



# Royal Star & Garter

Care with courage

**FOR IMMEDIATE RELEASE**

## **Nutrition & Hydration Week: Veterans enjoy exotic food and drink, and a Mad Hatter's Tea Party**

The importance of a healthy diet has been highlighted by Royal Star & Garter during Nutrition & Hydration Week.

Residents at the charity's three Homes took part in cooking activities, taste tests and tucked into yummy foods, snacks and drinks, as part of Nutrition & Hydration Week, which took place between 11 and 17 March.

Royal Star & Garter provides loving, compassionate care to veterans and their partners living with disability or dementia, from Homes in Solihull, Surbiton and High Wycombe. The charity has also launched new services reaching out into the community.



*Jane enjoys a piece of sushi in High Wycombe*

Among the activities which took place in High Wycombe was a taste test, with veterans sampling exotic foods and fruits from around the world, including sushi, rambutan, yellow pitahaya (dragon fruit), physalis, tamarillo and papaya.

One of the Nutrition & Hydration Week activities in Solihull saw residents make up fruit kebabs using raspberries, grapes, strawberries, melon, kiwi and banana. They also enjoyed delicious and healthy smoothies.

In Surbiton, the Home threw a Global Tea Party as part of Nutrition & Hydration Week. Residents and staff were inspired by Alice's Adventures in Wonderland, and recreated the Mad Hatter's Tea Party, complete with live musical entertainment.



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Shirley Hall, Director of Care & Wellbeing at Royal Star & Garter, said: "A good diet and hydration are crucial in supporting the health of people. It can strengthen the immune system, prevent disease, improve brain health and cognitive functions and boost energy levels. It is an important part of our care, and I'm glad to see events like Nutrition & Hydration Week highlighting this."



*The Queen of Hearts poses with two guards, Maureen and Anne, as the Surbiton Home joined in the Global Tea Party*

Royal Star & Garter is welcoming new residents. For more information on this, or to work for the charity, go to [www.starandgarter.org](http://www.starandgarter.org)

**[Ends]**

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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

**Facebook:** facebook.com/starandgarter

**Website:** [www.starandgarter.org](http://www.starandgarter.org)



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



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## **About carehome.co.uk**

carehome.co.uk is the leading care home reviews website and lists all registered UK care homes, helping people in their quest to find the right care home.

The carehome.co.uk Top 20 Care Home Awards 2024 are based on over 109,000 reviews received from residents and their family and friends between 1st February 2022 and 31st January 2024

The Review Score, as of 31st January 2024 was calculated using a combination of the number of reviews, the average of each of the ratings and the size of the care home. Care homes were excluded from the awards if they were not compliant with their regulatory authority at the time of the announcement of the Awards.

The homes were rated on: Overall Experience; Facilities; Care / Support; Cleanliness, Treated with Dignity; Food & Drink; Staff; Activities; Management; Safety / Security; Rooms and Value for Money.