“Creating 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 setting’

During Nutrition and Hydration Week 2016 we are asking 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.

Show your commitment now by pledging your support on the Nutrition and Hydration Week website

http://nutritionandhydrationweek.co.uk/

You will find a selection of activities that you can pledge to do during the week - these are just suggestions - its your week so do what you think is important.

On the website you will find a range of resources (and more will be added) to help you plan your week - time flies so get planning

We have updated the campaign handbook - it’s available now along with our theme of the day ideas.

Just look in the resource section of the website.

Why not sign our Nutrition and Hydration Week Charter? Better still get your organisation to sign up...

The second most important thing you can do is to tell everyone that you are supporting Nutrition and Hydration Week 2016. We love twitter so follow us @NHWeek or join our community on Facebook http://on.fb.me/1tJH8rp

The next thing you need to do is tell us what you are doing so that we can tell everyone else. Contact us via the website or @NHWeek. Can you email us at: caroline@nutritionandhydrationweek.co.uk derek@nutritionandhydrationweek.co.uk andy@nutritionandhydrationweek.co.uk

Don’t forget

On the 16 March 2016 we will be having our annual ‘Global Tea Party’ - you are invited and bring along the people you provide for...

Finally ... thank you from everyone that you will make a difference to