Care home residents take part in Sir Captain Tom's '100' challenge

Wednesday 5 May, 2021

Residents of Greensleeves Care home, Arden House in Leamington Spa, took on a chocolatey challenge over the weekend. They set out to eat no less than 100 chocolate buttons in the name of the late Sir Captain Tom, on the weekend of what would have been his 101st birthday.

The Captain Tom Foundation started the challenge, asking people to create their own fundraisers- anything they choose- as long as it includes the number 100. The late Sir Captain Tom played a major part in uniting the nation during the first national lockdown in March 2020. His quest to walk 100 laps of his garden raised a whopping £32.8 million for NHS charities, and inspired people across the UK to stay positive whilst staying at home during the lockdown.

The residents of Greensleeves Care home, Arden House, racked their brains to come up with a challenge, and an idea was born… 100 chocolate buttons!

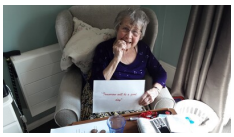
Activities co-ordinator, Julie, said of the challenge: *"I'm sure that we easily managed to eat 100 chocolate buttons, possibly even more! Even our residents who aren't that keen on chocolate took part in honour of Captain Tom.*

A special mention goes to Jim, who holds the record of eating 12 buttons in one go!"

Residents at Arden House were inspired by Captain Tom's mantra, 'tomorrow will be a good day,' as this last year of coronavirus restrictions has proven a difficult time for all, and particularly care home residents who have not been able to see their families. Captain Tom's legacy continues as the 100 Challenge spreads joy across the country.

To find out more about the Captain Tom Foundation's '100' challenge, visit the website: https://captaintom.org/captain-tom-100, and for more information about Arden House, visit: https://www.greensleeves.org.uk/care-homes/arden-house-leamington-spa/

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