

## Loose Valley Care Home residents celebrate Nutrition and Hydration Week



We were delighted to be celebration Nutrition and Hydration week with our residents at Loose Valley Care Home last week.

**Nutrition and Hydration Week** began in 2012 and each year it aims to bring people together to highlight the value of food and drink in maintaining health and well being in health and social care. The idea is to create energy, focus and fun around food and drink!

We enjoyed a very **social coffee morning** on Monday 16 March, which included a **quiz and catchphrase game** with pictures. Our ladies and gents had to guess song titles from picture cards, which was great fun and really made everyone think. It certainly got our braincells buzzing and even staff had to admit they were puzzled on some of them!

Of course to accompany the games, the coffee flowed and there were some wonderful mini cakes and brownies to enjoy, as well as the latest edition of the **Daily Sparkle**.

Tuesday 17 March saw **St Patrick's Day** arrive and of course we wanted to celebrate! We hosted a brilliant game of **bingo**, which is always very popular and also set up a game of '**bat the balloon**' - a take on tennis, using pipe lagging as sticks and plenty of balloons as the balls. Our residents showed so much passion in hitting the balloons and laughed so much, it was brilliant!

And to celebrate the 'nutrition and hydration'? Glasses of Baileys, Baileys chocolates and profiteroles for dessert of course! What a delicious way to enjoy a Tuesday!

