



**SUSSEX
CARE HOMES**

12 JUNE 2025

14:00 - 15:15



HYDRATION WEBINAR

Hydration Awareness & How to Host Your Own Hydration Month

Come to learn about:



The benefits of proper hydration & the link to bladder health and UTIs



The importance of good mouth care & hydration for people with swallowing difficulties



Tips on how to create a fun and successful Hydration Month

There will be a Q&A panel discussion at the end.

All are welcome to attend this FREE online learning event aimed at care and nursing home managers, staff, and carers.

To receive login details and a certificate of attendance for personal records, please sign up up

[SIGN UP HERE](#)

This event is supported by:



East Sussex Healthcare
NHS Trust

**{ Mouth Care
Matters**



<https://SussexHydration.eventbrite.co.uk>