

Theresa Thompson's A Winner



On 31st March Theresa Thompson, Ward Clerk on Chestnut Ward was presented with her prize for winning the recent Nutrition and Hydration competition. This was part of the Nutrition and Hydration Week 2016 run by the Nutrition and Dietetics Department. The questions ranged from where on your ward would you find details on specialist diets (eg halal) to what needs to be done if a patient has trouble swallowing. Theresa scored an impressive 8½ out of 9 and received a £15 voucher to spend in the Level One Restaurant.

Theresa said *"I am both shocked and delighted to have won this competition. I feel I have not only won it for myself but also for Chestnut Ward. I am very much looking forward to visiting the Level One Restaurant to enjoy my winnings"*.

Eileen Brookson, Head of Nutrition & Dietetics said *"Congratulations to Theresa on scoring the highest points in our competition. There were 42 entries, with average scores being between 6-8. Our Nutrition and Hydration Awareness Week was extremely successful and this year we focused on ensuring that the diverse nutritional needs of our patients are met. We also concentrated on our close links with Carillion who provide the patient meals"*.

Simon Tombs, Catering Manager for Carillion said *"Healthy nutrition and hydration plays a significant part in every patients recovery. We were very keen to get involved with this awareness week and were happy to donate the prize. Working closely with the hospital to ensure that patient's nutritional needs are met is a priority for us"*.