

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

September 2022

Dates for 2023

Monday March 13th to Sunday March 19th

Mealtimes Matter October

October will see us once again run our themed tips everyday on social media around making mealtimes matter. These can be downloaded, shared, used as training aids - in fact use them however you want. We hope they form a logical plan to introduce aspects like protected mealtimes and ensuring everyone is aware of the importance of mealtimes for those they care for.

Please also like, share, or retweet the posts as it provides a wider impact for the campaign. Thank you for your support of this once again.

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

@NHWeek

#NHWeek

During October it is

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.

Resources

From time-to-time different resources come across our desks and inbox, here are some we think you may find helpful.

NDR Prescribe <https://www.ndr-uk.org/> has three resources available -

Eating Better Feeling Better (ref. 9310) aims to support people who have a poor appetite or have lost weight and need simple advice on how to add more energy and protein to their diet.

Eat Well Heal Well (ref. 9312) provides first line dietary advice to carers of, or people with or at risk of developing pressure injuries.

Nourishing Snacks and Drinks (ref. 9229) aims to support weight gain or weight maintenance for people who are aiming to stop or reduce their use of oral nutritional supplements (previously Light Meals and Snacks).

My NutriWeb have shared a blog with us.

[Top Tips for Staying Hydrated](#)

Hydration is a key part of a healthy lifestyle, but what do we mean when we say 'staying hydrated'. In the blog, Dr Pippa Gibson, discusses the role of fluids in health, how to spot when you could be at risk of dehydration and Pippa also shares her top tips for staying hydrated.

Eye Health and Good Nutrition.

Samantha Litten, the Outreach Coordinator for MyVision, a free digital resource led by expert ophthalmologists and optometrists to provide trusted information on eye health and vision, has shared the following with us.

Many individuals do not realize that there is a connection between eating well and seeing well. Vision can be improved by taking better care of one's overall health, including eating a healthy diet and exercising regularly to keep eyesight stronger for a longer period of time.

MyVision recently published a guide explaining the connection between eye health and nutrition! Please take a look at myvision.org/guides/diet-and-nutrition/

If you come across any free resources that you feel could be shared wider, please share them with us.

Your ideas and innovations

We would welcome any Ideas (wacky as well remember we have Andy!), innovations, New Theme days – Please let us know. What can we do better

Sponsorship

If you would like to sponsor the week or Theme Day, please contact Andy for more details.