

NOT JUST TEDDIES



Sausage rolls and Fried Chicken, Fresh Fruit and Lemonade, these are the hallmarks of a great meal out of doors. National Picnic Month encourages you to get out and celebrate the warm summer days and find your love and wonder of the outdoors again while enjoying some great food!



Hello reader and welcome to July edition of The News of Health

I found out recently that July is designated as national picnic month, so I chose this subject to inspire your outdoor activities.



As always, we wish you the best of health and thanks for reading.,

The Number 1 Healthcare team

We have all been working in very unusual circumstances and it's about time we all had some fun and chill time. I have spoken to a few care home managers who are arranging staff BBQ, picnics, activities as a small thank you for all the extra duties and commitment their staff have shown. Remembering the distancing rule.

For your residents, being outside in the sunshine will give them a natural healthy boost

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