



Moments of joy
**The Care Home
Activity Pack**

www.birchallordermate.co.uk

Welcome to our activity pack

At Birchalls, we understand the challenges caterers face when trying to engage, stimulate and entertain their residents. And we know that care home teams have a huge amount of responsibilities, from caring for residents and providing nutritious meals, to dealing with the financial side of running a care home and providing enriching social interactions for residents.

Hopefully, this bumper pack will provide plenty of inspiration and ideas for your team that help you save some time when planning social activities for your residents.



We welcome your feedback

This is the first pack of this kind that we've created at Birchalls, so we're keen to know our customer's thoughts. If you have some feedback about how we could improve this pack for future editions, then please drop us an email at marketing@birchallfoodservice.co.uk.

4 + 5

Events calendar

Key dates throughout the year to take inspiration from, including Christmas, New Year, Easter and Valentine's Day!

7-14

Theme day activities

Make the most of key theme days in 2025. The perfect chances to celebrate and have fun with your residents.

Including theme day recipes [15-18](#)

19-22

Working with food

Use food to inspire connection, conversation, and creativity in your care home.

24-32

Games with food

Light-hearted ways to help residents relax and have fun. We're sure you'll enjoy them, too!

33-54

World on a plate

Celebrate global cultures with themed food, music, and activities for a fun, immersive experience.

Featuring Asia, France, Italy Mexico, Spain and Great Britain!

56-58

Stay hydrated

Engaging ideas to encourage hydration through playful activities and tasty treats.

Events *calendar*

Key dates throughout the year
to take inspiration from...

January

Burns' Night / 25th

Why not host a Scottish-themed haggis night?

February

Valentine's Day / 14th

Love is in the air!



March



St David's Day / 1st

St Patrick's Day / 17th



April



St George's Day / 23rd

May

Early May Bank Holiday

Spring Bank Holiday



Easter time (dates may vary)

**Shrove Tuesday /
Pancake Day**

Flippin' brilliant!



**Good Friday &
Easter Monday**

Get ready to celebrate
with chocolate and
egg hunts



Mother's Day

Celebrate your mum

June

Trooping the colour

Celebrate the King



Father's Day

Celebrate your dad



August

Summer Bank Holiday

Add some sunshine to
your day



October

Halloween / 31st

It's time to celebrate the spookiest season

November



Bonfire Night / 5th

Remembrance Sunday

Lest we forget



St Andrew's Day / 30th



December

Christmas Day / 25th

Ready for the most magical time of the year?

Boxing Day / 26th

Keep the festive cheer alive with songs and games



New Year's Eve / 31st

Bring in the new year with lots of fun and cheer

New Year's Day / 1st



More key dates...

Chinese New Year	29th January
British Pie Week	First week of March
Nutrition & Hydration Week	17th - 23rd March
Mental Health Awareness Week	12th - 18th May
National Carers Week	9th - 15th June
National Cream Tea Day	27th June
World Alzheimer's Day	21st September
International Day of Older Persons	1st October

Soreen

Perfect for
**CARE
HOMES**

OFFER A FAMILIAR FAVOURITE



Serve a squidgy little pick-me-up.
Conveniently wrapped for
snacking occasions.



UK's
No.1
HEALTHY
CAKE
BRAND*

Theme day *activities*

Religious holidays, foodie events and patron saint days provide the perfect opportunity for you to celebrate and have a little fun with your residents.

If you're stuck for ideas about making the most of some of the key theme days in 2025, then here are some tips.



Valentine's Day

Get crafty

Create pink, red and white heart-themed decorations and scatter these around the communal areas in your home. You could even encourage residents to create Valentine's Day cards for their loved ones.

Romantic dining

Prepare a special dinner with a romantic menu, complete with candlelight and music.

Movie night

Show a classic love story or a heartwarming comedy and serve heart-shaped snacks and treats as the residents watch.

Products we recommend



061508331

**LHC Love
Heart Cake**

Mother's Day



Afternoon tea with loved ones

Host a special afternoon tea event where residents can invite their families. This creates a loving, social atmosphere that both the residents and their loved ones will appreciate.

Flower arranging activities

Offer a variety of flowers and help residents create their own bouquets. This activity is therapeutic, encourages creativity, and produces decorations that can be displayed around your home.

Wall of memories

Create a dedicated space where residents and their families can display cherished photos, letters and other keepsakes. This 'wall' can act as a visual celebration of motherhood and will sparks conversations and encourage residents to reminisce.

Products we recommend



060084095

Tipiak Heart Shaped Macarons



061508052

Country Range Mini Cake Assortment

Easter



Easter egg hunt

This classic activity can be adapted for different mobility levels. You could hide eggs around a communal area or garden, or even have a “hunt” within a single room for those with limited mobility.

Easter bonnet parade

Encourage residents to get creative and decorate their own bonnets with colourful decorations like flowers, ribbons, and chicks. Then, hold a parade where they can show off their creations.

Baking & decorating treats

Get residents involved in baking traditional Easter treats like hot cross buns or chocolate nests.

Father's Day



A hearty family meal

A special meal, whether it's a traditional roast, a barbecue (weather permitting), or a favourite dish requested by the residents, is a great way to celebrate. Encourage families to join in, creating a warm and social atmosphere.

Live entertainment or music

Arrange for a local musician or entertainer to perform music that resonates with the residents' generation. This could be a sing-along, a performance of classic songs, or even a themed performance related to fatherhood or family.

'Dad's Shed' or 'Man Cave' experience

Create a dedicated space within the care home that evokes the atmosphere of a traditional shed or “man cave.” This could involve displaying tools, sports memorabilia, old photographs, or other items that might be associated with hobbies or interests commonly enjoyed by men. Residents can spend time in this space, reminiscing, sharing stories, or simply enjoying the familiar environment.

St. Patrick's Day



Quiz night

Create a bit of a pub vibe in your home by hosting a quiz night. And don't forget to serve some Guinness and Irish whiskey!

Here are some example quiz questions to get you started...

- Name the capital city of Ireland?
- What is the nickname for people from Dublin?
- What is the national symbol of Ireland?
- Which currency is used in Ireland?
- The Irish language is called?
- What is the name of the mythical creature often associated with Ireland?
- What is the traditional Irish dance?
- What is the name of the largest island of Ireland?
- What is a traditional Irish bread?

Create an Irish party atmosphere

Play Irish music, decorate the home, and encourage everyone to wear green.

St. David's Day



Focus on daffodils

Display daffodils, the national flower of Wales, throughout your home. You could also ask your residents to make paper daffodils if they're feeling creative. See the video below for tips!



Watch video



Celebrate Welsh food

Leek & potato soup, Welsh rarebit, and Welsh cakes are all great options to serve on St David's Day.

Products we recommend



026030049

**Knorr Leek and
Potato Soup**

St. George's Day



St. George's Day feast

Prepare a traditional English lunch with a twist! Serve classic dishes like fish and chips, but add a touch of sensory fun. Use brightly coloured plates and napkins, offer different textures in the food (crispy fish, fluffy chips, mushy peas), and play upbeat songs from English music artists, like The Beatles, in the background.

St. George's Day bingo

Create a special St. George's Day themed bingo card with questions about England. Award small prizes for the winners to add to the celebratory spirit.

Craft corner

Set up a crafting area with materials like red and white crepe paper, paint, fabric, or pipe cleaners. Residents can create St. George's Day flags, paper crowns, or dragon masks.

St. Andrew's Day



'Care for a Ceilidh'

A ceilidh is the traditional name for a Scottish gathering or party which includes, music, food and dancing – so there is something for everyone to enjoy! Play Scottish music, enjoy a traditional dish, such as haggis or cock-a-leekie soup, and soak up the energetic sounds of bagpipes, fiddles, and accordions. Residents or carers could even dress up in kilts or Tam o' Shanter hats to fully embrace the culture.

Feast on Scottish delicacies

Why not embrace St Andrew's fishing heritage by making a classic Cullen Skink. This is a creamy, thick and hearty soup traditionally made with smoked haddock. Perfect for lunch or dinner, especially in November when the weather is colder! If you're wanting something a little sweet, why not make shortbread with the residents or put your own twist on a traditional cranachan dessert.

Host your own highland games...

From welly tossing to haggis hurling, enjoy the fun and soak up the laughter as you put your own spin on the games! These games need minimal equipment but can bring so much joy to the residents as they join in the fun. This is a great way for residents to socialise too.

Products we recommend



026015123

Baxters Cock-A-Leekie Soup

Halloween



Pumpkin painting competition

A less messy alternative to carving, perfect for those with limited mobility. Provide a variety of colours and textures for residents to explore.



Create spooky decorations

Engage residents in creating paper bats, ghosts, or spiders. Consider using larger, easier-to-handle materials for those with dexterity challenges.



Halloween themed dancing & exercises

Create a festive mood with Halloween-themed tunes. Encourage residents to move and sway to the music, even if they can only tap their feet.

Christmas



Christmas Around the World

Explore different Christmas traditions from various countries. This could involve trying different festive foods, learning about different customs, or even decorating a small area of the care home to represent a different culture.

Winter Wonderland Sensory Experience

Create a dedicated winter wonderland space. This could involve using white sheets and fabrics, fairy lights, artificial snow, and winter-themed scents (pine, cinnamon). Play calming winter music and offer sensory items like soft textures, ice packs (used safely), and winter-themed objects. This provides a calming and immersive experience, particularly beneficial for residents with dementia.

Intergenerational Christmas Party

Partner with a local school or youth group to host a joint Christmas party. This allows residents to interact with younger generations, sharing stories and creating new memories. Children could perform carols or plays, and residents could share their own Christmas experiences.

Virtual Christmas Market

Create a “virtual” Christmas market experience by projecting images or videos of bustling markets onto a screen. Play festive music and offer small samples of traditional market treats like gingerbread, bratwurst, roasted nuts, or mulled wine. This brings the atmosphere of the market to the residents.



Reverse Advent Calendar

Instead of receiving a treat each day, residents and staff contribute items (non-perishable food, toiletries, small gifts) to a box each day of Advent. These items are then donated to a local food bank or charity before Christmas.

New Year's Eve



Around the World New Year's Eve Celebration

Since different countries celebrate New Year at different times, you could celebrate each time zone as it reaches midnight. This could involve learning about different New Year's traditions from around the world or trying different foods.

New Year's Eve Through the Decades Party

Decorate different areas of the care home to represent different decades, perhaps the 50s, 60s, 70s, and 80s. Play music from each era, encourage residents and staff to dress up in themed costumes, and serve food and drinks popular during those times. This creates a nostalgic and engaging experience, sparking memories and conversations.

Auld Lang Syne Singalong and Toast

As midnight approaches (or at a more suitable time for residents), gather everyone together for a rendition of "Auld Lang Syne." Provide alcoholic drinks or juice for a toast to the new year. This classic tradition fosters a sense of unity and shared experience.





Ingredients

150g Country Range
Coconut Milk

300g Country Range
Ground Almonds

7 ½ tsp Country Range
Ground Ginger

400g dark chocolate

188g butter

63g stem ginger

150g rice flour

150g flour

7 ½ egg yolks

7 ½ egg whites

388g sugar

Cocoa powder for dusting

Soft Centred Chocolate & Stem Ginger Parkin



Cooking time 30 minutes



Serves 10

Method

Step 1. Pre-heat the oven to 180°C / 160°C / Gas Mark 4.

Step 2. Melt the chocolate, butter and chopped stem ginger in a bowl over hot water.

Step 3. Add the egg yolks, rice flour, flour, coconut cream, almonds and ground ginger and mix to a smooth paste.

Step 4. Meringue the egg whites with the sugar and fold in half of the paste.

Step 5. Gently fold in the remainder of the meringue.

Step 6. Pour your mix into a buttered brownie tray that has been pre-dusted with a little cocoa powder.

Step 7. Cook for 15 mins at 170°C until the centre is still soft. If it needs a little longer, put back in until cooked.

Perfect served warm with a scoop of ice cream!



Cod in Creamy Parsley Sauce



Cooking time 30 minutes



Serves 10

Ingredients

10 Country Range Cod Fillets,
each cut into 4 even
sized pieces

1000ml Country Range
Bechamel Sauce

5 tsp Country Range
Dried Parsley

5 finely diced shallots

20 sliced button mushrooms

250ml white wine

125g butter

Salt and pepper to taste

Method

Step 1. Pre-heat the oven to 180°C.

Step 2. Make the bechamel as per pack instructions.

Step 3. Spread the butter onto the base of an oven proof dish.

Step 4. Add the sliced mushrooms and shallots and place the cod on top.

Step 5. Pour over the white wine and place either a tight lid or a parchment cartouche on top and place in the oven to steam/bake for 6 to 8 minutes until the flesh is just cooked.

Step 6. Remove fish and keep warm.

Step 7. Add the bechamel and parsley to the fish juices and bring together to form a creamy sauce.

Step 8. Pour over the fish fillets and season to taste.



Layered Banoffee Delight Trifle



Cooking time 30 minutes



Serves 10

Ingredients

500g Country Range Banana
Delight Mix

2 ½ Sliced banana

150g Granola

125g Caramel sauce

2 ½ Icing sugar to dust

Method

Step 1. Make the banana delight as per pack instructions.

Step 2. In a suitable serving glass/dish/bowl, layer the banana delight, freshly sliced banana, caramel sauce and granola .

Step 3. Finish with more sliced banana and a sprinkle of granola.



Ingredients

500g Country Range Tomato
and Basil Sauce

2 ½ tins Country Range 5
Bean Salad

2 ½ tsp Country Range
Dried Thyme

125ml vegetable oil

2 ½ diced red onion

2 ½ diced green or
yellow pepper

2 ½ crushed cloves of garlic

2 ½ chopped sticks of celery

Sausages of your choice;
either meat/vegetarian/vegan will
work for this dish. (Use as many as
you think needed)

Salt and pepper to season

Sausage Casserole



Cooking time 1 hour



Serves 10

Method

Step 1. Gently fry the diced red onion and diced pepper of your choice in vegetable oil for 5 minutes

Step 2. Add the crushed garlic and thyme and continue to fry for 2 minutes

Step 3. Add the 5 bean salad and the tomato and basil sauce, then allow to simmer for 15 minutes

Step 4. Season to taste

Step 5. Bake the sausages in a pre-heated oven at 200°C / 180°C fan until cooked

Step 6. Once cooked, add the sausages to the 5 five casserole mix and simmer for a further 2 minutes

Step 7. Garnish with your favourite herbs and serve with mashed potatoes

Working with *food*

As well as providing essential calories and nutrition, food can also provide the perfect catalyst for social interaction and cognitive activity. We've put together some great ideas about how you can use food to get cogs turning and creativity flowing in your care home.

Decorating sweet treats

Reignite the creative flair within your residents with an afternoon activity of decorating sweet treats!

Whether it's decorating cookies or cupcakes, this engaging activity is perfect for all skill levels and a guaranteed recipe for smiles! An ideal activity for residents who may have family visiting so they have something to share with them.



Can you...

Recreate the
Birchall Foodservice
ladle logo?

You will need

Country Range Cookie Pucks

Cupcake mix/ Pre-made
cupcakes

Ideas for toppings; icing sugar
or fondant, sprinkles, fudge
cubes, choc chips, chocolate
curls and more!

If using fondant, shaped cutters
may be useful.

Benefits

- ✓ Encourages social interaction amongst residents and may spark conversations about memories they have from baking in their younger years
- ✓ Allows residents to express their creativity
- ✓ Relaxing and therapeutic sensory activity
- ✓ Helps with fine motor skills
- ✓ Stimulates sensory experiences with textures, colours, and flavours.



Kneading dough

Bring the joys of baking to life with a hands-on dough kneading activity!

Kneading is a therapeutic and satisfying activity which will stimulate the senses of residents and evoke fond memories of baking in their younger years. Whether you opt to make bread, rolls or pasta, we're sure residents will love this!

You will need (activity dependent)

Flour to dust surfaces

Pre-made bread mixtures

Pre-made pizza dough balls

Benefits

- ✓ A fantastic distraction from outside concerns and worries.
- ✓ Extremely soothing for those who suffer with anxiety.
- ✓ The smells, flavours, and hands-on experience can evoke cherished memories and foster positive connections to those special moments.
- ✓ Gives residents a sense of independence as they have a task which will give them something tangible they can use, gift or eat.
- ✓ Kneading can be beneficial for those who suffer with arthritis in the hands and fingers



Build your own pizza

Wanting to create a deliciously interactive and creative experience for all to enjoy? Why not host a Build Your Own Pizza evening?!

Allow residents to personalise their pizzas with a variety of toppings such as fresh vegetables, meats, cheeses, and sauces. This is an enjoyable activity for all skill levels, and the hands-on process of assembling the pizzas allows for self-expression and engagement

You will need

Pizza dough mixture or pre rolled doughs

Alternatively, use pre-made bases

Pizza sauce

Toppings; cheese, vegetables, meats, pineapple and more!

Benefits

- ✓ Encourages creativity
- Promotes sensory stimulation with the variety of textures, smells, and tastes involved.
- ✓ The hands-on preparation supports their fine motor skills.
- ✓ A great way for residents to interact, socialise and work together.
- ✓ Helps with hand eye co-ordination.

Biscuit Jenga

Ready to add a playful twist on the classic Jenga game? Residents will carefully stack the biscuits piece by piece to create a tower like shape without letting it collapse.

This fun and light hearted activity encourages focus, patience, and a bit of friendly competition. It really is such a fun game to get involved in, and once the tower tumbles down, everyone can enjoy the biscuits together... if they haven't already been pinched as a snack throughout the game!



You will need

Biscuits! Either opt for wrapped or unwrapped biscuits to create the tower.

Benefits

- ✓ Helps with hand eye co-ordination
- ✓ Ideal for non-verbal patients as there is no verbal reasoning involved
- ✓ Provides a relaxed and enjoyable way to engage residents.
- ✓ Makes snack time more engaging and fun!



Tip

For those who struggle with shaking, KitKats, Blue Ribbands and other similar wrapped biscuits will be easier to assemble



... TRUE ...
ORIGINALS



Tasty biscuits at a Tastie price.
Perfect for Care.

Games with *food*

If you're looking for new ways to help your residents relax and have a little fun in your care home, then look no further! We've put together a selection of light-hearted activities to entertain your residents.

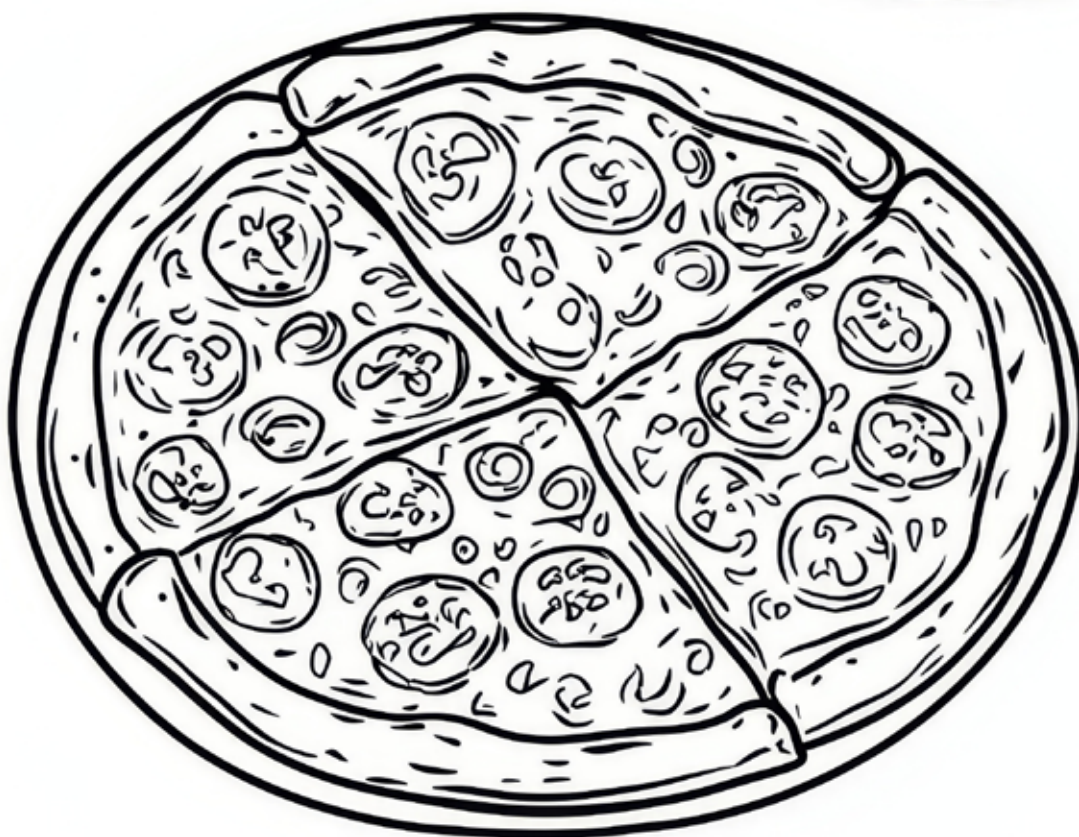
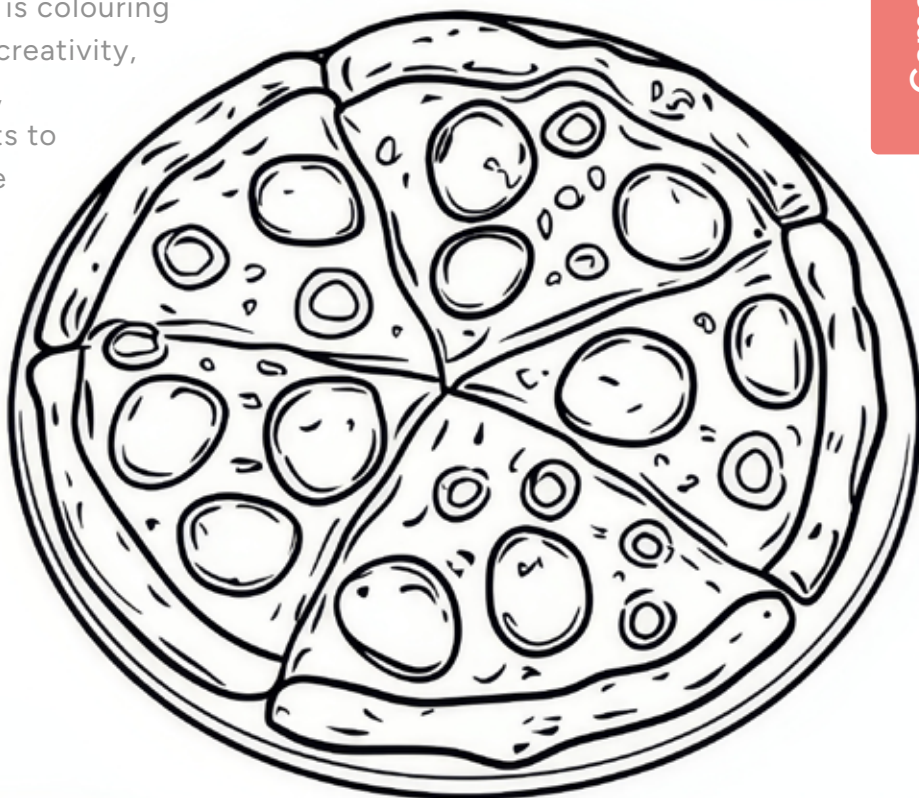


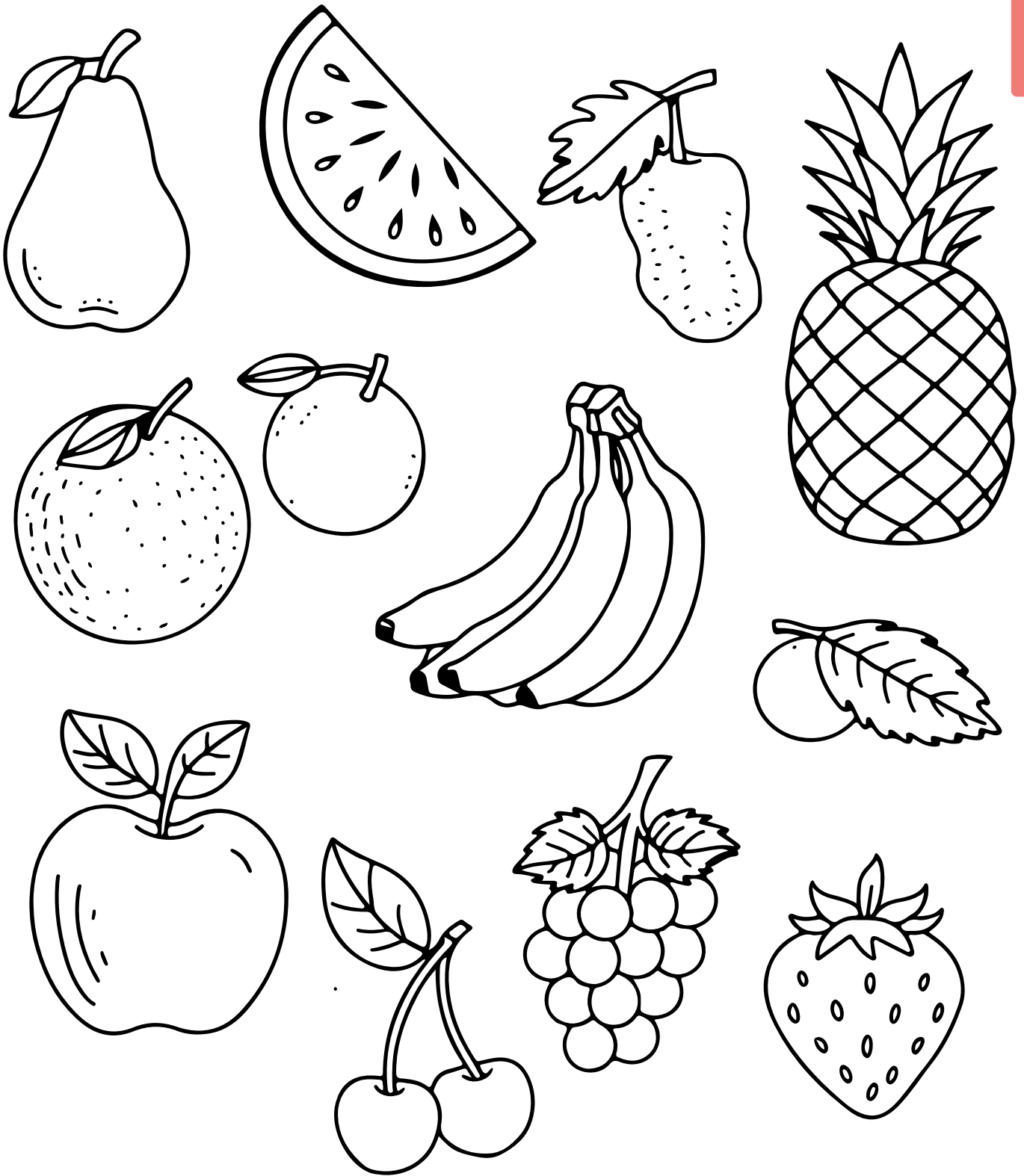
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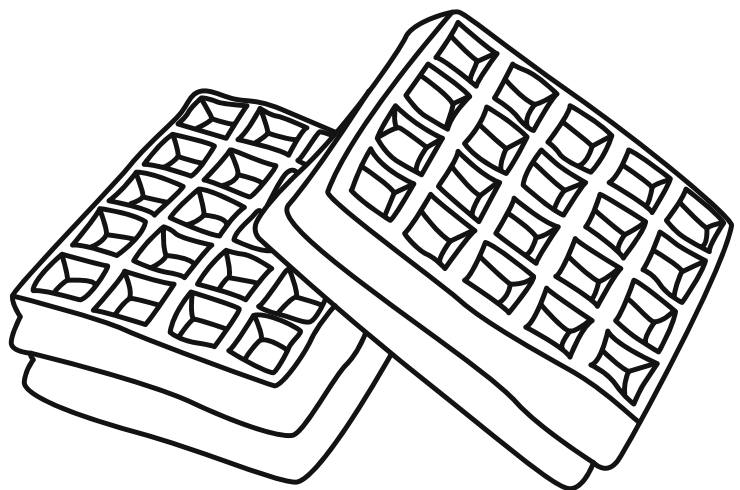
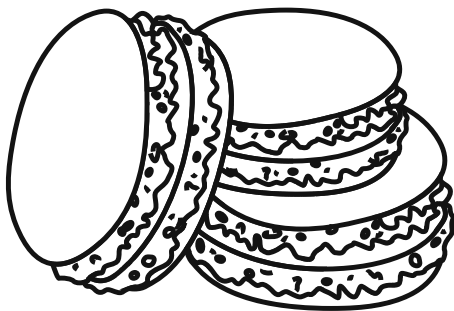
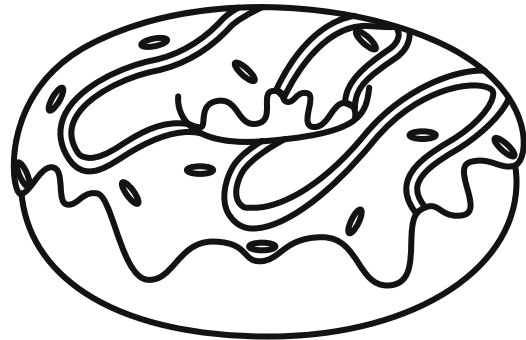
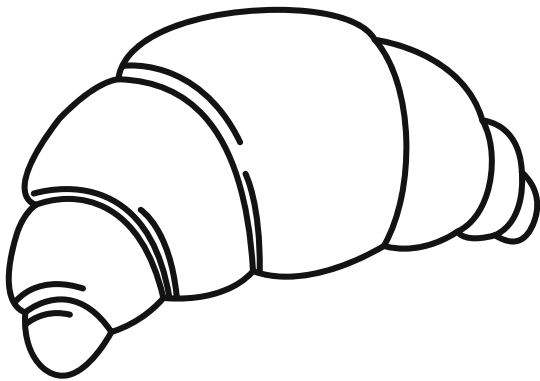
This could be a seasonal activity to decorate the home for specific months or days, such as Valentines, Easter, Halloween, Christmas and more

Colouring in

Why choose colouring in? Not only is colouring in great for sparking the resident's creativity, it is also ideal for improving moods, relieving stress, and allows residents to relax. The residents will also be able to socialise with one another throughout this activity and compare their artwork.







Food Bingo

This is an all-time classic game and is set to be a favourite amongst your residents! Bingo is great as it encourages socialisation amongst residents of all capabilities, boosts brain function among those with dementia or Alzheimer's and most importantly, it's fun! This would also be a great activity for visiting family members to get involved in too.

Cut up the below colours and select them randomly to play. Bingo cards on the following pages.



Chicken



Bacon



Pie



Beans



Bread



Prawns



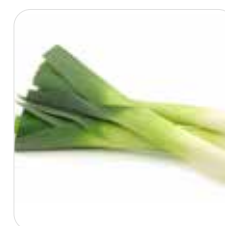
Eggs



Peppers



Burger



Leeks



Tomatoes



Milk



Cheese



Cheesecake



Pears



Orange



Corn Flakes



Ice Cream



Peaches



Pancakes

Food bingo



Chicken



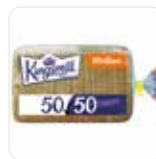
Bacon



Pie



Beans



Bread



Prawns



Eggs



Peppers



Burger



Leeks



Tomatoes



Milk



Cheese



Cheesecake



Pears

Food bingo



Prawns



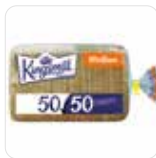
Bacon



Pie



Leeks



Bread



Orange



Corn Flakes



Ice Cream



Peaches



Pancakes



Tomatoes



Milk



Cheese



Cheesecake



Peppers

Food bingo



Prawns



Eggs



Peppers



Burger



Leeks



Tomatoes



Beans



Cheese



Cheesecake



Ice Cream



Orange



Corn Flakes



Pears



Peaches



Pancakes

Food bingo



Chicken



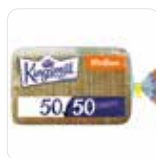
Bacon



Pie



Pancakes



Bread



Orange



Corn Flakes



Ice Cream



Peaches



Beans



Tomatoes



Burger



Cheese



Cheesecake



Pears

Food bingo



Bacon



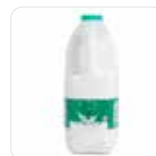
Eggs



Peppers



Burger



Milk



Tomatoes



Leeks



Cheese



Cheesecake



Pears



Orange



Corn Flakes



Prawns



Peaches



Pancakes

Food bingo



Chicken



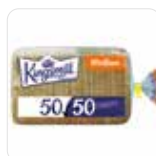
Bacon



Pancakes



Beans



Bread



Orange



Corn Flakes



Ice Cream



Peaches



Pie



Tomatoes



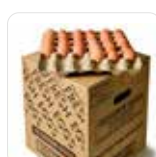
Milk



Cheese



Cheesecake



Eggs

Food word search



There are 12 words to find, good luck!

Bacon

Sausages

Milk

Coffee

Cheese

Beans

Tea

Salmon

Foodservice

Chips

Birchall

Yogurt

World *on a plate*

Transport your residents to another country through music, food and more, embracing cultures from across the globe.

Whether you opt for a full themed week, or just a day, we've come up with lots of ideas to make the days run as smooth as possible whilst making sure the residents have the best experience possible and enjoy themselves.



Menu ideas

Make your own pizza. Whether residents opt for a traditional margarita, or experiment with their own mix of toppings, this is a fun way to involve them in making their own meal, trying new toppings and gives them the freedom to choose exactly what they want.

Spaghetti bolognese. A classic dish loved by so many. Serve with garlic and maybe even a side salad to add some colour to residents plates! Plus, this is a great meal for hiding or blending vegetables into!

Gelato / ice cream treat. Whether you serve on its own, in a cone or allow residents to decorate with toppings, no one can turn down an ice cream sweet treat! This could be for a weekly treat, a dessert or a hot day treat sat outside.

Minestrone. This hearty dish is great for using up veggies you have left in the fridge, gets fluids into your residents and tastes delicious too!

Lasagne. Another Italian classic! Make from scratch, or save yourself some time in the kitchen and opt for **our cook from frozen option.**

Activities

Word game

How many words can we make from this dish? Here's some works you could use;

- Lasagne
- Spaghetti bolognese
- Panettone
- Bruschetta

E.g. Spaghetti bolognese; sign, noise, page etc. Lasagne; leg, sea etc.

Colouring in

Colour in the italian meal on the following page

Recipes



[View recipe](#)



Farfalle With Sausage Ragu

The perfect recipe for using up leftover sausages...

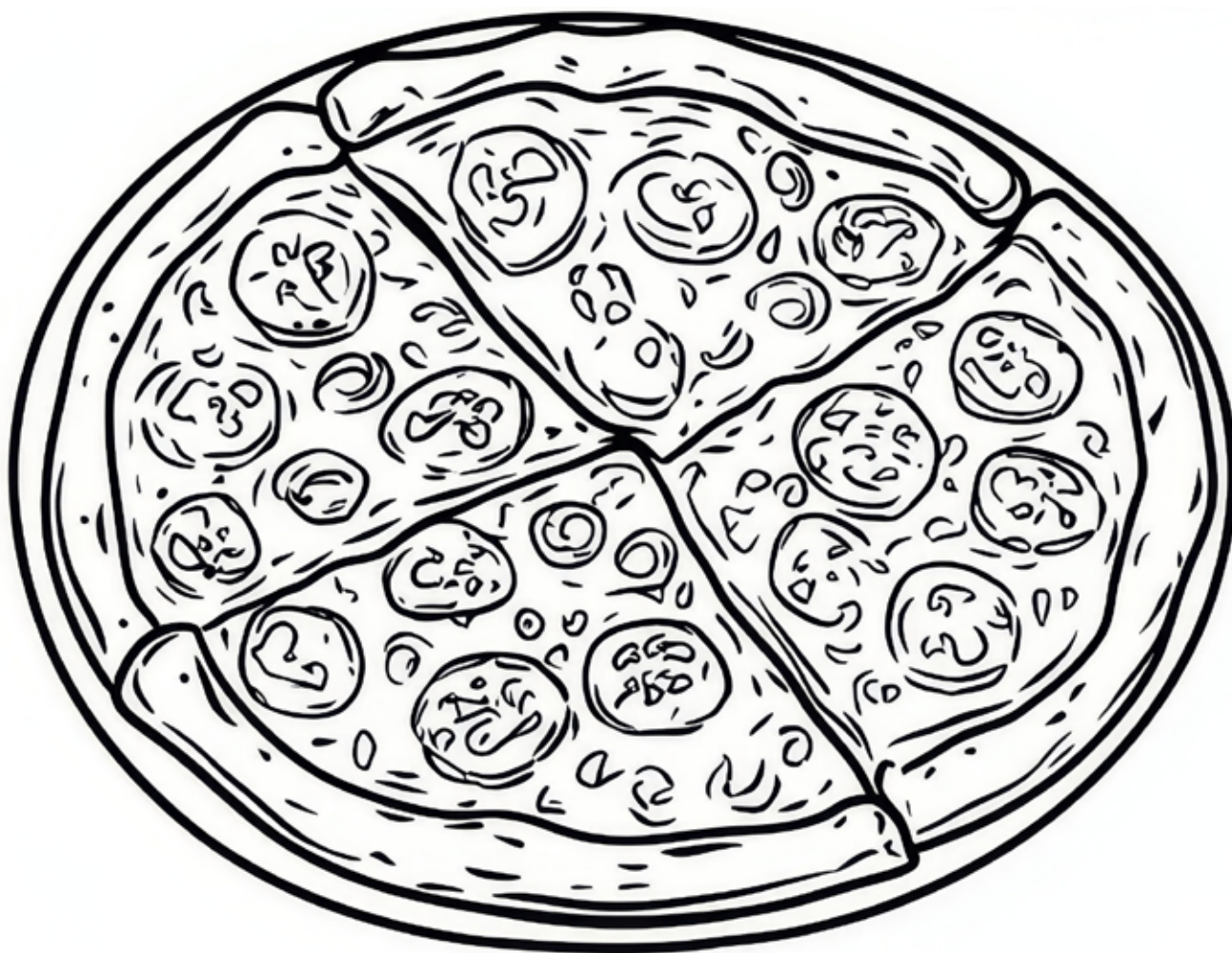


[View recipe](#)



Italian Tuna Melt

A lunch time special...



Products we recommend



026015046

**Knorr Minestrone
100% Soup**



040020111 *Pizza topping*

**Auricchio Mozzarella
Balls**



027056087 *Pizza topping*

**Cooks & Co Pitted
Black Olives in Brine**



029070025 *Pizza topping*

**Leathams Roquito
Mild Red Pepper
Pearls**

Fill out this postcard for a friend or family member.



Spain



Menu ideas

Paella. A tasty rice dish packed with flavour. Sneak in high protein products, or pack with veggies for a nutritious and healthy meal for all to enjoy.

Spanish omelette. A simple and tasty dish, which isn't time consuming or over complicated! Perfect for lunchtime, as an evening meal or as part of a tapas serving.

Tapas for tea! Make a mixture of the best tapas dishes and create a sharing board style dinner for all to enjoy. From meatballs, to croquettes, they'll be something for all to enjoy!

Crema Catalan. The perfect sweet treat to finish off the day!

Products we recommend



062545008

Greens Paella



043505046

Charcuti Grilling Chorizo



043025004

Mistoliva Mixed Pitted Olives

Activities

Decorate your own fan

Play Spanish themed music that flamenco dancers would dance too.

Learning & crafts

Colour in Spanish themed doodles. Use reds, yellows and oranges to match the Spanish flag.

Flamenco dancing

Let the residents embrace the culture of Spain through dance! Either sitting or stood up, and the carers joining in, dancing along to traditional Spanish music whilst using Castanets and wearing sombreros. **There are lots of clips on YouTube** which would be useful as a visual aid.

Recipes



[View recipe](#)

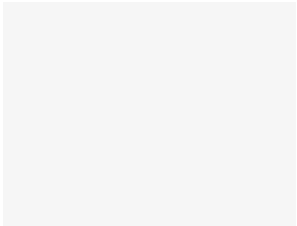


King Prawn Paella

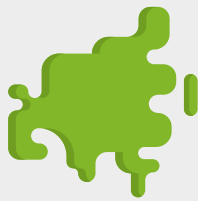


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Asia



Menu ideas

Ramen style soup. Pack full of veggies, add some noodles and let the residents enjoy a delicious broth style soup. If you have left over bones, you can use these to create a stock for this soup too.

Katsu Curry. Crispy chicken paired with a rich velvety sauce – a real comfort food dish!

Noodle stir fry. A great option for when you've got lots of veggies left over! This tasty meal can be kept simple with noodles and vegetables, or add in some chicken or minced meat for some added protein.

Chicken balti curry. A mild but flavourful curry, made simple with the Country Range Balti Sauce.

Chinese style curry. Whether you pair with protein or pack with veggies, this is a total treat. Tastes great with homemade chips too!

Activities

Decorate or design your own dragon mask

Creating dragon masks in a care home brings vibrant colours and imaginative designs to your residents' day.

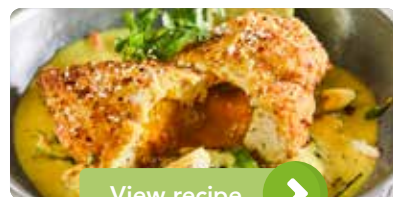
Recipes

[View recipe](#)

Left Over Vegetable Pakora

[View recipe](#)

Chicken Balti

[View recipe](#)

Katsu Chicken Kyiv with Coconut Curry Sauce

Some inspiration for dragon masks...



Products we recommend



060535024

Menuserve Gluten Free Vegan Indian Snack Selection



027525100

Country Range Katsu Curry Sauce

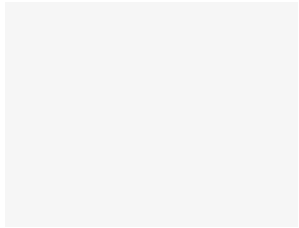


028060248

Santa Maria Tikka Masala Spice Mix

Fill out this postcard for a friend or family member.




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France



Menu ideas

Crepes. This would be a lovely afternoon treat idea. Allow residents to choose from a range of toppings, and create their own sweet or savoury treat.

Croque Madame. Take a modern twist on a toastie, create a show stopping tasty lunch! 

French onion soup. A simple but super tasty dish, great for serving at lunch or dinner time with a mini French baguette or toasted brioche to dip!


Croissants and pastries for breakfast. As a change, offer your residents as a sweet breakfast alternative. The DeliFrance mini Viennoiserie Selection make this super easy for you!

Activities

Decorate your own crepe

Whether you prefer to keep it traditional with lemon and sugar, or add some chocolate spread with fruit on your crepes, this is a sweet treat no resident will be able to resist.

Paint like Monet!

Emerge yourself in the world of art by painting artwork inspired by Monet. Whether you opt to paint a printed out copy or try to re-create your own, this will be a lovely activity to allow the residents to take part in a fun activity whilst creating artwork can be displayed around the home. 

Create a French food mood board

Interact with residents and ask if they have tried these dishes, did they enjoy it, are there things they would like to try etc.

Recipes



[View recipe](#)



Croque Madame

Ham and cheese toasted sandwich



Products we recommend



060064012

**Crepe Cuisine Butter
Crepes/Pancakes**



060060040

**Delifrance Mini
Viennoiserie Selection**

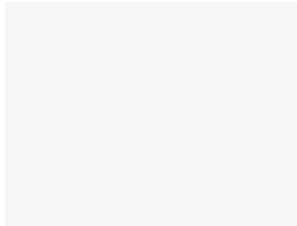


021077024 *Use a topping!*

**Opies Raspberry
Compote**

Fill out this postcard for a friend or family member.



Mexico



Menu ideas

Chilli con carne with tortilla chips. Keep it simple, or add a little heat with this dish!

Tacos. Whether you opt for soft or hard shell tacos, this makes meal time exciting with a 'Make your own taco station'.

Fajitas. Whether you pre-wrap them for residents or allow them to make and wrap their own, this is a delicious meal packed with lots of different textures and flavours.

Tortilla chips and dips! A great afternoon snack idea for tasting and testing a variety of dips.

Recipes


[View recipe](#)

Sidewinder Nachos with 5 Bean Chilli


[View recipe](#)

Chicken Tacos

Activities

Cinco de Mayo themed day

This could be a day filled with activities such as decorating a piñata, making their own salsa or guacamole to enjoy or add a chocolate treat to their afternoon with chocolate churros. Make the 5th of May a memorable one!

Aerobics with maracas

Stretch, get your body moving and make lots of noise, all whilst having fun!

[Watch video](#)


Mexican hangman

Using Mexican/Spanish words. Keep it simple with words we also use in England such as fiesta, chorizo and amigo.

Sombrero toss

Lay out sombreros across the floor, each with individual scores and then allow residents to throw bean bags or balls to land on the sombreros, keep a tally and the winners can choose a movie that night or win a prize.

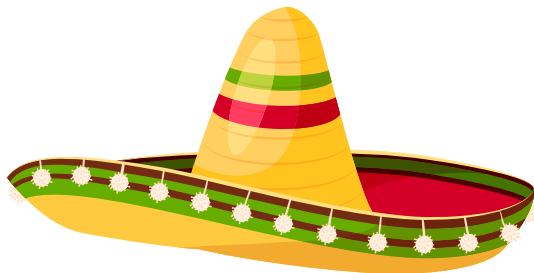
Build your own tacos

Make a food station that the residents can come too and allow them to choose their own fillings for their tacos.

Decorate a sombrero

Encourage your residents to decorate a sombrero using vibrant trims, pom-poms, tassels and more. It's a fun, hands-on way to celebrate Mexico.

Some inspiration for sombrero decorating...



Products we recommend



028060196

**Country Range
Fajita Seasoning**



027530006

**Country Range Chilli
Con Carne Sauce**

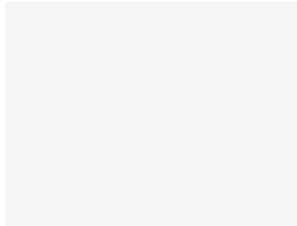


027049052

**Santa Maria Mexican
Salsa Sauce**

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Great Britain



Menu ideas

Afternoon tea. A quintessentially British treat! This would be a special meal for residents to enjoy with one another for a social afternoon activity. With sandwiches, and a selection of sweet and savoury treats on offer, residents will be delighted.

Fish and chips. Whether you're serving with mushy peas or gravy, we are sure this will go down a treat with your residents!

Cottage pie. A classic winter warmer dish. This is a great dish for hiding vegetables, and can be easily blended for those who struggle with dysphagia and swallowing. It also tastes delicious too!

Bread and butter pudding. A classic dessert. Whether you're serving with cream or custard, residents will love this as a treat.

Broth. Another winter warmer. This hearty dish is a staple in the colder months and is a true British classic!

And finally, a classic roast dinner. Serve will all the trimmings and finish with a lovely rich gravy. No one can resist this dish!

Activities

British landmarks

Paint, draw or simply colour in the British landmarks and encourage conversation amongst residents. This is a nice, simple activity which promotes communication amongst residents and may spark memories which they would like to share with residents or their carers.

Best of Britain Quiz

Test your knowledge of all things Britain! From iconic landmarks to beloved traditions, let's celebrate our heritage with a light-hearted quiz. Perfect for creating a bit of friendly competition in your home!

Products we recommend



062500042

**Country Range
Battered Cod**



026015124

**Baxters Chicken
Broth Soup**

More below...

Products we recommend (continued)



065500001

**Country Range
Unbaked Traditional
Pasty**



060500069

**Delifrance Mini
Tartlet Selection**



020039004

**Country Range
Scone Mix**



060083008

**Country Range Real
Dairy Cream Mini
Eclairs**



060500074

**Tipiak Classic French
Petit Fours**



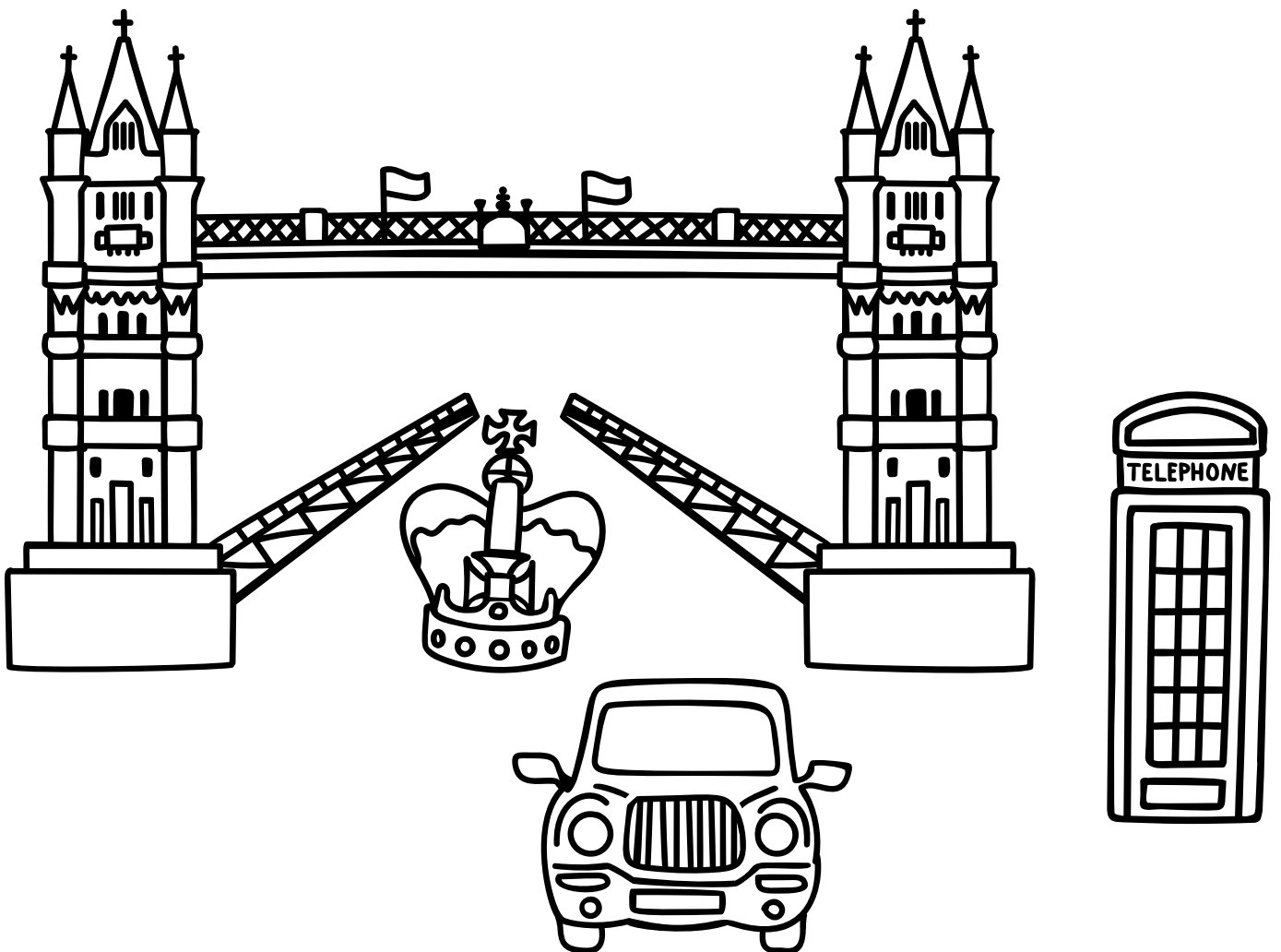
- ✓ No Melt Shelf Stable
- ✓ IDDSI Level 4
- ✓ Suitable for Dysphagia patients
- ✓ Storage: Ambient - Freeze before Serving
- ✓ Shelf Life - 12 months
- ✓ Convenient - 120g Cup
- ✓ Source of Protein - 8g (protein range)
- ✓ Source of Calcium
- ✓ No Artificial Colours or Flavours
- ✓ Vegetarian
- ✓ Gluten, Nut and Soy Free
- ✓ Certified Halal
- ✓ Certified Kosher (except Strawberry)
- ✓ Low Sodium (except Salted Caramel)

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Albany Products at:

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www.albanyproducts.co.uk





Best of British Quiz

1. What are the four animals that guard Nelson's column?
2. Which Second World War Royal Navy ship is permanently moored on the River Thames in London as a museum?
3. What is the name the open area off Whitehall where the annual Trooping the Colour takes place?
4. In the British dish 'toad in the hole' what represents the 'toads'?
5. Which monarch is father to George, Charlotte and Louis?
6. Which town in England contains the largest castle in Europe?
7. The Central Criminal Court of England & Wales is better known as what?
8. What's the name of the pub in the TV show Emmerdale?
9. Which English county is famous for it's hearty pasties filled with meat and veggies?
10. What is the highest mountain in England?
11. Which Grand Slam did Sue Barker win, making her a British tennis champion?
12. Which nut gives a Bakewell tart its signature flavour?
13. Who was the original host of the TV quiz show, The Weakest Link?

1. Lions 2. HMS Belfast 3. Horse Guards Parade 4. Sausages 5. Prince William 6. Windsor 7. The Old Bailey 8. Woolpack 9. Cornwall 10. Scafell Pike 11. French Open 12. Almond 13. Anne Robinson

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**School Food Compliant UK only, excluding Scotland for Rice Krispies. Serve as part of a balanced diet and healthy lifestyle.

Stay *hydrated*

Naturally, our body loses water through breathing, sweating and digestion so it is vital that residents are kept hydrated through fluids and eating foods that have a high water content.

Preventing residents from becoming dehydrated is very important, however we do understand the struggles care homes face when it comes to getting residents to drink. So, if you are struggling to get liquid into your residents, here are some fun games and activities which you could use within your homes!

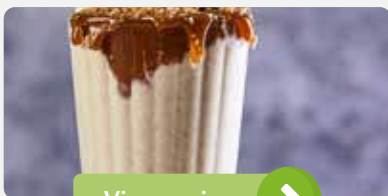
50's Night with Milkshakes

Residents could choose and decorate a milkshake of their choice, whilst watching a movie from the 50's and reminiscing on their youth or younger years.

Our range of Shmoo milkshakes are great for this activity. They are easy to make and are available in several flavours. There are also lots of topping residents can taste and use to decorate their milkshake with too!



Recipes


[View recipe](#)

Speculaas Cookie Milkshake

Speculass flavoured ice cream milk shake

Products we recommend



024565083

Shmoo Milkshake Starter Kit

Mocktail Party



Whether it's for a residents birthday, to celebrate the beginning of summer or just a weekend treat, mocktails are a great option for getting fluids into residents without it feeling like a chore!

This is a fun, engaging and exciting treat for them to enjoy with other residents, or with family members on special occasions.

Our range of Monin syrups will work perfectly for this too!

Recipes


[View recipe](#)

Cranberry and Lemonade Cooler


[View recipe](#)

Virgin Strawberry Daiquiri

Products we recommend



Search 'Monin'

Monin Syrups Range



Guess the drink

With drinks you may already have in the store cupboard, or with the introduction of new drinks and flavours, challenge your residents taste buds and see if they can guess the flavours of different drinks or guess what they drinks are.

How to play

Put the different fluids in opaque bottles (or use blindfolds!) with straws and allow the resident to take a sip until they can guess the drink or the flavours. This is such a great game for residents to engage with one another too as they can compare their guesses!

Not only does this game make sure residents are getting some fluids into their system, but it may give residents the chance to try different flavours or drinks they haven't tasted in years too!



Tip

Need a game with a little less preparation? How about playing...



Take a sip

This is a simple, easy and engaging game for all to play. It has barely any preparation and can be played as regular as you want!

How to play

Simply ensure all residents have a drink in front of them and then begin calling out different prompts to get residents to drink! For example, "take a sip if you are wearing glasses" or "take a sip if you are wearing a cardigan." This is a clever game for getting residents to drink, but also to think about their surroundings and keep their mind engaged.

A chef in a white uniform is pointing at a screen. The background is a blurred indoor setting with large windows.

Join us for our **Dysphagia Workshops**

**Must-visit events for caterers
in the healthcare sector.**

These essential workshops are designed for healthcare sector caterers seeking to enhance their skillset in preparing dysphagia-friendly meals.

We've teamed up with Gary Brailsford of Dining with Dignity for this opportunity to explore innovative and straightforward approaches to crafting meals that are both nutritious and enjoyable for individuals with dysphagia.

Gary will guide you through the key aspects of meal preparation, cooking, and presentation, ensuring that your meals are suitable for residents with dysphagia.

Find out more and book your place at
[**birchallfoodservice.co.uk/training-and-events/**](https://birchallfoodservice.co.uk/training-and-events/)



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