



Hampshire Care Association

Nutrition & Hydration Seminar

Thursday 6th October 9.30am – 4.00pm

KCC, Upper Northam Road, Hedge End, Southampton, SO30 4BZ

[Click here to view map](#)

Preparations for the HCA Nutrition & Hydration Seminar are under way and it promises to be an exciting and informative event for providers!

Workshops / Speaker Subjects will include:

- Eating & Drinking Well: Supporting people living with Dementia.
- Coeliac Disease & Gluten Free Diets.
- The Importance & Benefits of Good Hydration.
- Falls Due to De-hydration.
- M.U.S.T (Malnutrition Universal Screening Tool)
- Catering for Ethnicity, Diversity & Other Specialist Requirements.
- Monitoring Food & Fluid Intake & Measuring Hydration on Amputees.
- Choking Prevention.
- Relevant CQC Standards.

As well as the above workshops & speakers we will also have all the usual exhibitor stands offering advice and demonstrating products etc.

HCA Members - FREE!

We will also have the Dementia Bus onsite offering 'Dementia Experience Tours' for an additional fee.