

ARE YOU DRINKING ENOUGH WATER?

At Royal Voluntary Service, we know how important it is to stay well hydrated – at any stage of life. It's easy to do, but also easy to forget.



TEA, JUICE, WATER... THE CHOICE IS YOURS.

We make sure our cafés, shops and trolley services always offer a tempting range of drinks, although of course there's nothing wrong with good old plain water. What is important is to make sure you and your loved ones keep hydrated.

WE'D LOVE YOUR SUPPORT

As well as running cafés, shops and trolley services in hospitals, we're one of the largest volunteer organisations in the country, with 20,000 volunteers helping older people stay active and independent.

Royal Voluntary Service is a national charity built on local volunteering, giving support to people who need it in our hospitals and communities. For more information, to make a donation or to find out about volunteering, please visit:

royalvoluntaryservice.org.uk

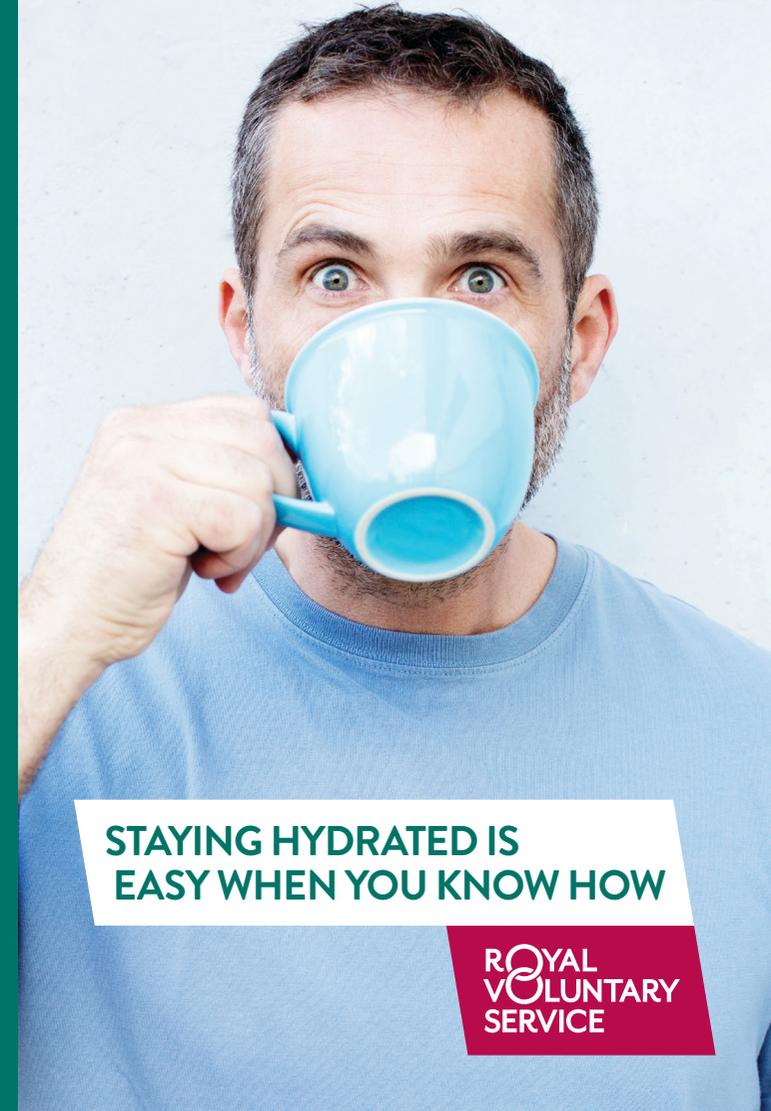
Thanks to our friends at the British Nutrition Foundation for the use of their information in this leaflet. Find out more by visiting nutrition.org.uk

-  royalvoluntaryservice.org.uk
-  [royalvoluntaryservice](https://www.facebook.com/royalvoluntaryservice)
-  [@royalvolservice](https://twitter.com/@royalvolservice)
-  [royalvolservice](https://www.instagram.com/royalvolservice)

**ROYAL
VOLUNTARY
SERVICE**

Royal Voluntary Service is a registered charity 1015988 (England and Wales) & SC038924 (Scotland) and is a limited company registered in England and Wales with company number 2520413. Registered office: Beck Court, Cardiff Gate Business Park, Cardiff, CF23 8RP. All statistics and data correct at time of publication.

HYDRATE feel great!



**STAYING HYDRATED IS
EASY WHEN YOU KNOW HOW**

**ROYAL
VOLUNTARY
SERVICE**

IT'S SO IMPORTANT TO KEEP HYDRATED!

Many people get dehydrated by not drinking enough fluids or by losing fluids and not replacing them.

DRINKING PLENTY EVERY DAY CAN...

- ✓ Increase energy levels
- ✓ Boost your mood
- ✓ Improve concentration
- ✓ Reduce headaches
- ✓ Protect against illness, such as urinary tract infections

HOWEVER, IF YOU DON'T DRINK ENOUGH...

- ✗ You might feel tired, dizzy or disorientated/confused
- ✗ Your memory and reactions may not work as well as they could
- ✗ You are at greater risk of a slip or fall

For more information, to make a donation or to find out more about volunteering, visit us at royalvoluntaryservice.org.uk or get in touch by emailing us at enquiries@royalvoluntaryservice.org.uk

FOLLOW OUR TOP TIPS TO STAY HYDRATED

» AIM FOR 8 – 10 DRINKS A DAY

This will replace the fluids you lose naturally.

» DON'T WAIT UNTIL YOU'RE THIRSTY

Make a point of having a drink regularly.

» ALWAYS KEEP A DRINK CLOSE BY

Whether you're out and about or watching TV.

» LOOKS COUNT

Ice and a slice and your favourite glass can add 'drink appeal'.

» SOUPER FOODS

You can get around 20% of the water you need from the right food. Soups and stews are good, fresh fruit and vegetables are up to 80% water.

» CHECK IT OUT

If your urine is dark, it's often a sign you need to drink a bit more.

» NOT JUST WATER

Tea, coffee, herbal teas, hot chocolate, milk drinks, fruit juices, smoothies and fizzy drinks all keep you hydrated (though drinking sweet drinks frequently is best avoided).

» FEELING HOT

When it's hot or you've been exercising you'll naturally lose more fluid and need to drink more to replace it.

» DON'T RESTRICT YOUR DRINKING

Sometimes people worry about drinking late in the day, because it might mean having to get up in the night. If it's an issue, drink a bit more earlier on.

“Do you drink the recommended 8–10 drinks a day? Try to keep a drink by your side at all times.”

