



*March 13th, 2017*

## **Nutrition & Hydration Week activities**

Improving health and wellbeing and preventing malnutrition is on the menu this week in South Tyneside.

South Tyneside NHS Foundation Trust is supporting Nutrition & Hydration Week (March 13th-19th) with a series of activities, including asking patients at South Tyneside District Hospital about their mealtime experiences and observing their mealtime care.

On Wednesday (15th), the care of the elderly wards will join in a global afternoon tea, and nutrition and dietetics staff will give a talk at the Trust's Medicine for Members event at 2.30pm in the Education Centre at the hospital (tea and coffee served from 2pm).

Also during the week, water jugs with a red top will be introduced for patients who need to be encouraged to drink more, as a reminder for their visitors and for staff.

Debra Stephen, Head of Quality Assurance, said: "Good nutrition and hydration have a positive impact on everyone's physical and mental well-being and they are especially important when we are ill and as we get older. Nutrition & Hydration Week is a great opportunity to raise awareness among staff and the general public about malnutrition and dehydration and how to prevent and manage these conditions. There are a number of reasons why people can become malnourished, particularly as they get older, including difficulty in eating and swallowing; an inability to absorb nutrients; depression or isolation, and lessening of taste which can make eating less pleasurable."

- South Tyneside NHS Foundation Trust's free Medicine for Members event in support of Nutrition & Hydration Week is on Wednesday, March 15th, at 2.30pm, in the Lecture Theatre in the Education Centre at South Tyneside District Hospital. As spaces are limited, please contact the Membership Office on 0191 2024121 for a ticket. If you are not a member, it is easy to join; simply visit the Trust's website at [www.stft.nhs.uk](http://www.stft.nhs.uk) or contact the Membership Office.

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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