

Drinks and Simple Set-ups



Hydration station

- Water and squash
- Tea and coffee (if you can safely provide it)
- Label jugs clearly



Tip: coloured cups can be easier to see than clear ones.



A simple “memory menu”

Add a small sign next to one or two items:

- “A classic summer treat”
- “A picnic favourite”
- “Reminds us of family days out”

These little prompts can encourage gentle conversation.