

A celebration of Nutrition and Hydration Week at Loose Valley Care Home



We've all been thoroughly enjoying a week packed with tastes and flavours here at Loose Valley Care Home, as we've come together to mark Nutrition and Hydration Week:

Monday

On the first day of this special week, we transformed our conservatory into a Hawaiian paradise for '**Mocktail Monday**'. We had a selection of tropical fruit juices including mango, pineapple, coconut, along with fresh fruits to enjoy as we promoted good hydration and its importance.

We also had a bottle of Nosecco (non-alcoholic Prosecco) to go with the fruit juices which our residents enjoyed plenty of glasses of! In the afternoon, we enjoyed some fun entertainment – beer pong, ping pong and tin can alley. Our residents love to get moving and exercise, so this was great fun all round!

Tuesday

On Tuesday we had a **Mad Hatter's Tea Party** as part of the **Global Afternoon Tea** event, here at Loose Valley. We had **decorations** galore, lots of different hats to choose from, **themed bingo** along with sweet prizes, fizzy fruity drinks and, most importantly – **tea and cake!**

Our residents gathered in our conservatory for fun and games and we had lots of laughs picking everyone a hat to wear, with everybody really getting involved. A selection of yummy cakes were on offer and anyone who didn't want a hot drink could try some

fizzy fruity juice, which went down a treat. Our bingo was Alice in Wonderland themed, with some lovely prizes. Everyone had a fabulous time!

Wednesday

'Tasting Tuesday' came a day late at Loose Valley, so we called it '**Give it a Whirl Wednesday**'! Hayley from our Recreation and Well-Being Team arranged an array of **foods and drinks for our residents to try and guess what they were**. To make things a little harder (as we all '*eat with our eyes*') we changed the consistency of some of the foods, meaning nothing looked like it should! Some were things we have every day, while others were a little different - one was milk made into a set custard consistency, another was mashed banana and another was a drink made into jelly!

We did a group tasting session and then Hayley went around our residents' rooms to make sure everyone had a go! *Great fun!*











