** **

**Thank you for your interest in**

**The Hydration Toolkit for Care Homes**

**How to access the resources on the internet?**

[**www.lancashirecare.nhs.uk/hydration**](http://www.lancashirecare.nhs.uk/hydration)

**You will have been given a password to log into the resources.**

**If you have forgotten it please email**

**hydration@lancashirecare.nhs.uk**

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22.09.2016

Please find enclosed a number of posters that you may want to use in your care home to promote hydration.

I have also included some “24 hour hydration charts” and output charts. Please note though that these ones have been printed without the date on them, so you will need to add the date – apologies for this.

Also, I have not yet received the printed version of the GULP assessment tool, so I have printed you some to use if you wish. I will forward these onto you when they arrive.

All of the resources, including the 7 day booklet are available for you to download and print from the website at [www.lancashirecare.nhs.uk/hydration](http://www.lancashirecare.nhs.uk/hydration) and the password is 7daybooklet!

Please do not hesitate to contact me with any queries.

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