

NHS, SOCIAL CARE & FRONTLINE WORKERS' DAY

5th July 2021

NHS, Social Care & Frontline Workers' Day 2021

July 5th 1948 was the day the National Health Service was created, a pioneering service in our country, bringing free healthcare to everyone.

The NHS, Social Care & Frontline Workers Day is a chance to show our thanks and appreciation for the dedication of our frontline workers especially over the last year.

The day will raise money for NHS Charities Together, which supports 250 hospitals and their charitable trusts, and the National Care Association, representing 1.6 million workers caring for some of society's most vulnerable.

You can get involved with a series of activities such as displaying rainbows in support and hosting an afternoon tea or street party and hope this activity pack will give your resources to celebrate the day.

From everyone at apetito, we would like to say thank you to all frontline workers and the amazing dedication you have shown, especially over the last year.

WE THANK YOU

Programme

10:00am - Raising and displaying the NHS, Social Care & Frontline Workers' Day flag and banner.

Raise a flag or banner in your community for our amazing frontline heroes. Participants will be asked to raise or display the flags and banners at 10am on July 5th to signal the official start the day's celebrations, and to leave them flying for seven days.

Flags can be purchased by clicking [here](#), or why not get creative and make your own! We have provided a flag template in this pack.

11:00am - Two minute silence and playing of the last post and reveille

It is a day to celebrate, but let's pause for two minutes to remember the men and women from the NHS, social care and other key services who have lost their lives in the service of others.

1:00pm - The nation's toast to the heroes of the NHS, social care and frontline workers.

At 1pm, come together and raise a glass in the Nation's Toast – "To those who give so much, 24 hours a day, seven days a week within the NHS, social care and on the front line, we thank and salute you." Why not try our summer mocktail recipe before you raise your glass?

Programme

1:00pm - Street, garden, village parties and party at home!

It's time to get sociable following the Nation's Toast. You are invited to host a party in your home or garden. Why not decorate with bunting, play your favourite music, and hold an afternoon of activities and celebrations.

4:00pm - Afternoon Tea

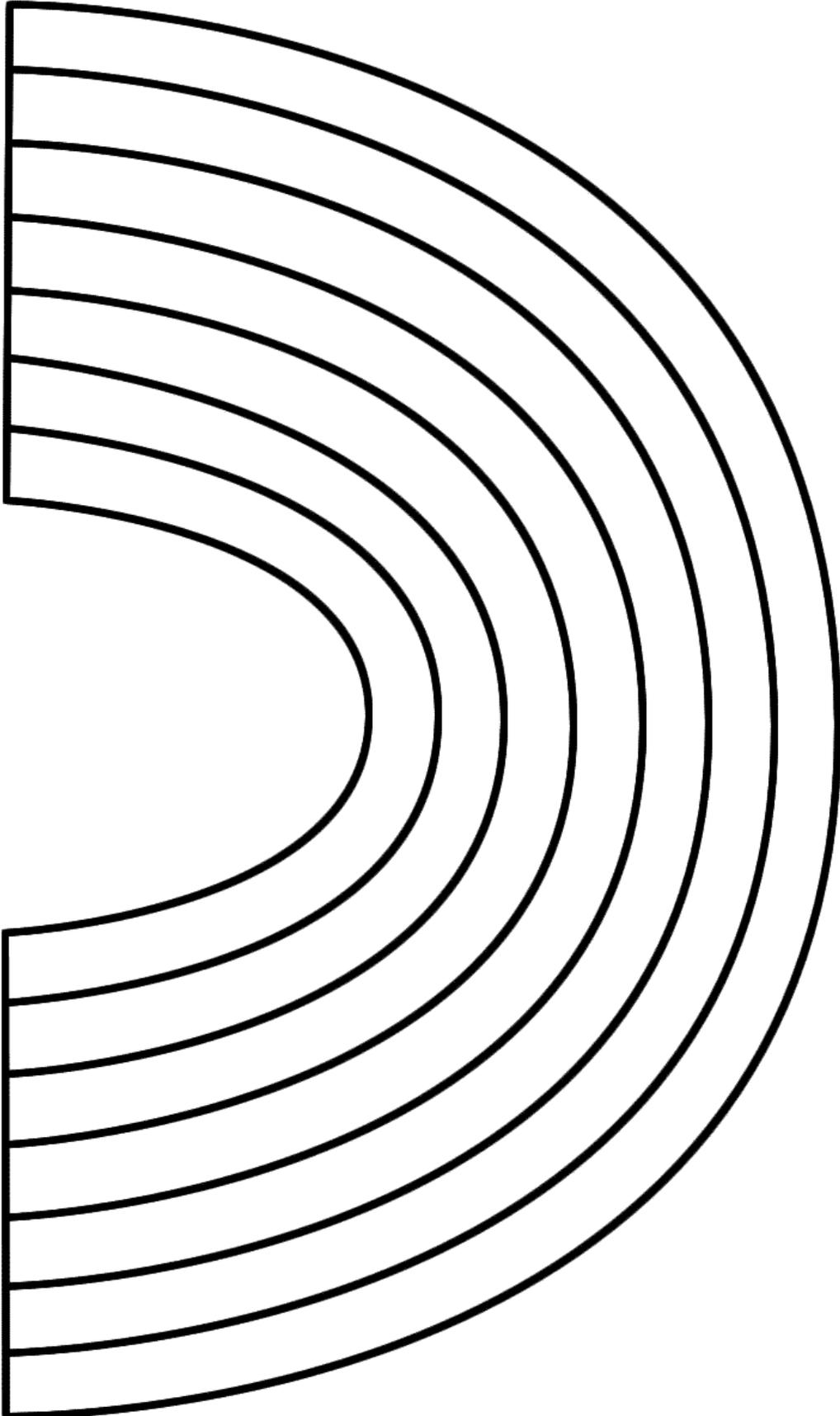
No garden party is complete without some delicious food so enjoy some tea and cake and host an afternoon tea. See our guide to hosting your own afternoon tea for tips on garnish and plate presentation.

8:00pm - Clapping our heroes & the ringing of church bells

'Clap for Heroes' became a symbol of appreciation during the first lockdown. Let's hit the streets one more on July 5th 2021 to show our appreciation of our NHS and front line by clapping like crazy while our church and cathedral bells ring out 73 times – one ring for every year of our NHS.

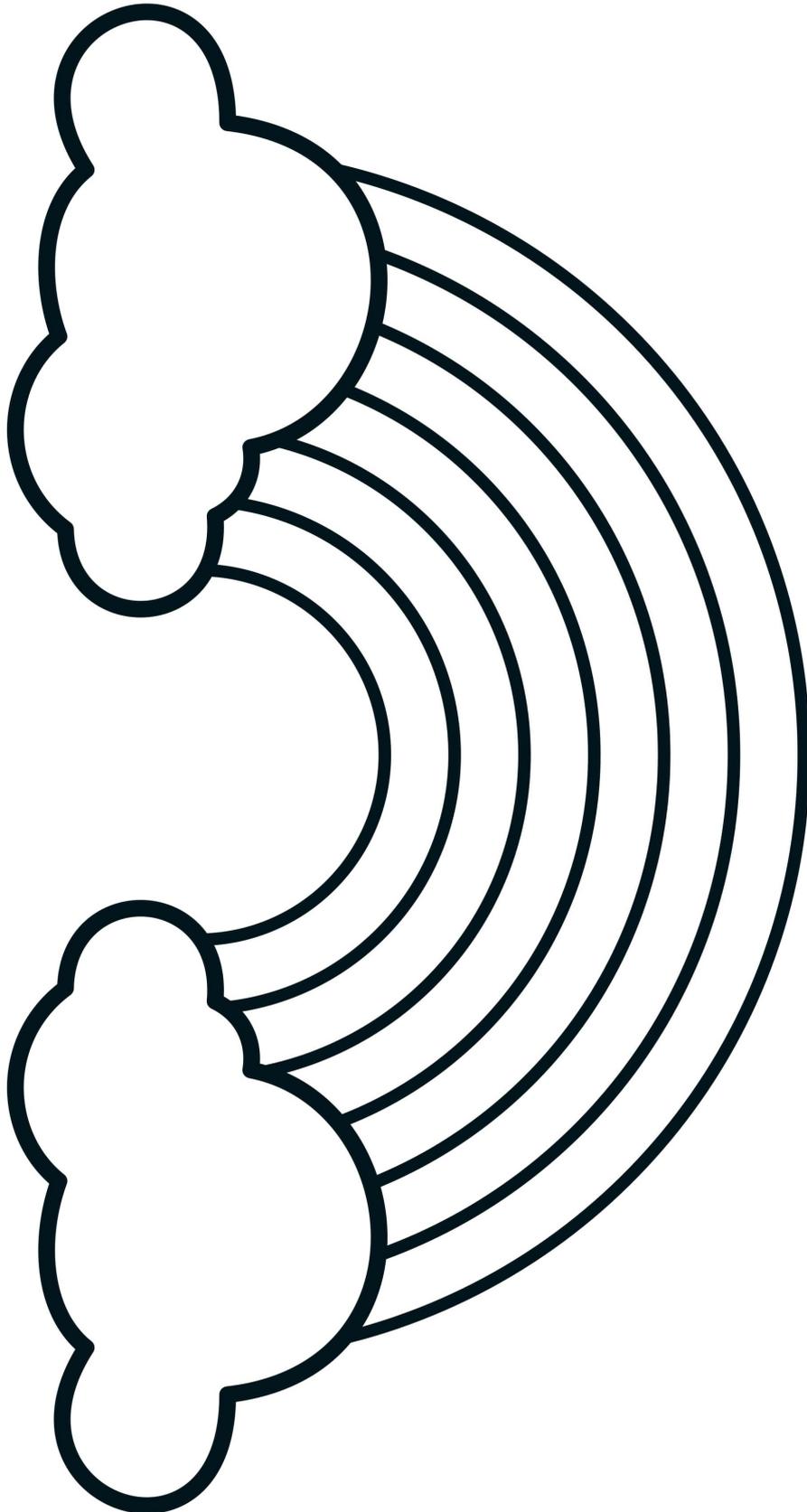
Make your own flags

Create your own flag for the 10am raising of the flag.
Colour in the flag, cut along the dotted line and attach this to a
stick, piece of wood or even a pencil and get waving!



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Summer Mocktails

Fill your glasses ready for the 1pm Nation's Toast!

River Cottage Elderflower Cordial - Recipe by apetito
Development Chef, Jethro Lawrence

Ingredients:

- About 25 elderflower heads
- Finely grated zest of 3 unwaxed lemons and 1 orange, plus their juice (about 150ml in total)
 - 1kg sugar
- 1 heaped tsp citric acid (optional)

Method:

1. Inspect the elderflower heads carefully and remove any insects. Place the flower heads in a large bowl together with the orange and lemon zest.

2. Bring 1.5 litres water to the boil and pour over the elderflowers and citrus zest. Cover and leave overnight to infuse.

3. Strain the liquid through a scalded jelly bag or piece of muslin and pour into a saucepan. Add the sugar, the lemon and orange juice and the citric acid (if using).

4. Heat gently to dissolve the sugar, then bring to a simmer and cook for a couple of minutes.

5. Pour into glasses, add some slices of lemon or springs of mint and enjoy!



Summer Mocktails

Apple, Elderflower & Mint Sparkle

Ingredients:

- 75ml elderflower cordial
- 1litre cloudy apple juice
- Small handful mint leaves, roughly chopped
- Bottle sparkling water

Method:

1. Mix the elderflower cordial with the cloudy apple juice.
2. Add a small handful mint leaves, stir well.
3. Pour half glasses of the juice and top up with sparkling water.
4. Garnish with lemon slices, sprigs of mint, or slices of apple and enjoy!



Street Party

Great ready for your 1pm street party or garden party and decorate with some bunting! Colour in and cut out the flags, or design your own, hole punch the corners and thread through some string.

NHS, Social

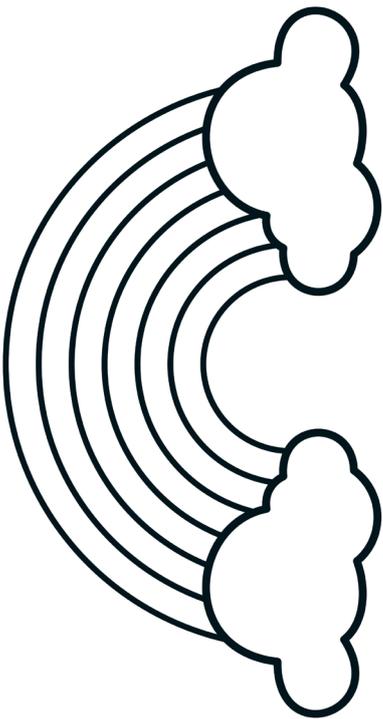
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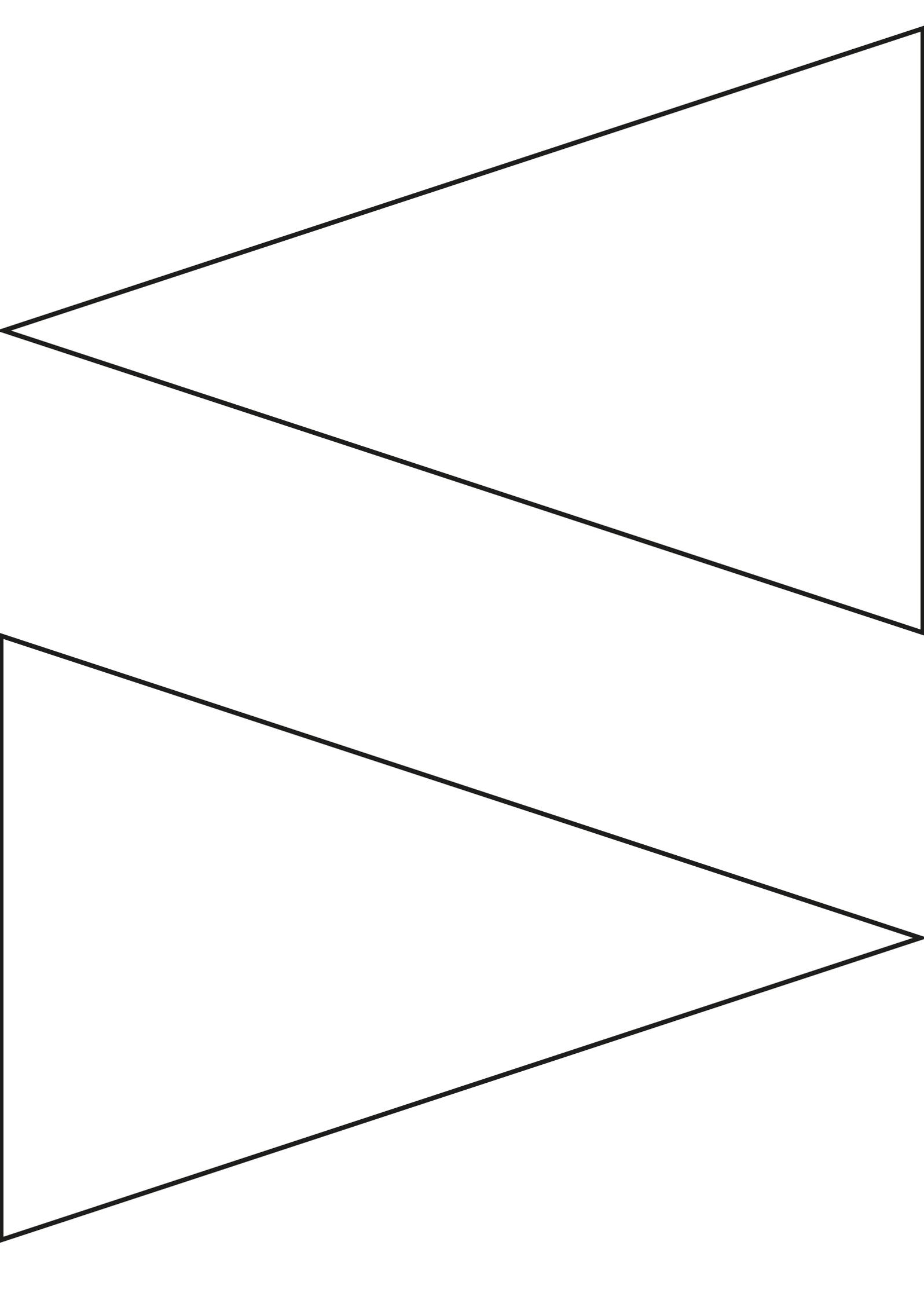
Frontline

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Afternoon Tea

Get ready for your 4pm afternoon tea with our helpful tips below!

Setting the Scene

- Tea stands can be bought cheaply both in both ceramic and cardboard. Place one on each table.
- Spotty or flowery tablecloths, lace paper doilies, napkins and flowers for the table setting.
- Shabby chic is a great way to go with your tea dances. China can be picked up cheaply at charity shops.

Food & Drink Options

- Finger sandwiches and small savoury bites such as sausage rolls, quiches and goujons.
- Home baked scones, individual cakes or chocolate eclairs. Why not try our apeto loaf cakes sliced and filled with cream and jam?
- Variety of teas including Earl Grey, English Breakfast and fruit teas.
- Garnish is a great way to make your afternoon tea extra special. Cakes can be garnished with, fresh berries, mint, a dusting of icing sugar, extra icing and sprinkle.
- Fruits can also be a tasty addition. Try melon slices or fruits dipped in chocolate. Why not get your residents to help out?

