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Our residents at Woodstock Residential Care Home enjoyed weighing, measuring and mixing the ingredients to make delicious Welsh cakes this week.

We had a **cup of tea and a chat** about the different methods used in cooking; one resident said she fries her Welsh cakes and another said she always cooks them in the oven.

The smell from the kitchen was so stimulating and made us all feel hungry. Everyone enjoyed eating their **Welsh cakes for afternoon tea** and we all agreed they tasted amazing.

Baking can be such a relaxing way to unwind and we love tucking into the fruits of our labour!