

## **Baking Anzac Biscuits at Loose Valley Care Home**



### **Here at Loose Valley Care Home we have started a weekly Cooking Club for residents to enjoy.**

Cooking is such a big part of life for lots of people and it can be really important for your mental health to continue with usual day-to-day tasks and hobbies that you would have been doing whilst living independently.

This week we made **Anzac biscuits**; popular in Australia and New Zealand and has long been associated with an army corps established in WW1.

Our ladies really enjoyed making these biscuits and were taken around the **Home** on the afternoon tea trolley for everyone to enjoy.