

# NEWS TAP

---

**Briefing for Water for Health Alliance Members and Network  
July 2009**

---

## **Hydration Best Practice Award**

Somerset Community Health is the winner of the third National Patient Safety Agency's Hydration Best Practice Award.

The award, supported by the Hospital Caterers' Association, the Royal College of Nursing, NHS Supply Chain and Water UK, celebrates the outstanding contribution of an individual or team to increase the provision of drinking water to NHS patients leading to improvements in patient safety.

Somerset Community Health were awarded the Hydration Best Practice Award for collaborative working between hotel services and the nursing team to increase the supply of fresh drinking water to their patients, for developing a staff training programme and for their



use of the Water for Health Best Practice Toolkit. Somerset Community Health has demonstrated a real commitment to improving patient safety.

The photo above is of the winner, Anna Warman, receiving the award from Caroline Lecko (in the cream dress), Martin Fletcher (Chief Executive of the National

Patient Safety Agency) and Neil Watson-Jones (Chair of the Hospital Caterers' Association).

## One Queen Anne's Gate Taps into WaterAid

In the last issue, we reported that One Queen Anne's Gate, a popular conference venue in the heart of Westminster (and home to Water UK) has been offering customers the chance to make a voluntary donation to WaterAid for every bottle of chilled tap water that is consumed during their event.



All donations are passed on to the charity WaterAid to fund life-saving water, sanitation and hygiene education projects in the developing world. Over £500 has been raised so far. For further inquiries, please contact Bernadette Pescod on 0207 344 1884 or look at [www.onegag.co.uk](http://www.onegag.co.uk)

## Hydration for the Elderly

Baroness Sally Greengross leads a Forum in the House of Lords, set up in January 2009, to champion the benefits of Healthy Hydration for the Elderly. The Forum was convened following widespread interest shown in Baroness Greengross's comments to the press on the report on the subject by Anglia Water in the summer of 2008.



It is also timely in that the newly formed Care Quality Commission is committed to address this issue and the Forum will submit views to the Commission shortly. For further details of the Commission's consultation see [www.cqc.org.uk](http://www.cqc.org.uk) .

The Forum has a healthy balance of government, private, government and NHS participants including Anglia Water and Water UK, who can provide a global view of how hydration relates to older people's health both in care and in the community. Baroness

Greengross met with the Chief Medical Officer, Sir Liam Donaldson in May to discuss the aims of the Forum. There is agreement that more research into the broad-reaching benefits of healthy hydration is needed, in the form of randomised control trials, surveys, and case studies. The Forum will begin to address these activities with the help of the International Longevity Centre (ILCUK). Anyone interested in more information or in being involved in the Forum please contact: Anne Macalpine-Leny [anne@amlcommunication.com](mailto:anne@amlcommunication.com) or Lisa Wilson at [lisawilson@ilcuk.org.uk](mailto:lisawilson@ilcuk.org.uk)

## House Magazine round-tables consider hydration

During June, the House Magazine and bottled water manufacturers Danone, held two round table discussions, which will be of interest to Water for Health Alliance members.



The first round-table looked at the link between adequate hydration and the general health and well-being of the population. It was attended by Diane Gregory (Anglian Water), Earl Howe, Anita Cormac (Focus on Food), Jeanette Longfield (Sustain), Baroness Masham of Ilton, Milo Purcell (Drinking Water Inspectorate) and Dr Laura Wyness (British Nutrition Foundation).

The second was on the social, environmental and health impacts of bottled water and was attended by Dawn Waterman of Water UK, Dr Nigel Carter of the British Dental Health Foundation, Tina Davey, senior researcher to Colin Challen MP, Jeanette Longfield of Sustain and Lord Rea. Danone are keen to promote bottled water as a healthier and more environmentally friendly choice than soft sugary drinks.

## **Flood alert - baby milk**

Most water emergencies are dealt with by giving out alternative water supplies. This is fine for most people but raises issues for babies taking infant formula.

Current advice is that water for babies' feeds should always be boiled but in an emergency, such as the flooding of the electricity substation at Tewkesbury, this may not be possible.

If baby milk powder is reconstituted with water that has not been boiled, it should be drunk immediately (and not stored). Care also needs to be taken with the use of bottled water, as some mineral water has a high sodium content.

At the time of the floods in Gloucestershire, the Department of Health put information about this on their website but it may not have been readily accessible to people who had no electric power or didn't know where to look.

Other ways to give advice to parents might be to give out leaflets with the water; or signpost people to places like NHS Direct or NHS24 to get more individual advice.

Dr Fiona Bisset, Senior Medical Officer/ Consultant in Public Health Medicine, Directorate of Health and Wellbeing, Scottish Government at [fiona.bisset@scotland.gsi.gov.uk](mailto:fiona.bisset@scotland.gsi.gov.uk) would be interested to know if any authority has experience of this and to share any good practice which has worked elsewhere.

## **Water challenges - past present and future**

**Tuesday 3rd November 2009, 28 Portland Place, London W1B 1DE**

Drinking water that is safe and in sufficient quantity is a key element in ensuring a high standard of public health. Climatic and environmental changes together with population growth are affecting the provision of drinking water in many countries including the United

Kingdom. This brings challenges to the water industry and public health practitioners.

This one day conference brings together experts from the Drinking Water Inspectorate, the Health Protection Agency, the WHO and DEFRA to review and discuss these challenges on the availability of water at current levels of consumption. It will focus on water resources in the UK, water borne disease, rainwater harvesting, grey water reuse and sewage effluent recycling.

For more information please contact Jennifer Tatman, Conferences and Events Officer on 020 3177 1614 or [jtatman@rsph.org.uk](mailto:jtatman@rsph.org.uk)

**For more information on the items in this issue of News Tap, please contact Dawn Waterman, Water for Health, at [dwaterman@water.org.uk](mailto:dwaterman@water.org.uk)**