

## Loose Valley Care Home residents go camping in Wales



**We were all excited to head off on our Loose Valley Care Home virtual camping trip to Wales this week!**

As we drove in our **minibus pulling our caravan**, Wales made quite an entrance and the **Brecon Beacons** began to loom on the horizon. Such a mountainous land with rising peaks, we needed sturdy walking boots and clothes that could handle the terrain!

The views from Sugar Loaf and the Brecon Beacons were far reaching and amazing; Wales is such a wonderful country, with plenty of rivers, waterfalls and lush valleys.

After a bracing hike, lunch beckoned and we stopped at the *'Prince of Wales @ Loose Valley'*, with a choice of;

- Lamb casserole
- Cheese, leek and potato pie
- Welsh cakes
- Cute little sheep cakes, kindly made by Paula

We hosted a **quiz about Wales** for our residents, along with a **picture quiz** and we all joined in **singing songs** by Welsh artists including Tom Jones, Shakin' Stevens and Shirley Bassey.

We also had a competition for **guessing how many letters the longest Welsh place name has**; our residents had a guess and the closest won a toy lamb. Peter was our winner guessing 36. The real count was

58.....'Llanfairpwllgwyngyllgogerychwyrndrobwl'llantysiliogogoch'!

Our residents had a **photoshoot** with all the **amazing props that Paula from our Recreation and Well-Being Team had made**, including a **Nellsar minibus and caravan, road signs, Welsh dragons, sheep, lambs** and **Basil the sheep dog to herd them**. They

were all beautifully crafted out of cardboard by our clever Paula – *it's amazing what she can make!*

**Paula also dressed as a Welsh rugby player** – our residents always look forward to seeing what she's going to wear.

***Such a lot of fun camping in Wales - thanks again to Paula for transforming our surroundings so magnificently!***













