

Nutrition and Hydration Week

We dared to dream!

The Mission

14 – 20 March 2016

“To create a global movement that will reinforce and focus, energy, activity and engagement on nutrition and hydration as an important part of quality care, experience and safety improvement in health and social care settings.”



The Week's Aims

Nutrition & Hydration Week 2016 in the UK will once again, be keenly promoting the following:

The 10 Key Characteristics for Good Nutritional Care

Protected Mealtimes

Nutrition Advocates for each health or social care setting

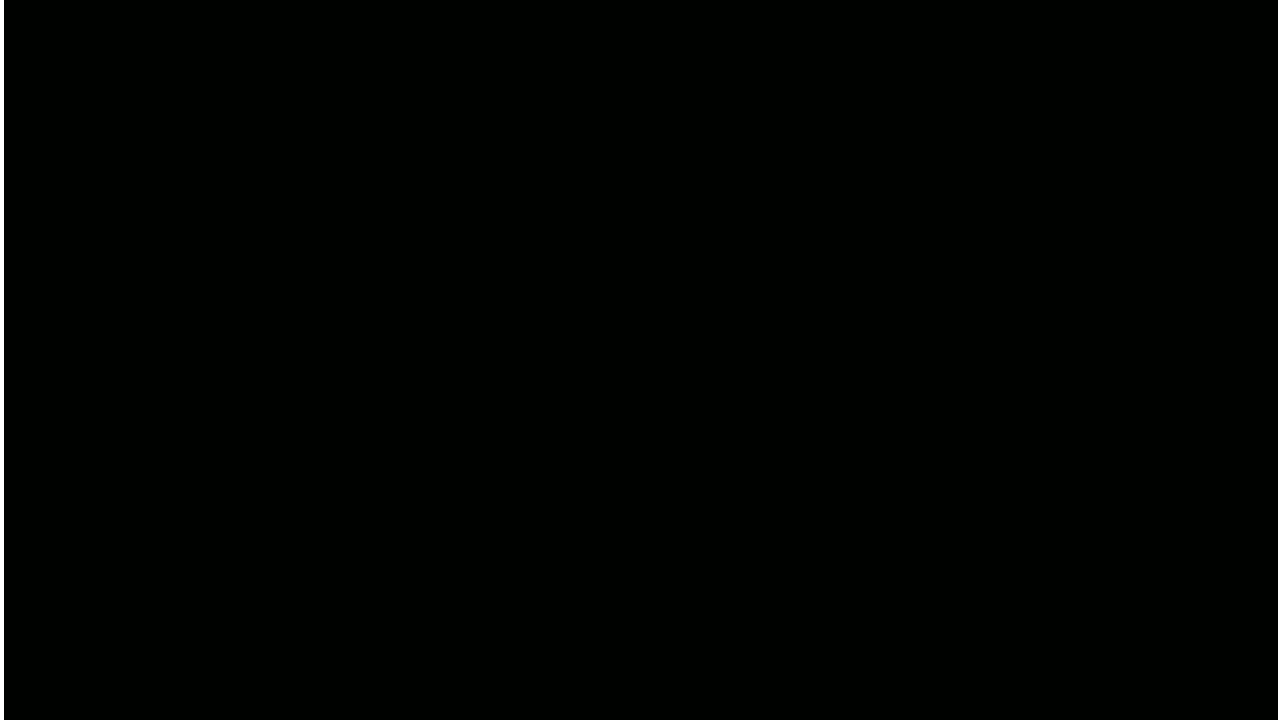
The minimum standards for good nutrition in the respective settings

Highlighting Good Nutrition and Hydration Practices

Continued Education for professionals on good nutrition and hydration



2015 at a glance



Visit our home page to watch our short video

www.nutritionandhydrationweek.co.uk/



Globally

Huge support across the world in social and health care settings –

Truly inspirational from the India Dietetic Association feeding a village and educating elders to the.....

The Ebola hospital in Freetown Sierra Leone taking part.....

To small care homes in remote parts of Canada holding tea parties

Engagement from many varied associations



Building on the legacy

- * Afternoon tea is becoming the norm along with mid afternoon snacks
- * Northumbria's Nutrition Assistants
- * 'Mocktail' Mondays are being a regular theme
- * 'Fruity Fridays' are very popular!!!
- * PROSPER in Essex now have a real focus on hydration with a big focus on jellies.....



Keeping momentum.....

Social media – Image of the Week

Information – Monthly newsletters

Website – patient stories and case studies

Blogs with a difference

Planning for 2016!



So onto 2016

Updated - 2016 planner, posters and logo in the resources section of the website.

We have also identified different daily themes

- Monday – Big Breakfast
- Tuesday - Suppertime
- Wednesday – Global tea party
- Thursday – Thirsty Thursday
- Friday – Fruity or Fishy Friday



Junior Ambassadors

- * After a successful piloting of this idea in a Stockport primary school we are looking to widen the concept and have approached colleagues at LACA



World Record Attempts

We are looking to achieve an official world record in 2016

- The site serving the most cream teas
- The multi site record of sites serving cream teas in different locations
- Plus create a multi national record of cream tea served at one themed event across national boundaries

Plus.....



Continued Professional Development

Linked to the Nutrition and Hydration Week Charter we have developed a Continual Professional Development framework built around the week.

As Continued Education is one of our aims and in the UK there wasn't a platform for this we have created a basic one .. For now!



Media

- * Focus on engaging with our media colleagues regularly
- * Severe articles already planned – Complete Nutrition, Care Home Catering, Network Health Dietitians, Nursing Times



That's where we are

So now it's over to you 😊



Thank you for your time

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