So what’s it all about…

**Nutrition and Hydration Week** is all about creating a global movement that reinforces and focusses energy, activity and engagement on nutrition and hydration as important part of quality care, experience and safety improvement in health and social care settings.

During **Nutrition and Hydration Week** we ask everyone - and we really do mean everyone - to pledge their support to raising awareness of the importance of nutrition and hydration as an essential element of care.

**What can you do?**

The most important thing you can do is to get involved and to make that commitment to make difference to the people in your care.

You will find lots of ideas, resources and our newsletters on the **Nutrition and Hydration Week** website - [http://nutritionandhydrationweek.co.uk/](http://nutritionandhydrationweek.co.uk/)

The important thing to remember that this is your week so do what you think is important.

Once you have made that commitment make sure your telling everyone that you are supporting **Nutrition and Hydration Week** and there are lots of ways of doing this......

We love twitter so follow us @NHWeek or join our community on Facebook [http://on.fb.me/1tJH8rp](http://on.fb.me/1tJH8rp) and we will help share your great work.

Please tell us what you are doing so that we can help to inspire others. Contact us via the website or [info@nutritionandhydrationweek.co.uk](mailto:info@nutritionandhydrationweek.co.uk)