



Food First Update

We recently ran a number of training sessions for care and nursing homes across North East Essex. These study days proved very popular, with over 130 care staff, nurses and chefs attending.

Further training..

We have had several requests for further study days that are tailored to meet the needs of care/nursing homes catering departments. If you have any suggestions or ideas that you would like covered in a training sessions or just require further information about a particular topic, please do not hesitate to contact us. **01206 744552** or email chu-ftr.foodfirst@nhs.net



Useful Links...

- **Colchester Hospital**
http://www.colchesterhospital.nhs.uk/community_dietitian_protected.shtml
- **My Home Life**
<http://myhomelifessex.org.uk/resources/food-firstproject/>
- **Food First – email address**
chu-ftr.foodfirst@nhs.net
- **BDA- British Dietetic Association**
<http://www.bda.uk.com/>

THICKENING FLUIDS

You may have residents in your care/nursing home that have been prescribed Thick and Easy to thicken fluids and be mixed with foods. Please make sure that this is used correctly and to the right consistency either Stage 1 or Stage 2. A resident can be at risk of choking or even aspiration. The Stage of fluid required should be decided by a Speech and Language Therapist or GP. Thick and Easy can also be mixed with foods which can be put into moulds for presentation. **FREE** Training can be arranged for your home through us or by contacting-



Luisa Harman from **Fresenius 07970084015**

The Community Dietetics Team.

chu-ftr.foodfirst@nhs.net Tel: 01206 744552 Fax: 01206 744492



We would like to thank the following speakers who provided such informative talks and information sessions.

Sally Green & Bev Pickett - End of Life Care Team
Sarah Fisher - Dementia Service
Luisa Harman - Fresenius Kabi/Thick and Easy Training
Jayne Wignall - Fresenius Kabi/Dysphagia Specialist
Sam Cook - Tissue Viability

We would also like to say a special thank you to the members of staff from care and nursing homes who assisted us at the study days by facilitating training sessions, either during group work or offering advice during the practical sessions.

Mary Bull – Head Cook/Cheviots
Bonnie Hysenlikaj – Care Home Manager– Blomfield House/Colonia Court
Martin Woodward – Catering Manager/Corner Lodge
Sue Moore – Deputy Home Manager/Lime Court
Gordon Snelling – Health Care Assistant/Lime Court

Thank you to the following Care & Nursing homes for participating in the study days.

Abberton Manor	Edensor	Quenby
Abbey Care	Ernest Luff Home	Ramsey Manor
Alexandra House	Fivestacks	Read House
Anchor Lodge	Foxborrow Grange	Rosier Home
Attwoods Manor	Freda Gunton Lodge	The Oaks (Great Bentley)
Belamacanda	Gairloch	The Haven
Bellvue	Great Horkesley Manor	Scarletts
Blackbrook House	Haven Lodge	Seven Rivers
Blenheim House	Hill House	Springfields Nursing Home
Brookfield	Homeacre	Springfields Residential Home
Brooklyn	Kilkenny	Spring Lodge
Cavendish	Lime Court	St Fillians
Cedars (Halstead)	Loganberry Lodge	St Marks
Chalkney House	Maitland House	Stronvar
Cherryleas	Mamora	Tall Trees
Cheviots Nursing Home	Mid Meadows	Tendring Meadows
Cleaveland Lodge	Milton Lodge	Treetops
Colonia Court	New Copford Place	Trippier House
Corner House	Oaklands	Well House
Corner Lodge	Penny Pot Care	Welshwood Manor
Delamar House	Poplars	Winchester House
Dovercourt House		Winsford House

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