

Outstanding Care,  
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**NHS**

**Sherwood Forest Hospitals**  
NHS Foundation Trust

# Making Mealtimes Matter

Information for patients, carers, their families and friends



Mealtimes are important in ensuring that you are provided with adequate food and drink, together with the opportunity for social interaction.

The therapeutic role of food and drink in the healing process cannot be underestimated. However, food - even of the highest quality - is only of any value if the patient actually eats it.

## Making Mealtimes Matter

We have introduced 'Making Mealtimes Matter' to ensure that you are able to eat your meals and that help is available to you, if required.

There is a period of time when all non-essential activities on the ward will stop. This prevents unnecessary interruptions to mealtimes. However, please be assured that all emergency care will still be carried out on our wards during these times.

Mealtimes on our wards are:

Breakfast	8am to 9am
Lunch	12pm to 1pm
Dinner	5pm to 6pm

## Who will be on the ward?

We will try to keep interruptions on the wards to a minimum during mealtimes.

There will be nursing staff, housekeepers (and on some wards, volunteers) to help, encourage and monitor your food and drink intake during your mealtime and ensure it is an enjoyable experience.

Relatives and friends whom you may wish to support you are also very welcome on our wards during mealtimes.

## Relatives and friends

If you are coming to the ward to assist your friend or relative with their meals, please arrive at the ward at the beginning of mealtimes (8am, 12pm and 5pm). This will enable us to ensure each meal is freshly prepared.

## Drinks and snacks

You will be offered a minimum of seven beverages every 24 hours from the trolley, which will include hot and cold drinks. If you require assistance, then we will use a red jug and red tray system to identify this need.

Snacks and drinks are available in between meals. If you have any particular likes or dislikes then we will do our best to accommodate them.

Please also feel free to ask your relatives and friends to bring snacks in for you, which do not require re-heating or refrigerating.

Please speak to a member of the nursing team if you have any further questions.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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