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Prioritising Wellbeing

NAPA Resource Pack

Afternoon Tea Week



It is my pleasure to introduce this resource.

We love an Afternoon Tea at NAPA and feel excited about all the opportunities a week of tea-based activities and events can inspire. Afternoon Tea Week is the perfect opportunity to take part in a range of activities that celebrate this quintessential English tradition. We invite you to join thousands of care settings as we come together to celebrate Afternoon Tea Week.

This resource has been created following consultation with NAPA members, thank you to all those who provided their feedback and shared their ideas and positive practice examples. I would also like to thank Lakeland Dairies who have supported us in developing this pack. Their generous support enables us to make our Afternoon Tea Resources free of charge for every care service across the UK to access. Find out all about our Afternoon Tea Week plans and related activities on our dedicated web page [Here](#).

Afternoon Tea is a great opportunity to meet people, chat, dance, laugh and eat a lot of cake – that is washed down with some delicious tea served in a fine China cup!

We would love to hear how you get on, please share your plans leading up to your celebrations as well as after the event. You can join our Facebook page, contact our Activity Support Service, or call the Support Line.



Hilary

Hilary Woodhead
NAPA's Executive Director



*"Like NAPA and their members, we love a delicious Afternoon Tea! So, **Lakeland Dairies** are delighted to work with NAPA creating this wonderful resource which includes our very own Scrumptious Scones supplement, full of scrummy scone recipes and fortified creamy cocktail recipes, all specially created for care homes.*

We believe the secret to a great tasting scone is the quality of the dairy ingredients, and dairy from the Island of Ireland is amongst the best there is in the world, from naturally grass-fed cows."

Jean Cattanach





Contents

How to use this Afternoon Tea Week Pack

This resource has been created based on a national consultation with Activity Providers; thank you to everyone who took the time to contribute. We hope you find the information helpful and that you are inspired to plan fantastic Afternoon Tea Week celebrations!

This digital resource has been created for you to use online and is interactive. Many of the features have links that will direct you to our dedicated Afternoon Tea Week web page where you can find further relevant information. There will also be links to some of our other resources as appropriate. A reminder to NAPA members that there are thousands of activity resources in our digital platform, The Shed. NAPA members can access The Shed – [Here](#). Not a NAPA Member? Find out more – [Here](#).

Within the resource, you will find:

Top Tips: NAPA shares tips for best practice in supporting Afternoon Tea activities and events

Afternoon Tea Weekend

fascinating facts: This section is intended to support reminiscence activities and debate.

Resources: We have provided a range of resources to help you create the perfect Afternoon Tea! These include food-based activities, games, recipes, and creative ideas.

Templates: We have developed a range of templates to help you promote your event and decorate your space. They can inspire your own or be used for your activities and events.

Celebrate virtually: Should you need to celebrate at a distance, we have provided you with guidance on how to connect virtually. **Click Here** to find out more about virtual events and how to make them work for you.

If you would like to discuss any of the resources, ideas and top tips in the pack please contact us at supportline@napa-activities.co.uk



Planning:

We have provided a link to 'The NAPA Guide to Celebrations and Events.' This guide will provide you with everything you need to know when planning an event and includes checklists and risk assessment templates.

Top tip:

When creating a reminiscence activity, think about the environment and the senses. What do you have around you that can inspire a conversation? Can you play music which suits the topic? What about offering food and drink to enhance the experience?



Big Bonus Resources

We are excited to share bonus resources. We hope they will help you to prepare for the big day:

- + **A planner** to support your planning process, both in the run-up to the event and during Afternoon Tea Week
- + **A Big Afternoon Tea bonus bundle**, which includes templates, activity banners, and much more to help you promote your Afternoon Tea Week activities and events.



Planner – [Click Here](#)
Bonus Pack – [Click Here](#)
Sketch Pad – [Click Here](#)



Why plan an Afternoon Tea Event?

Celebrations and events such as an Afternoon Tea are important. They enable us to mark important events, to connect with others and socialise.

Having something to look forward to can help us to feel optimistic, moments of celebration can encourage us to pause and be mindful. Celebration is an ancient ritual and helps boost wellbeing. When we celebrate, we are reinforcing something that is important and meaningful to us. Use The NAPA Afternoon Tea Planner to help – **[Click Here](#)** to download.



Why not:

- + Make or decorate cakes and buns for the afternoon tea together
- + Knit tea cosies for the tea pots or decorate cloth napkins
- + Use china cups and saucers to serve from as well as sugar tongs, cake forks and y doilies to make it look authentic
- + Dress up as waiters or waitresses, staff may like to do this too so everyone looks the part (some may remember the Lyons tea ladies?)
- + Find out if you have a pianist in your setting who could play during the afternoon tea, or invite other musicians from the community
- + Dancing or move to the music
- + Invite families and friends or people from the local community to join you

The more involved we are in the preparation and planning of the Afternoon Tea the more likely we are to enjoy the event itself. So, let's all get involved in the planning and create a truly collaborative experience.

We hope you enjoy the information and activity ideas included in this resource. NAPA provides training on planning celebrations and events. Training courses can be adapted to meet the needs of your staff team. Our Professional Development Manager will explore your training needs with you, or you can book on to our next workshop. Find out more and book place – **[Here](#)**.



Fascinating facts about the history of Afternoon Tea – A great British past time with an interesting history

Afternoon Tea:

- + Is a tea-based ritual, introduced in Britain in the early 1840's.
- + Is a meal composed of sandwiches (usually cut delicately into 'fingers'), scones with clotted cream and jam, sweet pastries, and cakes.
- + Didn't truly begin until the 19th century. Queen Victoria embraced the ritual it became more commonly enjoyed across society.
- + Was introduced by Anna Maria Russell, the Duchess of Bedford.
- + Highlighted the British tradition of dunking biscuits into tea, which was later followed by many others around the world.
- + Became a daily ritual in the 18th and 19th century, English people were finding themselves going hungry during the long gap between lunch and dinner.
- + Was served between 2pm and 5pm, the most popular time being 4pm.
- + Fans will be pleased to know that etiquette experts see the tradition of the lifted pinkie as an unnecessarily fiddly and potentially even impolite technique. It is thought that the raised pinkie was started by a noblewoman and, because many watched and mimicked the Royal family, people began to copy his habit.
- + Evolved as a mini meal to stem the hunger and anticipation of an evening meal at 8pm.
- + Has evolved, with people and countries influencing flavours and inspiring new creations.
- + Was, for many people, a daily dining ritual.
- + Is now seen as an occasional treat.
- + Is a great excuse to get dressed up and eat some fancy sandwiches and cakes!



Fascinating facts about Tea

It is reported that tea was enjoyed in China as early as the 10th century. Korea and Japan followed. In the 16th century exploration in the Far East by The Portuguese saw the trading of tea with the west. The Portuguese Queen consort to King Charles II Catherine of Braganza introduced to in the UK. By the 19th century tea drinking was a common British pastime and is now considered an integral part of British culture.

- + Tea is the second most popular drink on the world. Water is the most popular. Tea is produced from a combination of cured leaves from the Camellia Sinensis (tea plant.)
- + Tea is a popular beverage worldwide that comes in many flavours and variations. Around three billion cups of teas are consumed throughout the world every single year.
- + China is considered by many to be the birthplace of tea and has been consumed there for more than 4,000 years. According to legend, Emperor Shen Nung discovered tea in 2732 BC. One day, wind blew leaves from a wild tree into his pot of boiling water. He sipped the intriguing brew and was instantly enchanted by the flavour and refreshing effect. Shen Nung described 'a warm feeling as he drank the intriguing brew, as if the liquid was investigating every part of his body'. He named the brew "ch'a," the Chinese character meaning to check or investigate.
- + Tea is good for you. Tea contains polyphenols these are antioxidants that repair cells and may reduce the risk of cardiovascular diseases, cancers, osteoporosis, and diabetes mellitus. It is not just green tea that's good for you, black, white, and red tea also contain flavonoids and polyphenols.
- + Approximately 2,000 tiny leaves make one pound of tea.
- + There are more than 1,500 types of teas in the world.



- + By the mid-18th c. tea replaced ale & gin as the drink of the masses to become Britain's most popular beverage.
- + You should in theory at least, always use fresh water, and avoid boiling the kettle twice before making tea. Oxygen is lost from the water during the second boil which can give your tea a flat taste.
- + Countries that produce the most tea – include China, Taiwan, Japan, India, Sri Lanka, and Kenya. There are emerging and less well-known tea growing regions, such as Colombia, Nepal, Georgia, the US, and the UK.
- + The art of reading Tea leaves is known as Tasseography. This word originated in France. Tasse meaning cup. This extended to reading coffee grains and wine too. No one knows the exact origin of Tasseography.
- + Tea breaks are a tradition that have been with us for approximately 200 years.
- + Tea offers a wide range of health benefits and can be great for managing blood sugar and stress hormone levels. America had its first taste of iced tea in 1904, at the World's Fair in St. Louis. A tea merchant named Richard Blechynden was trying to get people to try his tea in the sweltering heat of a heat wave. In a final effort to lure people into tasting his tea, Richard dumped added ice into his tea and iced tea was born and became popular.
- + Tea in England was originally an expensive product that only the elite could afford.
- + Teacups didn't always have handles. At first, the English made cups without handles, influenced by the traditional Chinese tea bowls.
- + Tea plants grow wild in parts of Asia, but over 25 countries cultivate tea as a plantation crop. The absolute best tea comes from high elevations and is hand-picked.
- + Timing is crucial to brewing the perfect cup of tea. Ideal steeping times and temperatures vary depending on what variety of tea you're making. For black tea, steeping time is 3-5 minutes at 200°F. For white tea, steeping time is 1-2 minutes at 170°F. Green tea steeping temperatures depend on where the tea comes from.
- + The biggest tea drinking country in the world is the United Arab Emirates. Citizens of the UAE get through a whopping 14 pounds of tea each year
- + Tea firstly appeared in Europe thanks to Portuguese Jesuit Father Jasper de Cruz in 1560.

Types of Tea



There are four types of tea:

- + White tea
- + Oolong tea
- + Green tea
- + Black tea

The type is determined by the process. Most popular teas in the UK are made by blending a mix of tea together. The most common teas are:

Assam – A strong full-bodied tea from India with a distinctive, 'malty' taste

Darjeeling – An aromatic tea from India with a hint of almond and wildflower

Earl Grey – A black tea blend with a hint of bergamot, it is named after Charles, 2nd Earl Grey, who was Prime Minister from 1830 to 1834.

Lapsing Souchong – A Chinese tea fired over smoking pine needles, which produces a smoky odour and taste.



Facts about teapots

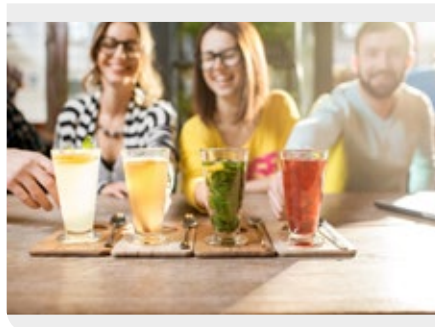
- + It is believed that in the early to mid 1300s, a Chinese potter invented the teapot.
- + A teapot is a container used to make and serve tea, and they are made of steel, ceramic, or glass.
- + There are three main parts to a teapot – the body, which contains the tea; the handle, to hold the pot; and the spout, to pour the tea; most have a lid to contain the liquid, keep the heat in, and stop other particles contaminating the tea. Some teapots have an inbuilt strainer to prevent tea leaves from entering the cup.
- + Teapots sometimes have detachable fabric coverings that serve the purpose of trapping the heat of the liquid to keep the brew hot, and they have been used since the 1800s and are named 'tea cosies' or 'tea warmers'.
- + The colour and decoration of teapots can vary, and they can feature patterns and intricate artwork.
- + Using a teapot is the traditional method of making tea, more recently teabags placed in a mug or teacup have made the pot redundant.
- + The largest collection in the world in 2007 was owned by Tang Yu, from Quanzhou in China, with a total of 30,000.
- + Tea made using a teapot is often done by putting dried tea leaves, or teabags, into the pot, boiling water is added to make the tea, which is then steeped for a few minutes, and then poured into a teacup or mug.
- + Teapots were exported from China to Europe by the late 1600s; and in the 1700s



Afternoon Tea – A terrific way to support hydration!

Afternoon Tea is a great way to enable healthy hydration levels.

Body fluid makes up two-thirds of your body and has a wide range of benefits including everything from removing waste products in urine to lubricating your joints. As we age, we see changes to our bodies, some people are at an increased risk of dehydration due to certain medical conditions such as living with diabetes, which can make an individual sweat more, meaning their body is losing more water than normal. Medications such as blood pressure medicine and antihistamines, can also cause dehydration. Hydrating the body can be achieved in different forms and not just by drinking. Promote healthy hydration by fluid-based meals and encouraging consumption at Afternoon tea.



Top Tips for supporting Hydration at Afternoon Tea

- + Position drinks so that they are in sight and easily in reach.
- + Create Tea Trolleys or stations for independence and easy access.
- + A 'Tea Station' should have both fluid options and finger foods that are high in water, such as watermelon, peaches, grapefruit, lettuce, tomatoes, and cucumbers.
- + Have a sign near the station "free drinks, help yourself" to encourage intake and independence.
- + Offer small water jugs that are not full to the brim. Individuals can find a full jug too heavy to lift and fear spilling it.
- + Water glasses should also be small, easy to grip and not too heavy. Cold water is much more refreshing than warm water, to drink. Change the water jugs regularly to keep them fresh.
- + Offer decaf tea, coffee, and non-alcoholic beverages, a choice of cold drinks, discuss with the individuals you support which fluids they would enjoy drinking.
- + Some individuals might like sparkling water or fresh juice. Others may prefer flavoured pop or cordial.
- + Offering a change of choices can encourage intake, imagine if you were drinking the same thing each day!
- + Encourage the senses with fluids, having a pot of coffee brewing, flavoured tea like peppermint or essential oils in a diffuser such as oranges can stimulate thirst.
- + Try to make your Tea Station inviting by the using fresh fruit or interesting glasses and decorations.
- + During the Afternoon Tea make sure you have a hydration break and encourage fluid intake. If you support a physical activity session include fresh fruits and vegetables as they contain large amounts of water. Some examples include watermelon, peaches, grapefruit, lettuce, tomatoes, and cucumbers.
- + Why not have an Afternoon Tea with a twist? Hold a cocktail session, guess the drink or food, traditional drinks from around the world, or make ice pops using fruits.
- + Think about the social aspect of the Afternoon tea, individuals are more likely to drink or eat if you are joining them or they are in a social environment.
- + Serve cool drinks at a summer Afternoon Tea with ice cream and ice pops or hot drinks at a winter Afternoon tea like oxo or hot chocolate as an alternative to teas and coffee.
- + Make sure that the toilets are clearly marked and accessible. Fear of incontinence can lead to limiting the intake of fluids. Don't forget to keep yourself self-hydrated! you can't encourage others if you are not taking regular opportunities to keep up your own intake.

What is a Tea Dance?

Tea Dances go hand in hand with Afternoon Tea. Afternoon Tea and Tea Dances can still be found around the UK and the world. Why not plan your own Tea Dance event during Afternoon Tea Week? A Tea Dance is the perfect complement to Afternoon Tea.

The Tea Dance became increasingly popular in the beginning of the 20th century. Wealthy and aristocratic families entertained their friends by dancing classic dances such as the Waltz. This was the perfect way for parents and governesses to watch over entertain and chaperon young ladies, whilst allowing them to associate with suitable young men in the middle of the afternoon. In the late 19th Century in the backstreets of Argentina's capital city Buenos Aires the Argentine Tango was emerging. Dancers and orchestras travelled to Europe bringing the Argentine Tango with them.

In 1910 Argentine Tango arrived in London. The grander hotels and restaurants in London started to hold 'Tea Dances,' their live orchestras called a 'Palm Court' would play music to go with the 'Tango,' whilst their guests watched & enjoyed their Afternoon Tea. 'Tea Dances' became fashionable & were being held on a daily or weekly basis in London, before becoming popular all over the UK. The 'Charleston' arrived in London in the 1920's bringing with it cocktails, jazz, clubs & cocktail parties.

'Tea Dances' went on to embrace the Charleston and lifestyle it brought with it. In the 1930/40s 'Tea Dances' became an extremely popular and continued to be enjoyed during the second world war, churches, and hotels organised tea dances to keep up morale. The Waldorf London Hotel hosted its 'Tea Dance' until 1939, when a German bomb shattered the glass roof of their Palm Court. This brought home to them the severity of the situation. All 'Tea Dances' were cancelled at the Hotel until 1982 when they were re-established.



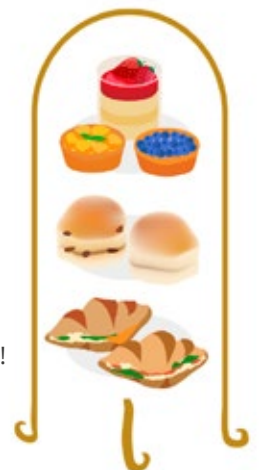
Props for Afternoon Tea

The use of a prop can encourage involvement. People are invited to use their imaginations and explore different ways to participate.

Inviting individuals to use a prop can encourage an original or creative idea for example, 'I'm dolloping the clotted cream on to my scone with a spoon' or. Or 'I'm setting the tablecloth with a swoosh of my tablecloth...'

Props can provide a creative outlet. Gather an Afternoon tea prop collection:

- + Ribbons
- + Wands
- + Bubbles
- + Balloons
- + Binoculars
- + Tennis balls
- + Flowers
- + Maracas
- + Glitter batons
- + Pom poms
- + Glow sticks
- + Feathers
- + Hats
- + Scarves
- + Confetti
- + Tablecloths
- + Napkins
- + Squeaky cakes!



Shall we Dance?

Dance and Afternoon tea!

An Afternoon Tea with dance provides a wonderful opportunity to enhance physical and mental wellbeing, improve balance, strength, agility and emotional wellbeing.



Dance is the same in any language. It's a way to express yourself through non-verbal communication, through facial expressions, posture and body language.

This makes dance a truly universal art form which is used to tell stories and share ideas. It breaks down language barriers and opens doors for communication across diverse cultures.

Here are the 10 commonly reported benefits that can be associated with dancing

1. Positive psychological wellbeing
2. Opportunity to express feelings and experiences
3. Healthier heart and lungs

4. Improved muscle tone and strength
5. Increased endurance and aerobic fitness
6. Better coordination, agility, and flexibility
7. Improved balance and spatial awareness
8. Stronger bones and reduced risk of osteoporosis
9. Greater self-confidence and self-esteem
10. Enhanced social connections

Dance can also help to increase circulation, decrease blood pressure, reduce stress, and it can also help maintain gross motor skills. Why not have a dance and then have a cup of tea!

Download our Creative Dance resource for some more ideas – **Here**.



NAPA's Afternoon Tea Top Tips

Food plays a large part in most of our lives. We all need it to live, and it is often the centre of many social activities. For some of us, it can be an even more significant part of daily life as other activities decrease and mealtimes and preparing food become key events of each day. Activities such as afternoon tea encourage conversation and connection and stimulate interest in food.



Some people may enjoy carrying out simple, but familiar food preparation tasks such as buttering the bread for sandwiches, mixing pastry or a crumble topping. These tasks can provide a sense of useful occupation and encourage movement. Providing food-based activities can really help to provide a sense of purpose and enjoyment.



NAPA's Top Ten Tips for preparing The Afternoon Tea

1. Enjoy being together, chatting and reminiscing; then eat what you have produced!
2. Decide what to prepare for the afternoon tea together; recipe books or cooking websites can be fun to look through
3. Do you each have a favourite recipe from childhood that you can recreate?
4. Choose something that is straightforward, with clear instructions
5. Consider storing ingredients in labelled bowls or jars to make them easy to identify
6. If you need any electrical equipment, set it up in advance
7. Consider using bright or contrasting colours of bowls and kitchen utensils so that they stand out. This can make the activity more inclusive
8. Make sure everyone involved feels included. Preparing the afternoon tea includes a variety of tasks; find a role for everyone e.g., kneading dough, whisking, mixing, and stirring, passing ingredients, making decorations, and decorating the room, washing up
9. Smells can evoke emotions or memories that you can share and discuss, e.g., mealtimes when we were young, favourite cakes or treats, the price of sweets at the corner or tuck shop
10. Food safety must always be considered, but should not be a barrier, a thorough risk assessment is important and can support a comfortable and inclusive experience for all involved.

*Be mindful when removing food from its original packaging and check for allergy and dietary requirements.

Lakeland Dairies Present

Scrumptious Scones

Join in the fun for a **Wonderful Afternoon Tea Party**



Like NAPA, we love a delicious Afternoon Tea!

So we are delighted to work with NAPA creating this wonderful resource which includes our Lakeland Dairies **Scrumptious Scones** supplement, full of scrummy scone recipes and fortified creamy cocktail recipes, all especially created for care homes.

We believe the secret to a great tasting scone is the quality of the dairy ingredients. That's why delicious **Millac Gold Double**, **Lakeland Dairies 100% Dairy Skimmed Milk Powder**, **Pure Irish Butter** and wholesome **milk** all feature in our tasty recipes.

As a 100% farmer-owned Irish dairy co-operative, generations of farming expertise go into each and every product

Did you
know..?



in homes across the
Island of Ireland,
you would often be
welcomed with a freshly
baked scone!

Lakeland Dairies Present

Scrumptious Scones

Join in the fun for a **Wonderful Afternoon Tea Party**

FREE Cake Stand Craft Kit for the first 50 entrants*



Image for illustration purpose only

*To redeem the offer, please upload a photo of a pack of **Millac Gold Double** with a scrumptious scone.

More details and T&C can be found here at <https://bit.ly/3yoypi8>



Find out more here:



PLUS FREE Bowl Scrapers for every entrant!

Lakeland Dairies Present

Scrumptious Scones

Join in the fun for a Wonderful Afternoon Tea Party

Add some SUNSHINE to your menu with Millac Gold Double!

A deliciously versatile cream alternative.

As the only cream alternative with **real dairy cream** and added **Vitamin D**, Millac Gold Double is an effortless way to boost vitamin D levels and calories.

- Whips up to 3 times its volume, giving great value for money
- Deliciously versatile; for savoury or sweet, hot or cold dishes
- Doesn't split or over-whip and can be re-whipped
- Whips, cooks and pours with excellence



With
added
**Vitamin
D**



Millac is brought to you by Lakeland Dairies

Lakeland Dairies has a proud heritage in dairy farming. A 100% farmer-owned and managed Irish dairy co-operative, producing high-quality milk from the lush green pastures of its 3,200 family farms.

Scrumptious Scone Base Ingredients



Always a great favourite, delicious served warm and topped with jam and cream. For extra scrumptiousness our recipe includes **Millac Gold Double** in the dough, delicious!

Chef's tip

- Consider varying portion size to cater for those with smaller appetites.
- Add sultanas and currants to the dough for a delicious fruit scone.
- Before whipping, ensure the bowl and cream are chilled.



Serves 8 large scones or 16 mini scones

- 450g flour
- 10g baking powder
- 100g **Lakeland Dairies Pure Irish Butter**
- 2 eggs
- 25g **Lakeland Dairies milk**
- 30g **Millac Gold Double**
- 50g sugar

Method

1. Cut the **Lakeland Dairies Pure Irish Butter** into cubes.
2. Mix the flour, baking powder, sugar and butter together.
3. Add the **Lakeland Dairies Milk**, eggs and **Millac Gold Double** to form a dough.
4. Flatten and cover the dough for 30 minutes.
5. Roll out on a floured surface and cut your scones.
6. Brush with egg wash and bake for 15-17 minutes in a hot oven, 220°C.
7. Allow to cool slightly and serve with jam and whipped **Millac Gold Double**.



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Scrumptious Scones

Join in the fun for a Wonderful Afternoon Tea Party

Chocolate & Orange Scone



Scones

- 765g Scones Base Dough
- 50g candied orange
- 10g orange zest

Method

1. Make the scones dough, adding the candied orange & orange zest with the flour
2. Roll out the dough after chilling and cut out approx. 80gm round pieces
3. Brush the top of the scones with egg wash
4. Bake at 220°C for 15-17 minutes until the scones are golden on top
5. Cool and slice in half

Chef's tip

- For best whipping results, chill the **Millac Gold Double** for 24 hours before whipping

Chocolate Mousse

- 300g **Millac Gold Double**
- 225g **Lakeland Dairies Whipping Cream**
- 150g dark chocolate, chopped

Method

1. In a pan, heat the **Lakeland Dairies Whipping Cream** until it boils
2. Pour it over the chopped dark chocolate in a bowl and combine using a spatula until a smooth ganache is formed. Cool to room temperature
3. Whip up the **Millac Gold Double** until soft peaks form
4. Mix the whipped **Millac Gold Double** with the chocolate ganache using a spatula until combined

Assembly

1. Pipe the chocolate mousse over the half cut scones

Whips up
to 3x
its volume



View cake stand
offer here



Lakeland Dairies Present

Scrumptious Scones

Join in the fun for a Wonderful Afternoon Tea Party

Apple & Cinnamon Scone



Scones

- 765g Scones Base Dough (page 3)
- 100g Diced Granny Smith Apples
- 2g Cinnamon Powder
- 20g **Lakeland Dairies Pure Irish Butter**
- 20g Sugar

Method

1. Melt the butter in a pan
2. Add in the apples, cinnamon and sugar
3. Cook until the apples are semi-cooked
4. Cool and make the scones dough adding the apples with the flour
5. Roll out the dough after chilling and cut out approx. 80gm round pieces
6. Brush the top of the scones with egg wash
7. Bake at 220C for 15-17 minutes until the scones are golden on top
8. Cool



View cake stand
offer here

Whipped Cream

- 300g **Millac Gold Double**
- 30g Sugar
- 2g Cinnamon Powder

Method

1. Whip up the **Millac Gold Double** and the sugar until stiff peaks form
2. Add in the cinnamon powder and incorporate with a spatula

Assembly

1. Serve the scones with the cinnamon cream and an apple compote



Excellent
whipped
stability

Chef's tip

- Chill the bowl before whipping



Lakeland Dairies Present

Scrumptious Scones

Join in the fun for a **Wonderful Afternoon Tea Party**

Blueberry & Lemon Scone



Scones

- 765g Scones Base Dough (page 3)

Method

1. Make the scones dough
2. Roll out the dough after chilling and cut out approx. 80gm round pieces
3. Brush the top of the scones with egg wash
4. Bake at 220°C for 15-17 minutes until the scones are golden on top
5. Cool and slice in half

Stable
with acidic
ingredients



Lemon Cream

- 125g **Unsalted Lakeland Dairies Pure Irish Butter**
- 15g cornflour
- 3 whole Eggs
- 2 egg yolks
- 125g lemon juice
- 120g caster sugar
- 300g **Millac Gold Double**
- 200g fresh blueberries, to garnish

Method

1. In a bowl, mix the eggs, egg yolks, cornflour and 40g of the caster sugar together until pale
2. Bring the lemon juice and the rest of the sugar to boil
3. Lighten the egg mix with 1/3 of the boiling lemon juice
4. Mix back into the rest of the lemon juice and cook on a low heat until the mix boils and thickens
5. Take off the heat and add in the butter
6. Mix until the butter is incorporated and let cool
7. Whip up the **Millac Gold Double** with half of the cooled lemon cream until stiff peaks form, to make a lemon mousse

Assembly

1. Pipe the lemon mousse around the edge of the scones
2. In the centre, pipe a little lemon cream
3. Arrange fresh blueberries in the centre, on top of the lemon cream
4. Dust with a little icing sugar

Chef's tip

- Keep mixing the lemon cream after adding the eggs and the cornflour to avoid the lemon cream from burning at the bottom
- Garnish with some long strips of lemon zest for added zing!

View cake stand
offer here



Lakeland Dairies Present

Scrumptious Scones

Join in the fun for a **Wonderful Afternoon Tea Party**

Raspberry & Rosemary Cream Scone



Scones

- 765g Scones Base Dough (page 3)
- 10g chopped fresh rosemary

Method

1. Make the scones dough by incorporating the chopped rosemary in the dough
2. Roll out the dough after chilling and cut out approx. 80gm round pieces
3. Brush the top of the scones with egg wash
4. Bake at 220°C for 15-17 minutes until the scones are golden on top
5. Cool and slice in half

Chef's tip

- You can use re-hydrated **Lakeland Dairies 100% Dairy Skimmed Milk Powder** for added protein and calories

Rosemary Cream

- 300g **Millac Gold Double**
- 75g **Lakeland Dairies Whole Milk**
- 20g sugar
- 10g fresh rosemary
- 150g raspberries

Method

1. Add the rosemary into the milk and bring to a boil. Set aside to cool for an hour
2. Strain the milk
3. Whip up the **Millac Gold Double** with the milk and sugar until stiff peaks form

Assembly

1. Pipe the rosemary cream on the scones alternating with fresh raspberries
2. Garnish with icing sugar

Excellent
piping
definition!



View cake stand
offer here



Lakeland Dairies Present

Scrumptious Scones

Join in the fun for a Wonderful Afternoon Tea Party

Fortified Cheese Scone

Did you know that just one tablespoon (15g) of **Lakeland Dairies 100% Dairy Skimmed Milk Powder** contains 5.5g of protein and 55kcal – the ideal combination to fortify food for both protein AND calories.

Serve warm with **Lakeland Dairies Pure Irish Butter** for a 'wow' effect!

SOURCE OF PROTEIN



Ingredients Serves 10

- 450g self-raising flour
- 10g salt
- 150g **Lakeland Dairies 100% Skimmed Milk Powder**
- 160g **Lakeland Dairies Pure Irish Butter**
- 80g mature cheddar – grated
- 5g mustard powder
- 5g paprika
- 60ml **Lakeland Dairies Milk**
- 2 (60g) eggs



Method

1. In a mixer, combine the flour, salt, milk powder, butter, cheese, mustard and paprika and mix until a breadcrumb texture.
2. Add the egg and milk and bring together to form a dough.
3. On a worktop roll the dough until 1 inch thick, then cut into 10 scones shapes.
4. Place the scones onto a lined baking tray and brush with egg wash. Cook in a preheated oven at 190°C for 12-14 minutes.



Energy
445kcal
Protein
15g



Chef's tip

- Try serving with smoked salmon and a **Millac Gold Double**, cream cheese topping (a simple 50/50 mix of cream cheese and whipped **Millac Gold Double**)
- Or delicious served warm with a slice of local cheese

View cake stand
offer here



Lakeland Dairies Present

Scrumptious Scones

Join in the fun for a Wonderful Afternoon Tea Party

Fortified Creamy Cocktails

These delicious, fortified recipes have been developed by Lakeland Dairies with an expert Care Home chef and a dietitian. Not only are they delicious and nutritious with a **HIGH IN PROTEIN** claim, they are also incredibly versatile, all using the same creamy cocktail base which can be prepared in advance!

Creamy cocktail base

Ingredients

- 500ml **Millac Gold Double**
- 1000ml **Lakeland Dairies Whole Milk**
- 575g **Lakeland Dairies 100% Dairy Skimmed Milk Powder**

Method

- Slowly pour the milk powder into the milk while continuously whisking
- Once fully incorporated, whisk in the **Millac Gold**

Shamrock

Ingredients Serves 10

- **750ml Lakeland Dairies Creamy Cocktail Base**
- 150 ml Mint Ice Cream
- Cocktail recipes:
5ml Peppermint Essence

Method

1. Add all ingredients to a blender
2. Blend well
3. Serve chilled

SOURCE OF PROTEIN

Chef's tip

- Try adding different alcohol like whiskey

SOURCE OF PROTEIN

Energy
209kcal
Protein
9.9g

Banana Causeway

Ingredients Serves 10

- 175g Banana
- **750ml Lakeland Dairies Creamy Cocktail Base**
- 50g Honey

Method

1. Blend all ingredients together
2. Serve chilled

Energy
188kcal
Protein
9.5g



Lakeland Dairies Present

Scrumptious Scones

Join in the fun for a **Wonderful Afternoon Tea Party**

Do It Yourself Bunting

Bunting is a great way to decorate your afternoon tea party and even better if it's created by the residents!

Use this template to get started.

Instructions

1. Print out this bunting template as many times as you need (it can be printed black and white to save ink).
2. Encourage your residents to create their own designs. Think bright colours, shapes or patterns! Or why not try using tissue paper to create a collage.
3. To assemble the bunting, cut the bunting out and fold along the dotted line to create a triangle flag shape. Open and fold over the ribbon, leaving enough length of ribbon to hang up the bunting.
4. Use double sided tape to secure the flap folded down over the ribbon, to keep the flag attached to the ribbon.
5. Repeat for all the flags until your bunting is complete and ready for your tea party!

You will need:

pens, pencils, crayons, scissors, ribbon or string, double sided tape, plus this template



bunting
template →

Did you
know..?



The Guinness World Record for the longest-ever line of bunting with almost 80,000 flags stretching nearly nine miles!

Top Tips for Bunting from NAPA



Be creative, be person centred, and choose a theme. You could choose a country theme or a food theme and go wild!

Make it into a competition, how many can you make as a group?

Don't forget to take lots of photos!

Lakeland Dairies Present

Scrumptious Scones

Join in the fun for a **Wonderful Afternoon Tea Party**

Lakeland Dairies Foodservice

Lakeland Dairies Foodservice offers an internationally trusted, high-performing dairy range for chefs. We've been lovingly producing deliciously tasty butter and cream from high quality, wholesome milk from our co-op of family farms since 1897.

We enjoy a rich history of innovative dairy products. Our products are carefully designed to deliver extraordinary taste and fantastic functional performance for our valued customers.

Our modern, automated production technologies ensure our high-quality products are consistent without compromising on taste.

Generations of family farming expertise goes into each and every product.

Lakeland Dairies Co-Operative

We are a 100% farmer-owned and managed Irish Dairy Co-Operative. For more than 100 years we have produced high-quality, wholesome, and nutritious milk.

We are extremely proud of our heritage and reputation for excellence in dairy farming. Our milk is made from contented cows grazing freely on lush green pastures of our farms.

Our farmers are located in the beautiful countryside of the island of Ireland. Here, plentiful rainfall, a mild climate and rich soil combine with our farmers' devotion and the co-operative's expertise to create the high-quality milk which gives our products their special taste.



From lush green pastures, we create products trusted by chefs

Afternoon Tea – An opportunity for reminiscence

Afternoon Tea is a great way to spend time together and reminisce. While you enjoy the atmosphere and food you can have a good chat and even talk about the different afternoon tea events or tea parties everyone enjoyed in the past.

The benefits of reminiscence

Sometimes the people we support have lost contact with friends, family and those who knew them best, whether through bereavement or geographical separation. They may believe that they alone with their memories and feel lonely and isolated. It can be pleasurable to exchange memories with others, to find common ground and to share experiences.

Reminiscence can:

- + be fun, especially if it is offered in a welcoming and inclusive manner
- + trigger people's stories
- + increase a sense of identity and enhance self-esteem
- + consolidate friendship through shared activities and through an exchange of experience
- + encourage people to value their own individual and unique life experience
- + help to increase self-esteem, especially where there is an ethos of respectful and attentive listening
- + provides opportunities to deal with painful memories in a supportive environment
- + enable a sense of continuity to the remembered life, linking past and present
- + increase job satisfaction
- + support us to learn about the past lives of the people we support



Questions to prompt reminiscence:

- + What is the best Afternoon Tea you have had?
- + What is your favourite Afternoon Tea cake or dessert?
- + What is your favourite Afternoon Tea recipe?

- + What food do you feel that you make best?
- + What cake do you make/did you make that is your family's favourite?
- + Is there a recipe that was handed down from your parents or grandparents?
- + What meals or types of foods did you serve or eat on holidays?
- + Have you ever noticed how a particular smell can prompt a rush of vivid memories?

As humans, we often attach memories to items or things that represent an experience in our lives. Simple objects like a cookbook or Afternoon Tea recipe card can become resonant conveyors of meaning through their connection to an event in our lives.

Afternoon Tea – Decorations make a party!

Teacup Table Centre

This activity can be done as a one-to-one session or with small groups.

You will need:

- + Teacups and saucers
- + Oasis
- + Flowers

What you do:

- + At a table cut the oasis into small squares that fit snugly in the teacups. Once the foam is in the teacup, water until wet through.
- + Put a teacup in front of each chair at the table. Cut the heads from all the flowers at an angle.
- + Once you have gathered people for the activity, invite them to sit around the table.
- + Give each person some flowers; ask them to push the flowers into the oasis.



Make Your Own Cake stand

These cupcake stands are great for displaying your fabulous Afternoon Tea cakes. Why not experiment with using colourful plastic cups/plates or even used vintage plates.

You will need:

- + Cake boards: 1×8", 1×10", 1×12"
- + Satin ribbon, enough for both cake boards and the Polystyrene cake dummies
- + Thick paper
- + Glue stick or double-sided tape
- + Craft glue
- + Strong double-sided carpet tape
- + Metal pins
- + A pair of scissors
- + A pencil
- + Polystyrene cake dummies each 2" high in the sizes: 2×6" and 2×7" (If you can get 4" high polystyrene cake dummies, then you will only need 1 in each size).



If you can't find cake dummies, try using empty tin cans although you will need to use superglue to secure them to the cake boards

What you do:

- + Start by gluing the polystyrene cake dummies together, so they can dry completely.
- + Take the satin ribbon and fasten it on the cake dummies with a metal pin. Then wrap it tightly all the way around the cake dummies.

Note:

You can also glue the ribbon on the cake dummies if you like, just use a glue stick.

- + Secure the satin ribbon with a metal pin or a small piece of double-sided tape. Continue with the rest of the cake dummies.
- + Place the cake boards on the paper and with the pencil draw a line around the cake boards. Cut out the paper circles with a pair of scissors.
- + Rub the glue stick all over the cake board and place the paper circles on top.
- + To attach the satin ribbon around the side of the cake boards use either a glue stick or double-sided tape.
- + Now it is time to assemble the cake stand. Use strong double sided carpet tape so that the cake dummies stay in place on the cake boards.
- + Remember when you have assembled the cake stand with cakes on it, not to move it around too much.

Think:

Maximise enjoyment and peace of mind with an appropriate risk assessment!

Afternoon Tea – The food

There aren't any rules when it comes to the food, but a standard afternoon tea often includes – a tier of sandwiches, a tier of cakes and one of scones or teacakes. However, you could also throw in pastries, petits-fours, or biscuits for good measure!



Sandwiches require minimal effort; you can get ahead by involving the people you support and prepping your fillings in advance. However, it can be a good idea to make the sandwiches just before guests arrive to avoid a soggy and crispy offering!

It is said that scones are best eaten on the day of the next day. Scones tend to be quite quick to make so perhaps your last activity before the event is to make the scones. Or you could cheat a little by making the scones together a few days before and freezing them. Just remember to defrost them in plenty of time! Scones are best served warm with lashings of cream and jam – you could pop some homemade jam (prepared earlier) into a decorative bowl with a fancy spoon for guests to help themselves.



Baking fresh bread for Afternoon Tea

That smells good! Could it be possible that the smell of fresh bread awakened the senses if 22,000 years ago?

Archaeological evidence suggests that humans had the means to turn grains into flour and bake rudimentary types of bread. The bread would not be like we understand it today. It would have been flat and a little tough, but it was an essential part of an everyday diet. The art of bread making has developed over many years and people around the world now eat different shapes, textures, flavours of bread. We also enjoy bread during festivals and religious celebrations.

You will need:

- + 500g strong white flour, plus extra for dusting
- + 2 tsp salt
- + 7g sachet fast-action yeast
- + 3 tbsp olive oil
- + 300ml water

What you do:

- + Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.
- + Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
- + Tip onto a lightly floured work surface and knead for around 10 mins.
- + Once the dough is satin-smooth, place it in a lightly oiled bowl and

cover with cling film. Leave to rise for 1 hour until doubled in size.

- + Line a baking tray with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.
- + Place it on the baking parchment to prove for a further hour until doubled in size.
- + Heat oven to 220C/fan 200C/gas 7.
- + Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a sharp knife.
- + Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.

Top Tip:

Involve the bakers in preparing the Afternoon tea sandwiches too – so that they have been involved in the whole process.

Split the mix into smaller dough balls. Add flavours, herbs, or vegetables, top with cheese, nuts, or spices.

Check dietary requirements beforehand, consider a gluten free recipe as required. Click here to discover NAPA Food based activities guidance.



Afternoon Tea – The food (continued).



Pretty Ribbon Sandwiches

You will need:

- + 2 x loaves of bread – it depends how many sandwiches you want to make.
- + 2 x can of crushed pineapple
- + 250g Pecan nuts
- + 500g cream cheese
- + **Lakeland Dairies** Pure Irish Unsalted Butter
- + Food colouring x 2 colours of your choice

What you do:

- + Allow the butter and cream cheese to soften at room temperature.
- + Chop the pecans very finely. Drain and crush (using a fork) the pineapple.
- + Divide the cream cheese, pineapple, and pecans into 2 bowls, mix thoroughly
- + Add a few drops of the food colouring to each bowl; mix the colour through each bowl evenly.
- + Whip the softened butter- this will prevent the sandwiches becoming soggy from the filling.
- + Spread one side of each slice of bread with the butter. Add a layer of coloured filling. Spread one side of another slice of bread and place down on top of the filling. Add butter to the top of that piece of bread and add the next layer of filling. Butter another slice of bread and place down on top of coloured filling.
- + Trim the crusts from the sandwiches. Cut each sandwich into 4 fingers about 1 inch wide.
- + Use a serrated knife to cut the fingers and wipe the knife between each cut.

Recipe sourced from Jane – Cottage at the Crossroads.



Beetroot, hummus & crispy chickpea sub sandwich

You will need:

- + 300g pack cooked beetroot in water, drained, half sliced
- + 400g can chickpeas, drained
- + 3 tbsp vegan pesto
- + olive oil + splash of vinegar (white wine vinegar if you have it)
- + 2 large ciabatta rolls, sliced in half
- + 2 large handfuls mixed rocket, watercress & spinach salad

What you do:

- + Blitz the whole beetroot, $\frac{3}{4}$ of the chickpeas, 2 tbsp pesto and 1 tbsp oil in a food processor with some seasoning until you have a thick, smooth hummus. Heat the ciabatta following the pack instructions.
- + Fry the remaining chickpeas in a little oil until crisp, then set aside. Toss the salad leaves with the remaining pesto and a splash of vinegar. Slice the rolls, then assemble the sandwiches with the hummus, beetroot slices, salad leaves and fried chickpeas.



Watercress and lobster sandwich

You will need:

- + 8 slices of white bread cut into four pieces
- + **Lakeland Dairies** Pure Irish Unsalted Butter, softened for the filling
- + 2 lobsters, ready cooked, the meat from the body and claws cut in small slices
- + The leafy end of 2 bunches of watercress, chopped
- + 300g mayonnaise
- + 1 tablespoon brandy
- + 1 level tablespoon tomato purée
- + 1 large pinch cayenne pepper

What you do:

- + Preheat the oven to 220C/gas mark 7. Butter both sides of the bread lightly, place on a baking sheet and bake for about five minutes or until golden brown. Remove from the oven and allow to cool.
- + Combine all the filling ingredients, and season to taste with salt and freshly ground black pepper.
- + Put about one tablespoon between two pieces of toasted bread and serve.



Afternoon cheese tasting!

Why not hold a cheese tasting session during your afternoon tea? Invite people to taste the cheese and make their own sandwiches.

You will need:

- + A selection of cheeses from around the world
- + Cheese biscuits
- + Grapes/ figs
- + Plates/ napkins
- + Cheese knife
- + Chopping board

What you do:

- + Invite a few residents to go cheese shopping with you.
- + Try and get a few varieties.

- + Cut the cheese into small pieces; get the residents to help with this. Arrange the cheeses on plates and label them.
- + Offer everyone a small piece of cheese to taste, as well as the fruit and biscuits if they would like.

After sampling each variety of cheese, discuss it:

- + Did people like it?
- + What country do people they think it came from?
- + Have people taste it before?
- + What would people vote as their favourite.



Afternoon Tea Ice Cream

Why not have some fun with this unique way of making Ice-cream and enjoy it during afternoon tea?

You will need:

- + 250ml Millac Gold Double
- + 2 tablespoons caster sugar
- + 1 tablespoon caramel sauce
- + half a chopped fresh banana
- + 4 scoops ice cubes
- + 4 tablespoons coarse salt
- + 1 x litre zip lock bag
- + 1 x 2 litre zip lock bag

What you do:

- + Combine the Millac Gold Double, sugar, caramel, and the banana in a litre size resealable plastic bag.



- + Press the air out of the bag, seal and shake bag to combine contents.
- + Place the bag into a larger sized resealable plastic bag.

- + Add the ice and salt to the larger bag, press the air out, and seal bag.
- + Wrap bags in a tea towel. Shake continuously, until the contents of the small bag thicken into soft ice cream, 5 to 10 minutes.
- + Rinse the small bag quickly under cold water to wash off salt. Lay the ice cream filled bag on a flat surface.
- + Use a wooden spoon handle to push the ice cream down to the bottom corner of the baggie. Snip off the corner, and squeeze ice cream into a bowl.

Herbal Afternoon Tea

Important: Make sure participants do not have an existing allergy condition that could be aggravated by herbal tea (consult with the senior nurse or other health professional). If in doubt, let them savour the aroma of the plants but offer ordinary tea to drink.

You will need:

- + Buy six small pots of different herbs from supermarkets or fruit and vegetable market stands, e.g., peppermint, basil, cilantro, parsley, lemon balm, dill and rosemary
- + Buy the same herbs above in dried form (to brew as tea)
- + Your best China tea set – make it a special occasion

What you do:

- + Invite relatives and volunteers. You may ask them to bring a plate 'to share' or ask your Chef to make some scones.
- + Arrange a table with a beautiful tablecloth, the teapot and China cups.
- + Wrap the herb pots in foil for easy handling and place in the centre of the table.
- + Sit participants around the table and pass the herb pots around for their perusal.
- + Give participants clues to guess the name of each herb, e.g., 'accompanies these foods,' 'used as a remedy for,' etc. Give them some hints such as 'how about pizza, what herb can we use?' 'What herb is usually used to accompany roast lamb?'
- + Encourage them to reminisce about herbs they used for cooking, ailments, and drinking.
- + Make a couple of herbal teas from the dried herbs.
- + As a rule of thumb use 1 level tsp of dry herbs for every cup of boiling water.



- + Leave to brew for 3–4 minutes and pour. Sweeten with honey if desired.
- + Serve with homemade biscuits. Read them some trivia about herbs.

Think!

This can be offered to someone who is cared for in bed. Just take small pots into their rooms. It may be that they don't actively participate but having the different tasting tea might be nice for them. You could use aroma dough. Either put it in their hands for them to roll around or you could do it. The more you play with it the warmer it becomes, and the aroma is released.

Herbal Teas

Did you know that some herbs can be used to make a relaxing cuppa?

Lavender Tea Place 1 tbsp of fresh or dried buds into a cup or tea ball. Pour boiling water into the cup, allow to steep for 10 minutes, strain and then enjoy! **Basil Tea** Put 2 tbsp of fresh basil into a cup of boiling water, allow to steep for 7-10 minutes, then strain and enjoy.

Rosemary Tea Put 1 tsp of leaves into a cup of boiling water and let them steep for at least 5 minutes. The rosemary in this tea would also be nice if paired with lavender and thyme



Homemade Strawberry Jam

Wouldn't it be lovely to have homemade jam sandwiches at your Afternoon Tea?

This recipe can be adapted for however many strawberries you have to use up. Simply use equal quantities (by weight) of strawberries with the stalks removed and jam sugar. You can add lemon juice to taste, but as a rough guide use $\frac{1}{4}$ tsp of lemon juice per 100g of fruit.

You will need:

Servings 1 litre of jam

- + 700 g strawberries, 700 g jam sugar
- + 2 tsp lemon juice, medium saucepan, Wooden spoon or similar
- + Sugar thermometer – you can still make jam without one
- + Jars
- + Jam Funnel – not essential but it's much easier to get the jam into the jars without getting sticky if you have one



What you do:

- + Place a medium-sized saucepan over a low heat and once the pan is hot adding the strawberries (700g). Fry for a couple of minutes, stirring regularly, and then add the jam sugar (700g) and lemon juice (2 tsp).
- + Stir all the ingredients together. Continue stirring until all the sugar has dissolved – you can tell if the sugar has dissolved by dipping a spoon in and looking at the back to it.



- + Once all the sugar has dissolved, turn up the heat to medium/high. Let the jam bubble until it reaches 105°C – make sure you move your thermometer around a bit to ensure it's all at the right temperature.
- + Once your jam has reached 105°C pour it into sterilised jars (if using) and leave to set. Think: This jam will be extremely hot during the cooking process and will take some time to cool.



Traditional Victoria Sponge Cake

This famous cake should be known as The Victoria Sponge, as its name harks back to Queen Victoria. The Queen was said to enjoy a slice of the delicious cake with her traditional English Afternoon Tea. We now know the cake as The Victoria Sponge, food historians report that Queen Victoria enjoyed a Victoria sponge, decorated with a single layer of jam and cream, alongside other cakes, and edibles, at tea parties on the Isle of Wight.

You will need:

- + Mixing bowl
- + x2 20cm sandwich tins
- + Wooden Spoon
- + 200g caster sugar
- + 200g **Lakeland Dairies Pure Irish Unsalted Butter**, softened
- + 4 eggs, beaten
- + 200g self-raising flour
- + 1 tsp baking powder
- + 2 tbsp milk

For the filling

- + **Millac Gold Double**, whipped
- + Good-quality strawberry jam
- + Icing sugar, to decorate



What you do:

- + Pre heat oven to gas mark 5.
- + Butter two 20cm sandwich tins, line with non-stick baking paper.
- + In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-raising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.
- + Divide the mixture between the tins, smooth the surface with the back of a spoon.
- + Bake for about 20 mins until golden and the cake springs back when pressed.
- + Turn onto a cooling rack and leave to cool completely.
- + On one of the cakes spread the Jam, put your cream on top.
- + Place your other half of the cake on top and dust with the icing sugar. You can add extra whipped **Millac Gold Double** to the top and decorate with strawberries if you like. Slice and enjoy!

That's Entertainment!

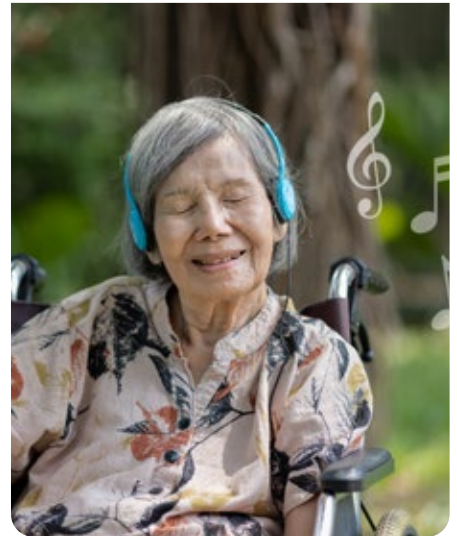
Music can play a significant role in an Afternoon Tea. It is important to consider how to involve music to ensure the best possible experience for all.

Playing music as people arrive gets everyone prepared and in the right mood to dance. Use a wide variety of music to keep people listening and interested. Mix familiar Tea Dance and Afternoon Tea favourites songs with more obscure ones, this can spark conversation about the music. Use music from all around the world.

Music's ability to bring people together, create connections and enhance relationships is becoming increasingly recognised. Test out your music equipment beforehand to ensure that the quality of the sound is good, distortion from speakers can be difficult to bear. Ensure you know how to operate the system, to avoid too

much fumbling between songs. Ask the people you support about what music they may prefer to dance to, they may have their favourites or like a certain beat. Have a range of music so you can respond to requests.

Booking an entertainer can be a minefield! Look for recommendations and ask for references. Download our free Care Home Entertainer register from the Shed [Here](#) but this is just a list, you need to do your own vetting. Book tickets for the NAPA Afternoon Tea Week concert [HERE](#). NAPA members can find concerts in NAPA TV in the Shed too that can be accessed for Afternoon Tea at any time throughout the year – [View Here](#).



Afternoon Tea Karaoke

Why not hold an afternoon tea themed Karaoke? You could make a real event of it by inviting residents, staff, relatives, and community groups.

You will need:

- + A few willing volunteers to get the singing started
- + A karaoke machine or CD player with good speakers and a microphone
- + Music on an ipod or CD's. Collect a broad variety of music as well as seasonal songs and carols. Ask your guests if they have a favourite song, you could invite everyone to write their choices on their RSVP
- + You can find the lyrics to most songs on the internet. Print them out in large print if you can't project them



- + Why don't you hold your own concert and invite the local community. You could make an afternoon of it sharing homemade mince pies and mulled wine Singing with local schools and choirs.

Many schools visit care homes at this time of year to entertain residents which is lovely but why not ask the local school if you can take some residents along to their concert or carol service. It makes for a great, and inexpensive, trip out for those residents that really enjoy seeing children perform. Local churches often hold choir practice at a regular time in preparation for services. They wouldn't object to a few residents listening in while they practice.

For more dance ideas download our Creative Dance Resource [Here](#).

Afternoon Tea Outdoors – Garden Games

If the weather behaves and you decide to enjoy your Afternoon Tea outdoors, you might like to play some garden games.

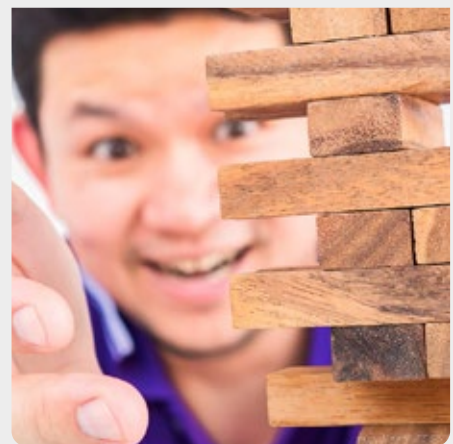
Get to know you – Jenga!

You will need:

- + Wooden Jenga bricks
- + Stickers with questions on

What you do:

- + Choose your questions, what's your name? what's your favourite colour?
- + Write them on the stickers and stick them to the Jenga bricks. Invite a few people to play the game, it is a great way to get to know people. Play Jenga!



Giant outdoor scrabble

You will need:

- + Large flat area on the lawn – the lounge would be good if it is raining
- + Wooden pegs × 2 per stand (I would suggest 4 stands so lots more people can get involved)
- + Rope
- + Large box to store the letters
- + 10 cm × 10 cm wooden cards (you may need to ask the handyman to give you a hand, or some timber yards may cut them to size for you)
- + Black paint with which to paint on the letters
- + You could use laminated card if you are unable to get wooden cards, then you can print the letters on to them

What you do:

- + Drill a hole into the wooden pegs and thread the rope through to create the stand. The stands are there so that you can prop up the letters so they can be seen by everyone.
- + Arrange benches so people can sit and watch the game unfold. Once this game has been made you will be able to have hours of fun! Let the games begin!

Think:

This is a great activity to get everyone involved with. Some may want to help make it and others will love to play. Some may enjoy sitting on the sidelines and watching the game unfold. You will need a lot of letters, here is the breakdown of how many tiles you will need for each letter.



2 × J, K, Q, X, Z	8 × N
3 × B, C, F, H, M, P, V, W, Y	9 × T, R
4 × G	11 × O
5 × L	12 × I
6 × D, S, U	13 × A
	18 × E

Post Afternoon Tea Activities

Creative writing

After the Afternoon Tea is over, why not reflect on how it went with some creative writing or poetry?



Use this photograph of a tea party to create a story. Here are some suggested questions to prompt your conversation:

- + What year do you think it is?
- + Where in the world is this photo taken?
- + What are the names of the people?
- + How do they know each other?
- + What are they doing?

You can build on the questions and write down the answers and memories as they are shared. Then taking all the information, pop it into a story, read it back to the individual or individuals you are supporting, let the story evolve. Take your time.



Acrostic Poem

A poem is a piece of writing in which the expression of feelings and ideas is given intensity by particular attention to diction (sometimes involving rhyme), rhythm and imagery.

English Dictionary Writing poetry can be a creative and therapeutic process, enabling us to express our feelings and experiences. Most people will say they are not poets; this simple, easy acrostic poem will show them they are!



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We hope this Afternoon Tea Week Resource has inspired you! Please drop us a line with your feedback and comments. If you would like to discuss any of the information provided, please contact the NAPA Support Line **Here**.



Afternoon Tea Week Concert

*Join NAPA for Afternoon Tea
Monday 8th August
at 3 pm*

Let us entertain you!

*Virtual tickets are £25 per setting
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