

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

March 2023

Dates for 2023

Monday March 13th to Sunday March 19th 2023

The week is almost here

As we approach the week, 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.

We look forward to seeing all your fantastic activities, and work ideas and inspiration during the week.

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.

An Offer for You from the Hydration Foundation

The Hydration Foundation 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 Charity established solely to raise funds to enable the free distribution of The Hydrant drinking system (www.hydrtaeforhealth.co.uk) 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.

Thanks to the Chief Executive Mark Moran for providing you with this offer.

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 them 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.

NAPA online Toolkit

NAPA have developed a toolkit to assist with delivering activities around nutrition and hydration, ideally for the week, but a very useful tool to Care Activity Planners all year round. The digital version can be down loaded from

<https://digital.napa-activities.co.uk/view/885558326/>

Look out for

NHS West Yorkshire Integrated Care Board Antimicrobial Resistance Programme will be launching some educational resources during the week. The announcement is due on Thirsty Thursday.

Antimicrobial is a term used to describe the type of drugs that kill microorganisms (bacteria, viruses, fungi, and parasites), or stop them growing and causing infection. Antimicrobial resistance (AMR) happens when bacteria and other microbes find ways to stop antimicrobial medicines working making some infections harder or sometimes impossible to treat. Many human lives are lost to resistant infections with potential to spread to other people; and this is happening more often.

As a system, the Programme has taken action to raise the profile of AMR across the partnership by developing educational resources to support prevention for the public and

health care professionals. One of these films is specifically about Hydration and it outlines what everyone can do to help prevent infections (especially UTIs) by keeping hydrated.

The film was co-designed with colleagues from the University of Huddersfield and was developed to support objectives designed by the West Yorkshire Health and Care Partnership (WYHCP) AMR programme which aims to achieve at least a 10% reduction in anti-microbial resistance infections by 2024. The video will be embedded within a context of active learning and training for paid and unpaid care providers in community settings such as schools and across adult social care. They will be sharing their production and promoting it via social media platforms during the week. Thanks to the programme Manager, Sarah for sharing these details of their plans.