

Welcome to the Patients Association's Weekly News

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Nutrition and hydration week



We are proud to support
Nutrition and Hydration Week
14th -20th March 2022

www.nutritionandhydrationweek.co.uk
Twitter : @NHWeek

Nutrition and Hydration Week 2022 starts next week.

It's the tenth anniversary of Nutrition and Hydration Week this year and next week marks a decade of teaching people the value of food and drink in maintaining health and well being in health and social care.

We've a long-established interest in nutrition. Our [Nutrition Checklist](#) is popular with patients, carers and health and care staff; the disease-related malnutrition [factsheets](#) are resources we added to our website recently; and our research into patients' experience of [hospital food](#) formed part of the [independent review](#) of NHS hospital food in 2020. For us, food is more than fuel - it's fundamental to patients' care and recovery.

The highlight of every Nutrition and Hydration Week is the Global Tea Party which takes place on Wednesday next week. If you'd like to take part, there's a link to resources in the button

below.

[Plan your tea party](#)

Less reform, more a statement of intent Our verdict on Javid's NHS reforms



Simon Dawson / No 10 Downing Street.

The Secretary of State for Health and Social Care, Sajid Javid, made what was billed as a major speech about NHS reform this week.

However, his speech contained no announcement of any reforms at all. To the extent that the speech did contain announcements, they were further developments or even plain re-statements of existing initiatives. At best, the speech added a bit more detail to a few key areas, such as the Elective Recovery Plan.

But there were things we welcomed such as: the NHS must learn to listen to patients; the need for the NHS to inform people waiting for their treatment of the right to choose where they have it; and improved prevention services.

You can read our full statement about the proposals online, and if you missed our Chief Executive talking about the speech on BBC Radio 4's consumer programme, You and Yours, you can listen via [BBC Sounds](#).

[Read our statement](#)

Readers' preferences on links to external information



Every week in Weekly News we share five items that the team's been reading with readers.

Sometimes it's reports published by think tanks but it's often articles published by newspapers and journals. Recently we shared stories from *The Daily Telegraph* and the *FT*, which are behind paywalls.

At least one reader contacted us to say they were disappointed not to be able to access the stories we'd shared. This got us thinking: should we share links to articles and reports not all of you will be able to read? As an organisation that is on a journey to improve the accessibility of everything we do, should we only share links to sources all readers can read?

To help us make a decision, please share your thoughts on whether we should or shouldn't link to articles behind paywalls by dropping us an email. Thank you.

[Tell us what you think](#)

From the helpline

Transferring care to a different hospital



Lauren* called on behalf of her family to find out how to transfer outpatient care from one hospital to another.

Lauren and her family live in Yorkshire and are thinking of moving out of the area. Both her children attend outpatient clinics at the local hospital and she wanted to know how she'd go about getting care transferred to a hospital where they're planning to move to. Lauren also wanted to know if she'd have to tell her current GP when they change GP surgery.

Our adviser suggested Lauren calls the children's current outpatient clinics and ask them about transferring care to another hospital in their new area. She also advised that Lauren didn't have to let the family's current GP know about leaving and joining a new GP surgery.

*Name changed to protect privacy.

To contact our helpline team, call 0800 3457115 between 9.30am and 5pm on weekdays or email helpline@patients-association.org.uk. See [our website](#) for more ways to get in touch.

And remember, we have a [range of information](#) on our website from our very popular nutrition checklist right through to understanding your medicines.

What our team is reading this week

[Chayim's speaking up for Patient Voices Matter](#)

[Scans reveal how COVID may change the brain](#)

[NHS dental practices 'may struggle to remain financially viable'](#)

[Shropshire maternity scandal report publication delayed with no fresh date set](#)

[Why bridging the gender health gap requires an intersectional approach + the women doing their bit](#)

About Us

Our purpose is to ensure that everybody can access and benefit from the health and care they need to live well, by ensuring that services are designed and delivered through equal partnership with patients.

Our strategic focus for 2021-25 is patient partnership in the design and delivery of health and care services.

We are a registered charity raising all our own funds. If you'd like to support our work for all patients and make a difference, please [donate or consider making a regular donation](#). Thank you.

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