

# Weald Hall Care Home Monthly Newsletter



Weald Hall Lane, Thornwood, Epping, Essex, CM16 6ND

Our boutique luxury home delivering individual care for our residents



## National Nutrition & Hydration Week

The 17th till 23rd March marked National Nutrition & Hydration week. This is something we adhere to everyday at Weald Hall, but we are always looking for new, tasty and creative ways to keep our bodies well hydrated! We promoted this by making St Patrick's Day milkshakes, fruit kebabs & mocktails, and had an afternoon fruit tea party. Our residents loved trying new flavours and we will continue to have Milkshake Monday's and Fruity Friday's as this was enjoyed so much!





# St Patrick's Day Celebrations

We had great fun celebrating St Patrick's Day with a family quiz night! We always enjoy our family events and it was great to see everyone get involved. All the teams did so well, and our winning team left with a prize of wine and chocolates! We hope you enjoyed sharing a Guinness or two with us and hope you'll join us at the next event.



We had a wonderful time celebrating Mothers Day with all our special ladies at Weald Hall, making our residents feel special is what we enjoy the most! We had a fun-filled time celebrating with a Bingo Brunch, where we were entertained by Miss Dot Com. We refreshed ourselves with mocktails, sandwiches and of course cake! We hope you all had a wonderful time.

At Weald Hall, we pride ourselves on being one big family and we thank you for trusting us to care for yours.

