



South West
Yorkshire Partnership
NHS Foundation Trust

Nutrition and Hydration Week

17 – 23 March 2025

Remember to stay hydrated. Try taking a drink with you to your meetings or when you're out in the community

Water, squash/dilute, and hot drinks all contribute to your fluid intake.



If you require a copy of this information in any other format or language please contact your line manager.

With **all of us** in mind.