

# News Release

16 March 2017

## **Nutrition and Hydration Week 2017**

Dorset County Hospital has marked global Nutrition and Hydration Week with a series of special events.

The aim of Nutrition and Hydration Week is to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally. The week originally focussed on nutrition and hydration in the health and social care environment, but due to interest outside this sector everyone is encouraged to take part.

The hospital's dietetics team had a stand in Damers Restaurant throughout the week, with information on hydration and a quiz with prizes kindly provided by Nutricia and Aymes. The catering team celebrated the Worldwide Afternoon Tea on Wednesday 15 March, offering staff and visitors a selection of sandwiches and cakes. Members of the dietetic team were on hand during the afternoon tea-trolley round on the wards to promote the role of food and drink in relation to physical and mental wellbeing.

Nutrition Nurse Specialist Dee Angell said: "Nutrition and Hydration Week is all about reinforcing and focusing energy, activity and engagement as an important part of patient quality care, experience and safety improvement.

"The hospital is committed to meeting the food and drink needs of patients, and has a number of initiatives in place to promote this such as protected mealtimes and the mealtime helper scheme. Nutrition and Hydration Week is an excellent opportunity for us to celebrate these initiatives and highlight the importance of nutrition and hydration to patients, staff and visitors."

**ENDS**

**PHOTO: Staff serve a special afternoon tea to patients and visitors as part of Nutrition and Hydration Week's Worldwide Afternoon Tea.**

For more information please contact the DCH Communications Team on 01305 254683 or [communications@dchft.nhs.uk](mailto:communications@dchft.nhs.uk)