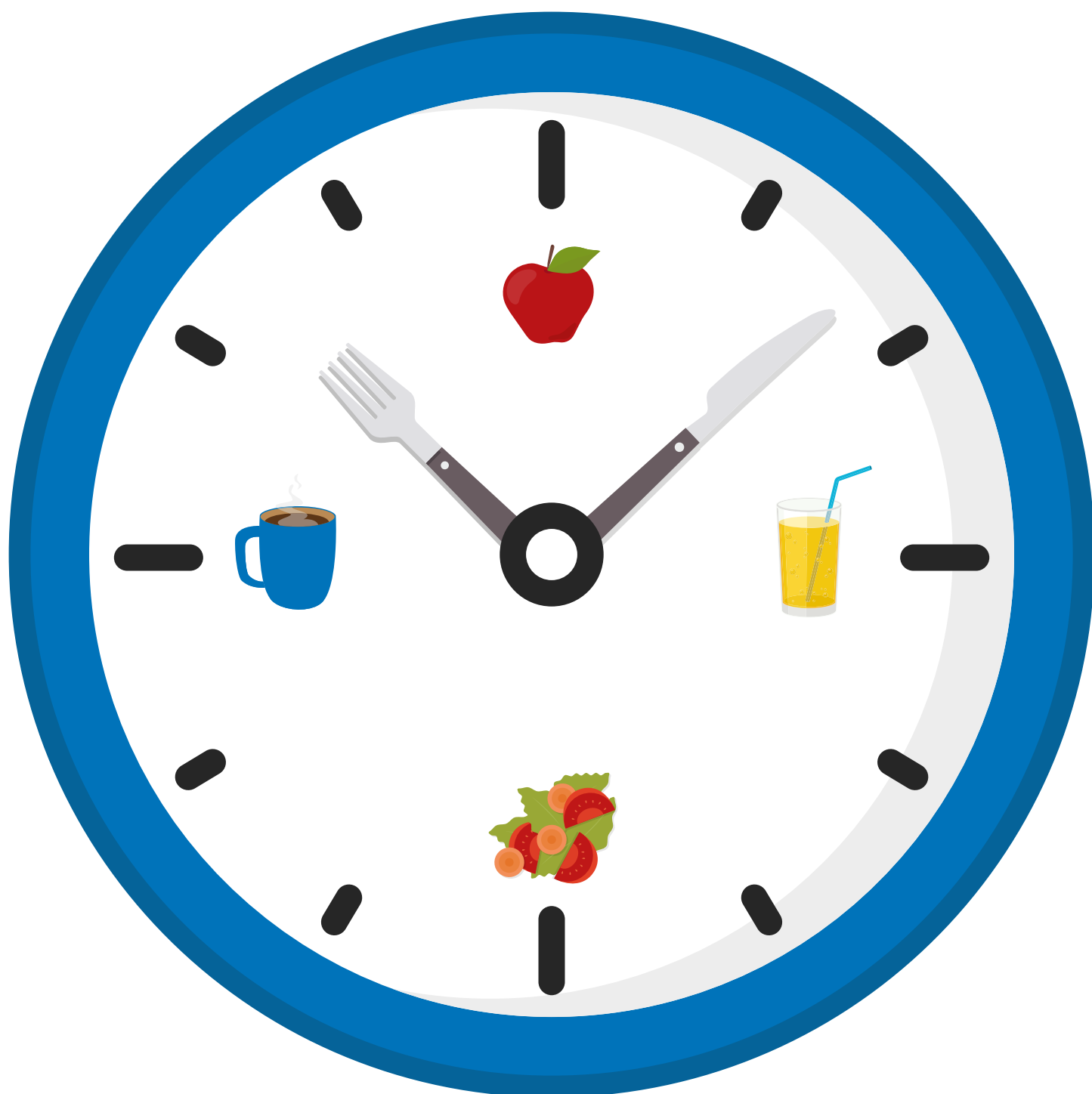


About mealtimes

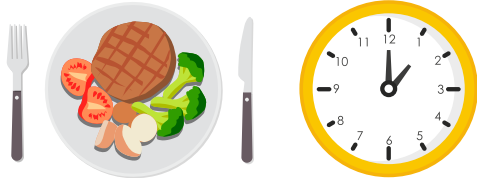


What this leaflet is about

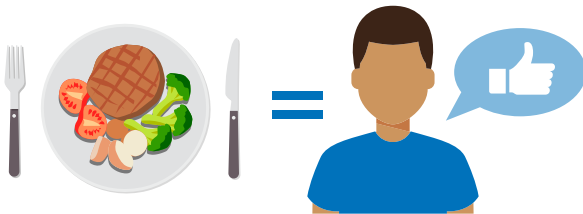


This leaflet is for **everyone**:

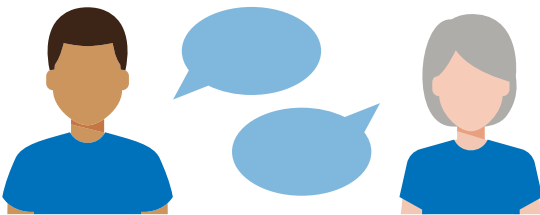
- Patients
- Carers
- Relatives
- Friends.



It will tell you about the mealtimes in our hospital.



Food and drink is important when staying in hospital, it makes people feel better and helps them to heal more quickly.

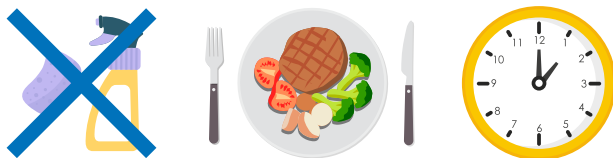


It gives the patient time to spend with others.

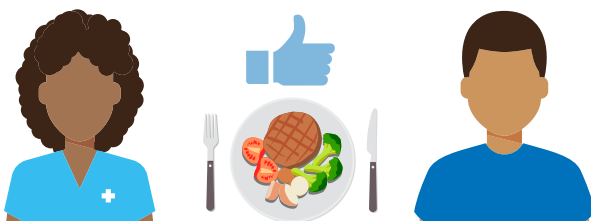
Making Mealtimes Matter



Our hospital has a **Making Mealtimes Matter** rule.

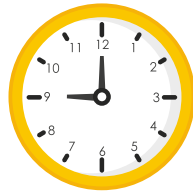


This means we stop doing some of the less important things on the ward at mealtimes.



This is so patients get the right care and support with eating and drinking.

When are mealtimes?



Breakfast time 8 - 9 am.

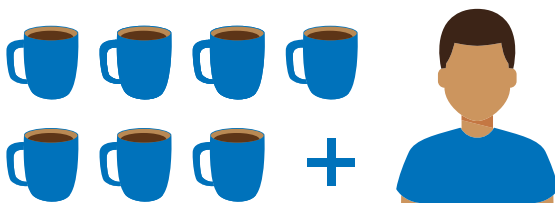


Lunch time 12 - 1 pm.

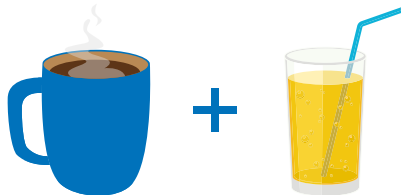


Tea time 5 - 6 pm.

Drinks and snacks



Patients will be offered at least 7 drinks from the trolley service.



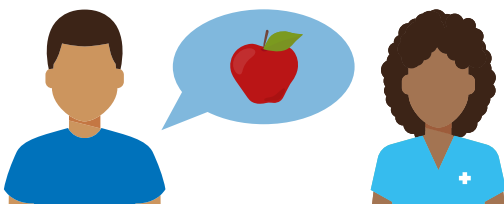
There are hot and cold drinks to choose from.



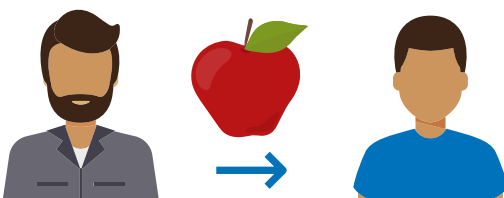
Every patient will have a jug of water.



If a patient needs help with eating and drinking, we will use a red tray and a red jug.

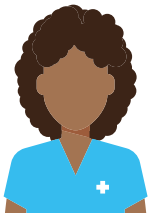


Patients can have a snack in between mealtimes - just ask a staff member.



Relatives and friends can bring in snacks for patients.

Who will be on the ward to help with eating and drinking?



Nurses



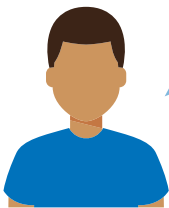
Housekeeper



Volunteers



Friends and family can help at mealtimes. Please talk to the nurse in charge of the ward to arrange this.



Please speak to the nurse in charge if you have any questions.

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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