

Nutrition and Hydration programme newsletter 11th March 2019

Happy Nutrition and Hydration Week!

This week we are celebrating food and drink and the important role they play for our health, energy levels and quality of life.

As we get older it can be harder to maintain a healthy weight. None of us doubt the importance of food and drink. They give us the nutrients to stay healthy in body and mind, boost our energy and improve our quality of life.

In this first edition of our newsletter we have included some information about how you can get involved during Nutrition and Hydration week, a spotlight story from Care 4 U who have embedded the use of the Paperweight Armband into their work, a link to the BBC documentary that came to Greater Manchester to discover the truth behind the headlines about cake and information about our e-learning tool on Malnutrition and Swallowing difficulties.

Thank you for your ongoing support.

Nutrition and Hydration Week

This week is Nutrition and Hydration week. We would love you to get involved in the following ways:

- **Join the Global Tea Party** – there are already 60 organisations registered to take part in the Global Tea Party in Greater Manchester. It is not too late to get involved, just visit our website (www.ageuk.co.uk/salford) to download all the materials you need. Don't forget to send us photos! #GlobalTeaParty #NHWeek @GMNandH
- **Join the #NandHChat**– ask every older person you have contact with about their appetite and how they get on with eating and drinking. You can do this individually or with a group. Read our short blog post for tips about how to have this conversation at www.ageuk.co.uk/salford. How many people can you reach during the week?
- **Complete the e-learning tool** for Malnutrition and Swallowing Difficulties at www.paperweightarmband.org.uk
- **Send us your stories!** We would love to hear and share your stories about how you promote good nutrition and hydration, how you have used the Paperweight Armbands and any other tips you can share with us about supporting people to eat and drink well. This could be as short as a sentence or as long as a page! Don't forget to include photos.
- **Get tweeting!** You can retweet our messages, download our social media pack from www.ageuk.co.uk/salford or send in photos and stories to show



Are you joining in the Global Tea Party?
We'd love to see your photos!
#NandHchat
@GMNandH



how you are supporting the week. Please tag us and use our hashtags to help spread the word!

Care 4 U Rochdale

Care 4 U in Rochdale were one of the first organisations in Greater Manchester to take advantage of the Nutrition and Hydration training. Since this time their carers have assessed 81 people and found 8 to be at risk of malnutrition. You can read more about how they have supported these people to gain weight by following this link: <https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/case-studies/>



"The Nutrition and Hydration training provided to our staff was extremely well received and gave insight to carers who deal with the most vulnerable on a daily basis and gave them awareness of signs to look out for and the Paperweight Armband to physically check if someone is underweight."

Lorraine Gary, Care 4 U Rochdale

#NandHchat @GMNandH

Paperweight Armband on BBC One

The BBC One documentary called Food: Truth or Scare which aired on 27th February has highlighted some of the key messages of the Nutrition and Hydration programme.

You can watch it at <https://www.bbc.co.uk/iplayer/episode/m0002vgz/food-truth-or-scare-series-4-episode-3> - the full 12 minute feature starts at 14 mins 15 secs. But if a bit pressed for time, just watching the segment from 22 mins to 23:40 gives really nice sense of programme, its benefits and why it is important.



For more details visit: www.ageuksalford.org.uk

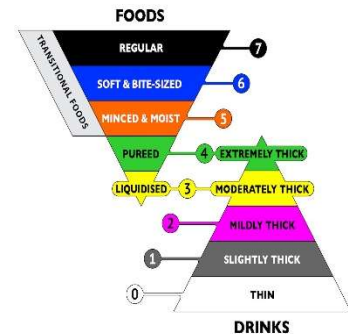


E-learning tool for Malnutrition and Swallowing Difficulties

We have now launched our e-learning tool for Malnutrition and Swallowing Difficulties. This is a free interactive tool designed for anyone providing care in a paid or unpaid role.

Content

- **Malnutrition**, including how to identify and prevent it and stimulate weight gain
- **Dietary advice** for people at risk of malnutrition
- Advice, information and **experiences** of carers and health-care professionals
- **Dysphagia** (swallowing difficulties)
- Texture modified foods and thickened liquids— including **changes to IDSSI**



How to access

Go to the website www.paperweightarmband.org.uk

