10 years of work to support the sector. One described the team as "*relentless with their ongoing pursuit to raise awareness of nutrition and hydration*" and offering resources that were "*a great asset to the industry*". Another said that Nutrition and Hydration Week was a "*brilliant initiative*" that should be adopted by all organisations going forwards.

The decision was almost unanimous, with one judge saying the initiative was a "*well-deserved winner*".

"The three individuals who have created and driven the idea have worked very hard to take it where it is to date, showing huge determination and character."

"A superb initiative that is having huge impact in the UK and internationally. In an area that is increasingly important it is wonderful to see such initiatives making a real difference."

A huge **THANK YOU** from us once again for sticking with us and driving the 'week' forwards and enabling it to be the platform for good practice and idea sharing it is today.

Tip of the Week & Thirsty Thursday

These seem to be well received, judging by the retweets and shares on social media. The Thirsty Thursday tips which are new in 2022 particularly seems to hit a chord with everyone, so we now hope to continue as an annual campaign again next year. As always it will depend on you sharing your great work and information with us all!

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.

A few of you have held focus weeks over the past few months and where you have used these tags, we have been delighted to share your great activities wider. It's fantastic to see you making the week work for you, it's so inspiring.

UK IDDSI Festival 22nd September

IDDSI Festival 2022

Save the Date
22nd Sept 2022
10am to 4pm.



A packed one day festival for anyone in dysphagia care, catering, texture modified food or drinks

Sheffield OEC Conference Centre
£30 per person
Includes lunch, refreshments & booking fee

www.IDDSI.org/United-Kingdom
will contain information
& booking when available

- Interactive tasting & testing sessions
- Live cookery demonstrations
- Meet & mingle with suppliers, chefs, health professionals
- IDDSI app
- Food & drink testing practical training
- Recipe ideas

Keynote Speaker:



Julie Cichero
IDDSI Co Chair

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.

Malnutrition Awareness Week

October 11th -16th

Our 'Mealtimes Matter' social media campaign wraps around this week in October, providing another platform to show case good practices and ideas that help reduce the impact of malnutrition and dehydration.

Malnutrition Awareness Week is a week dedicated to raising awareness of malnutrition (and dehydration) among the public, health and social care professionals, policy makers, public sector representatives, local and national government, third sector and voluntary sector organisations.

UKMAW is run by BAPEN and the Malnutrition Task Force. Since it was established three years ago by BAPEN and Malnutrition Task Force, UK Malnutrition Awareness Week has had ambitions aims.

By raising the profile of malnutrition in the UK, the campaign sets out to help members of the public better recognise the signs of possible malnutrition and encourage health and social care professionals to prioritise screening. It also looks to see that the government, policy makers and third sector organisations understand what they can do to join the fight against malnutrition.

The campaign will give impetus and support to those reaching out to at risk members of the community. It will also celebrate the work of those who already do so much to combat malnutrition, providing you with another opportunity to showcase your good practices and ideas.

To find out more about the week follow @BAPENUK on Twitter, @UKBAPEN on Facebook and join the conversation with #UKMAW2022.

Complete Nutrition

Earlier in the year we were asked by Complete Nutrition magazine for a feature on hydration. This was published last month in their online version, the full article is [here](#) in case you didn't see it.

