Thank you to everyone who has contacted us with their plans. This is a flavour of what is taking place during the week. Please keep sending your plans in, plus we know we have over 10,000 afternoon teas already registered as part of the World record attempt. It may be unofficial now due to the constraints put on us by the Guinness World record people, they are used to people popping balloons not providing a great service and along the way breaking the world record!

The St Cuthbert’s Hospice in Durham will be holding their Afternoon Tea Party on Thursday, March 17, (remember there is no law to say when or what you do, its what works for you and those you care for!) They are planning to serve different blends of tea for people to try and healthy scones with strawberries and cream. They also hope to use vintage china and decorate their coffee shop and dining room with bunting and table cloths. They are going to have stickers printed out too.

The Leicestershire Nutrition and Dietetic Service - Mental Health and Learning Disabilities Team are planning to promote the week in 4 to 5 more units this year, and these will include Older People Inpatient Services, Adult Acute Units, Medium Secure and Long Term Mental Health Units. They will be liaising with the Nottingham Trust to achieve this as well as continuing to work with their wider Multi-Disciplinary Teams.

The Junior Nutrition and Hydration Ambassadors are holding a tea party at Romiley Primary School on Wednesday 16th at 3.30 to 4.30. They are inviting all parents / carers to stay for a drink and a scone when they've collected their children. To add a community feel, they are also advertising the event within the village to invite people of all ages to come and join them. They are holding a raffle, and have just confirmed that a local football coaching squad are attending to provide a coaching session with the children; this is also promoting a healthy lifestyle choice. The “Juniors” have a long list of people that they've sent out personal invites to- including The Queen, Little Mix, and most importantly, the school lollipop ladies.

The NACC Northern Region Care cook off is on the 16th and they are planning a cream tea straight after.

The Wye Valley NHS Trust, Hereford are planning events for the week.

At the Plymouth Hospitals NHS Trust the plans are well on the way. The Main Entrance Event on Wednesday 16th March will include patient food sampling, the importance of MUST and general diet awareness with a stand run by the Dietetics
department, there will also be a *Making Mealtimes Matter* stand manned by the Matrons. The Dieticians and Nutritional Link Nurses are participating in MUST refresher training sessions run on wards throughout the week, and the Executive Team are helping to serve patients at mealtimes. They have a ward competition to come up with the best initiative for *Making Mealtimes Matter* in support of Nutrition & Hydration Week, with a prize for best idea/initiative. They have taken on daily themes from the week as well

**Monday – Big Breakfast** – providing patients with additional breakfast from the proposed new menus. Healthy breakfast bar launches in The Restaurant

**Tuesday – Bedtime Snack** - Additional snack at bedtime to bridge the gap between supper and breakfast

**Wednesday – Devonshire cream team for patients to be served at “Tea with Matron”.** There will also be an Afternoon tea available in The Restaurant.

**Thursday – Cake Day** – patients’ afternoon cuppa to be served with cake from our proposed new snack menu.

**Friday – Fruity Friday** – patients lunchtime hot dessert to be replaced with Fresh Fruit Salad and custard. “Fishy Friday’ in Restaurant with Fried Fish & Chips replaced with a healthier alternative.

Elsewhere in Devon there will be Stand in the concourse of the Musgrove park Hospital in Taunton to promote nutrition and hydration. The *Taunton and Somerset NHS Foundation Trust* are taking part in the global tea party in all the wards and catering outlets on Wednesday 16th. The *Northern Devon Healthcare Trust* are also planning to have a range of events taking part during the week across their multi-disciplinary teams.

The Woodend Hospital in the *Grampian NHS Trust* are having information stands promoting good nutrition and hydration.

**University Hospital of Wales** are busy making their plans

These are the plans *Quantum Care* are developing across their portfolio, building on themes for each day. These are some of their ideas. Thanks for sharing.

**Monday – Big breakfast**

Breakfast clubs featuring flavoured juices, continental breakfast (cheeses, breads, meats, fruit, pastries) or how about American style – pancakes, muffins.

Breakfasts from around the world?

Newspaper discussions

Filtered coffee, flavoured teas

**Tuesday - Bedtime Snacks**

Hot chocolate & marshmallows

Cookies made with Ovaltine/Horlicks – recipes to follow

Mini muffins

Oaty biscuits

Night caps!

**Wednesday - Tea Party Day**

“Tea at the Ritz” events try sweet and savoury scones plus don’t forget your pureed cream teas

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*Keep up to date on @NHWeek*  
*Find us on Facebook* nutrition and hydration week
Thirsty Thursday
Mocktails/cocktails
Jellies with a twist
Smoothies and milkshakes – American diner theme anyone!!
Drinks quiz – to follow

Fishy or Fruity Friday
Health by stealth fruit cakes, anyone for chocolate & beetroot cake, prune & chocolate brownies, courgette & cardamom sponge
Fruit crisps
Seaside/beach themed day – fish & chips in a bag or cone and/or tasting

The Peninsula Dental School are using the week to support healthy living and health awareness campaigns by creating displays of information for their patients and students and sharing information on their community facebook page. They have three dental educational facilities in Truro, Plymouth and Exeter and will all create a display in each.

The Public Health Nutrition (Adult Services) team from the Central London Community Healthcare NHS Trust who operate in Kensington & Chelsea are running a local Nutrition & Hydration Week campaign to align with the national campaign. The aim is to use this as a springboard to raise awareness of malnutrition and good hydration in the community. Their planned activities to date include: Publicity (an article Top myths and facts for healthy eating in later life) in 6 different newsletters distributed to a wide variety of audiences including: district nurses, carers, residents (particularly those aged 50 years or older) and community healthcare professionals, plus a Nutrition & Hydration Week campaign competition among the borough’s four Day Centres. The winner will be announced 15 March 2016.

The Bolton NHS Foundation Trust are taking part in the week. Each day they are holding awareness stands in the staff restaurant over lunch time focussing on a different theme from members of the multidisciplinary team to promote nutrition and hydration within the trust and to promote the work they do. The events are being coordinated by the Nutrition Specialist Nurse with involvement from Speech and Language Therapists, Dietitians, catering staff, Bluebell ward and other nursing staff as required. Their theme days are as follows -

Monday - Dysphagia Awareness, thickened fluids and modified diets.
Tuesday - Promoting food First
Wednesday - Hydration
Thursday - Catering
Friday – tbc but probably Age UK promoting their work
Wednesday 15th March – their afternoon tea party will be on the Bluebell Ward, the dementia care ward demonstrating how they support nutrition in people with dementia.

Thursday 16th March - is a nutrition study day for all grades of nursing staff.
In addition Wednesday onwards the Nutrition and Hydration Express will go around the hospital wards and departments offering information and goodies re nutrition and hydration. They will also be launching our Moodle ( e-learning ) training module on nutrition and hydration for trust staff.

Interesting people who have contacted us to ask more about the week include the Jamie Oliver Trust, The Border Force, Warburton’s Bakery in Bolton, and Metrolink in Manchester.

An offer for you –

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 foundation.

The Hydration Foundation is a Community Interest Company established solely to raise funds to enable the free distribution of The Hydrant drinking system (www.hydrationfoundation.org/products/the-hydrant ) 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

Contact for Newsletter items, photos, plans, ideas, any comments send them to– info@nutritionandhydrationweek.co.uk;