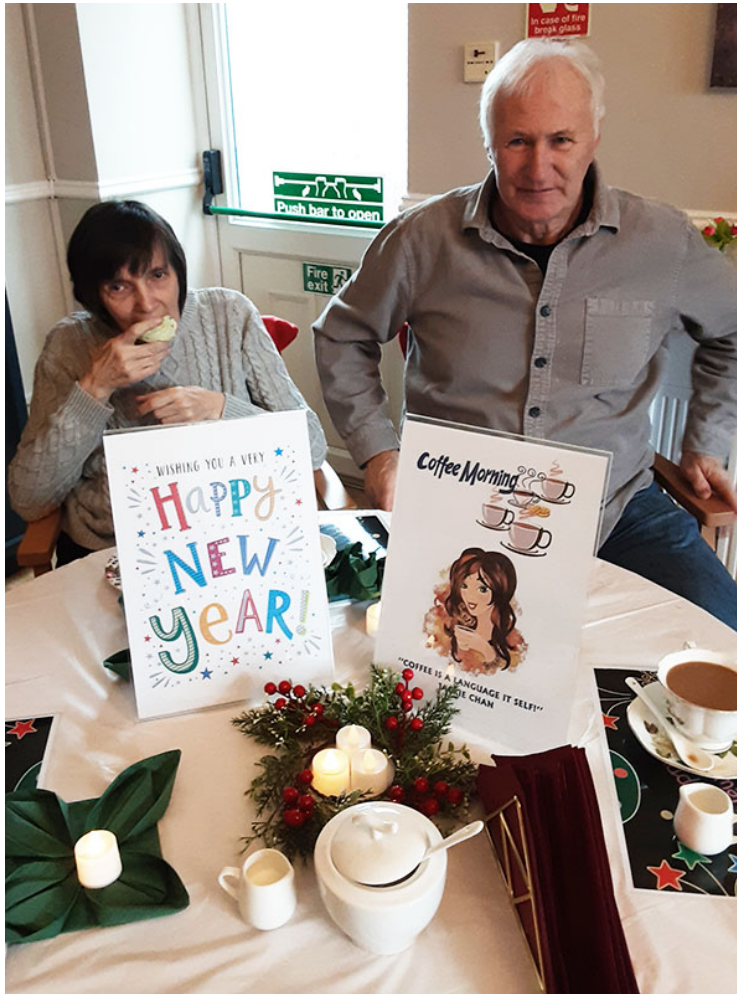


Regular coffee mornings at Lukestone Care Home



It is a scientific fact that coffee does more than boost our energy; it may lower the risk of diabetes and depression and even support weight management. With that in mind at Lukestone Care Home, we all decided to have coffee mornings as a regular activity, going out to a local coffee shop or the Grange Moor Hotel, or hosting them ourselves.

*This time we held our own coffee morning, as we have a **lovely dining room** that we took advantage of and decorated beautifully. Our residents and their families had a **5-star experience**, enjoying **cakes and a nice cup of coffee**.*

As Jackie Chan once said "Coffee is a language itself!"

What a happy coffee morning!