



Royal Star & Garter

Care with courage

FOR IMMEDIATE RELEASE

Nutrition & Hydration Week: ‘The food at Royal Star & Garter’s a damn sight better than what I served to soldiers in Korea!’

An Army veteran has recalled serving food to hundreds of soldiers when he served in Korea ahead of Nutrition & Hydration Week.

Bob Sewell, a resident at Royal Star & Garter in Surbiton, served in the Army Catering Corps.

He spoke about his experiences and the importance of a good and healthy diet ahead of Nutrition & Hydration Week, which is running from 16-22 March.



Bob has been at Royal Star & Garter since 2022

Royal Star & Garter is a charity which provides loving compassionate care to veterans and their families living with disability or dementia, from Homes in Solihull, Surbiton, High Wycombe and Worthing.

Bob served in the Army for six years from 1954. He had no culinary experience but “was sent to training school for cooks”. His first posting was with the Northampton Regiment, and he was sent to Korea where he cooked meals three times a day for 200 men. He recalled: “Everyone says what terrible food it was in the Army, but we only had primitive gas stoves to use.” Bob went on to serve in Japan and Hong Kong and, after demobbing, worked as a chef at a hospital for children and young people with Down’s syndrome. He said: “The skills I learnt in the Army stayed with me and benefited me for the rest of my life.”

Nutrition & Hydration Week promotes the vital importance of food and drink in maintaining health, wellbeing and recovery, particularly within health and social care settings.



Royal Star & Garter

Care with courage

Bob has lived at Royal Star & Garter since 2022, and said he looks forward to mealtimes, where he sits with friends and enjoys breakfast, lunch and dinner. He said: "I used to cook for many people, so I know how challenging it is. The food served at Royal Star & Garter is delicious and healthy and I dare say a damn sight better than the food I was serving to soldiers in Korea in the 1950s! But it's not just tasty, it's fresh and healthy and full of goodness."

Royal Star & Garter Homes also host regular meetings between residents and chefs, where they can feedback on the food and discuss menus.



A delicious and healthy lunch is served at Royal Star & Garter

Shirley Hall is Director of Care & Wellbeing at Royal Star & Garter. She said: "Food brings people together and plays an important role in the care we offer in all our Homes. A great deal of thought and care goes into the meals we provide. Eating and drinking healthily can maintain residents' physical strength, cognitive function and emotional wellbeing. It can prevent illnesses and reduce the use of medication. All this is crucial in the care for older adults."

The Surbiton Home also hosts a Lunch Club, which aims to tackle loneliness and isolation in the Armed Forces community, and is open to veterans and partners of veterans living with disability, or early-stage dementia. The sessions consist of a two-hour visit with a two or three-course meal, conversation and support from staff, and usually cost £10.

Royal Star & Garter in Surbiton is welcoming new residents. For more information on this, Lunch Club or to work for the Home, go to www.starandgarter.org/surbiton

[Ends]

For further information please contact:



Royal Star & Garter

Care with courage

Press Mailbox

press@starandgarter.org

Goolistan Cooper

Communications Officer

goolistan.cooper@starandgarter.org

07391 868796

Cally Madden

Marketing & Communications Manager

cally.madden@starandgarter.org

07881 017299

About Royal Star & Garter

Founded in 1916, Royal Star & Garter provides care, support and friendship for veterans and their families so that they can live well. The charity delivers nursing and dementia care through Homes in Solihull, Surbiton, High Wycombe, and now in Worthing, having recently merged with the military charity Care for Veterans. It also offers a range of services reaching into the community, including Lunch Clubs, Day Care and a national Telephone Friendship Service.

Bluesky: @royalstarandgarter.bsky.social

Facebook: @starandgarter

Instagram: @Starandgarter

LinkedIn: @Royal Star & Garter

Tik Tok: @starandgarter

Website: www.starandgarter.org



Royal Star & Garter
is a member of the
National Care Forum