

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

January 2023

Dates for 2023

Monday March 13th to Sunday March 19th 2023

Happy New Year

A Happy New Year to all our supporters around the world. Thank you for your continued support of the week and we once again look forward to seeing your activities in a couple of months' time. Some of us are having trying times in health and social care at the moment, but the week is a great opportunity to showcase all the great work you deliver year-round for the people you support and serve.

Please remember to 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](https://twitter.com/NHWeek)

[#NHWeek](https://twitter.com/NHWeek)

Our shared first plan is in

Yasmin from Heartlands Hospital in Birmingham, part of the University Hospitals

Birmingham NHS Foundation Trust has shared their plans with us.

Monday: MUST + malnutrition awareness on wards - taste testing supplements and identifying wards which would benefit from further MUST training

Tuesday: Stand at Queen Elizabeth hospital about snacks

Wednesday: Afternoon tea for elderly care wards across hospital sites (cake toppers to advertise N+H week)

Thursday: Thirsty Thursday - wellbeing volunteers to facilitate drinks rounds and infographics on how to meet fluids/ competition for staff on wards

Friday: Stand at Heartlands hospital about nutrition post discharge/ making the most of your food during admission

Thank you for sharing, Yasmin. If you have any plans and want to share in the next newsletter, please drop them to us in an email.

Resources

We are starting to get request for Resources for the week, unfortunately for this year we only have the online ones available from our website page -

<https://nutritionandhydrationweek.co.uk/resources/>

As we have been unable to secure any sponsorship for the Week, we haven't sufficient funds to procure extras for you - sorry.

If you know of an organisation who may sponsor the week then please pass on their contact details. We do have the funds to keep the week active for a

few more years, but not for merchandise, which is a more expensive than you may think.

Also ask some of your suppliers if they have any supporting materials for you to use to promote good nutrition and hydration during the week. Some may also have special offers on particular ranges too, if we hear of any we will share them with you.