

## Nutrition and Hydration Week fun at Silverpoint Court Residential Care Home



Our Silverpoint Court Residential Care Home residents enjoyed some delicious treats last week as we celebrated annual Nutrition and Hydration Week (13-19 March):

### Wednesday Afternoon Tea – 15 March

Our afternoon tea was an amazing success with our residents, with lots of smiling happy faces when everyone spotted the **scones, clotted cream and pots of English tea!**

We also had a few **different fruit teas** for our residents to try if they wished, including raspberry and lemon, peach and orange, lemon blessed and jasmine tea. Five of our residents tried these fruit teas and the jasmine came out as the favourite.

### Thirsty Thursday – 16 March

**Henry (our hydration fruit trolley) visited our residents** to spread a little bit of fruity joy to their day on Thursday – with his banana nose, watermelon rosey cheeks, pineapple skin, kiwi eyes and physalis hair (which turned out to be the most popular fruit on offer!).

To celebrate **St Patrick's Day** we put on our best outfits and spread happiness and a '*Top of the morning!*' to all our residents.



## Sundae Saturday – 18 March

Look at our delicious **ice cream sundae**! These were a big hit with our residents, especially the sprinkles – *yum yum yum!*





