

# Activities

Daily activities are an integral part of the care we offer, and are much enjoyed by our residents. Our dedicated activity co-ordinators plan a comprehensive range of activities on a weekly basis to keep our residents engaged, happy and content.



## TRIPS OF INTEREST



Our activities team take great pleasure in organising regular trips, from canal trips, to visits to the seaside and theatre trips there's always something to look forward to.

## EXERCISE CLASSES



Fitness trainers visit regularly, taking the residents through their paces from the comfort of their armchair, or for the more active whilst standing.

## COMMUNITY VISITS



Residents enjoy close reciprocal links with local community groups and schools who visit our care homes regularly.

## SPA FACILITIES



Our care homes provide dedicated hair and nail salons with a variety of treatments such as reflexology, massage and physiotherapy sessions available.



# Award-Winning Nutrition

Our high quality, nutritious meals, enjoyable mealtime experiences and innovative menus play a key part in the health and well being of our residents.

Our award-winning catering team understands the diverse nutritional needs of elderly residents and work in line with the NHS Patient Safety Guides to ensure everyone is served freshly prepared food, made from raw ingredients to suit their palate and medical needs.

A variety of choices are available for each meal in addition to a selection of delicious snacks, home baking, fresh fruit and refreshments, all available 24 hours a day.



## INDIVIDUAL NEEDS

Our fully qualified chefs undergo regular training including nutrition, food fortification and texture modification for those residents who experience difficulty swallowing.

The menus are displayed in the dining rooms with pictorial menus used to aid choice, although this often changes when the residents smell the delicious aromas. We are always happy to oblige!

Catering for our residents special occasions like birthdays and anniversaries are always a joy, and family and friends are always welcome to join in the celebrations, either in one of our dining rooms or in the residents own room as desired.

## SAMPLE MENU

### BREAKFAST

Selection of Fruit Juices

Porridge

Selection of Cereals & Yogurts

Egg, Bacon, Sausages

### MID MORNING

Selection of Freshly Prepared Sandwiches

### LUNCH

Selection of Fruit Juices

Lentil & Potato Soup

Sausage & Root Vegetable Casserole

OR

Oriental Chicken and Wholemeal Rice  
with Choice of Market Vegetables  
Selection of Potato Dishes

### MID AFTERNOON

Selection of Freshly Prepared Sandwiches

### DINNER

Wine, Beer or Sherry

Haddock Monte Carlo

OR

Braised Beef Olives in Onion Gravy  
with Choice of Market Vegetables  
Selection of Potato Dishes

Strawberry Cheesecake & Cream

Tea, Coffee, Home Baking & Biscuits  
are provided with all meals