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We ran a baking session with our ladies here at Woodstock Residential Care Home on Wednesday 15 May.

Our ladies love to bake together and really enjoyed baking the tarts - rolling up their sleeves to get stuck in to the pastry prep and filling the tarts with jam.

Baking can really stimulate the senses, which can in turn encourage individuals to eat and enjoy their food.

Once baked, we all enjoyed eating the jam tarts with lovely cup of tea.

What a lovely treat - thank you ladies!

