



Royal Star & Garter

Care with courage

FOR IMMEDIATE RELEASE

Culinary treats and fun for veterans as Royal Star & Garter celebrates Nutrition and Hydration Week

Veterans at Royal Star & Garter enjoyed fun activities, cookery and delicious, healthy foods as part of Nutrition and Hydration Week (14-20 March).

Residents at the charity's three Homes, in Solihull, Surbiton and High Wycombe, tasted nutritional snacks and smoothies, drank flavoured juices and water, took part in quizzes and a Bake Off, and other cooking activities.

Nutrition and Hydration Week aims to highlight and educate people on the value of food and drink in maintaining health and wellbeing in social care. Royal Star & Garter staff, and caterers Signature Dining, worked together to provide informative and fun events and activities in the Homes.



Jean with Healthcare Assistant Bea in High Wycombe

In Surbiton, there were tasting sessions throughout the week. Hydration Station drink dispensers were set up with flavoured juices and water, and there were displays highlighting the importance of good hydration. Residents made fruit kebabs and prepared vegetables for lunch as well as enjoying other cooking activities and food quizzes. On Swallowing Awareness Day (16 March), staff hosted a modified tasting session exploring pureed diets.

In Solihull, veterans took part in a Bake Off competition. They also sampled different teas from around the world and tried a variety of different juices. They tucked into a St Patrick's Day lunch on Thursday 17 March, complete with a glass of Guinness, and finished off the week eating cupcakes.



Tom and Healthcare Assistant Lezilda get mixing at the Solihull Home

In High Wycombe, the Home held a global tea party with strawberries and scones, and learned about the importance of hydration. Residents made nutritious snacks



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with the chef, ate freshly made ice-cream, and enjoyed healthy treats from the snack trolley.



At Surbiton, residents were offered tasters of pureed foods during Nutrition & Hydration Week

Royal Star & Garter provides loving, compassionate care for veterans and their partners living with disability or dementia. Director of Care Pauline Shaw said: "As well as being a great source of shared pleasure and companionship, eating and drinking healthily plays a key role in maintaining wellbeing. It can also reduce the use of medication and prevent illnesses. It's a vital part of the care we provide every day, and I'm glad that we used

Nutrition and Hydration Week to illustrate the importance of a good diet."

The charity is welcoming new residents. For more information on this, or working for Royal Star & Garter, please go to www.starandgarter.org

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About Royal Star & Garter

Our charity provides loving, compassionate care to veterans and their partners living with disability or dementia.

Twitter: @starandgarter

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