

Spanish style Hydration Station at Loose Valley Care Home



Keeping hydrated is so important for our residents at Loose Valley Care Home in this hot weather – key to good health and well-being.

And why not make hydration fun?! Paula from our Recreation and Well-Being Team **dressed up our trolley with a Spanish flag, fan and roses for a Spanish feel** this week. She even got out some castanets!

We served **fresh orange and blackcurrant fruit juices**, with plenty of ice in our lovely new mason jars, plus a selection of **ice lollies and mini magnums** – all to the tune of '*Y Viva Espana!*' which everyone enjoyed singing along to!

Our team took the **Hydration Station** along the corridor to each of our residents, and they loved the experience of the latino music and the refreshing drinks and lollies.



Our residents loved our themed trolley!