



MALLARD  
COURT  
BARCHESTER HEALTHCARE

# Increasing Hydration for people living with dementia

**Wednesday 15th July 2026**

**2.00pm - 3.00pm**

Make staying hydrated easier by joining on 15th July to discover practical tips, meal plans and ways to spot dehydration.

**Please contact the Admin Team to RSVP**

Mallard Court Care Home

Avocet Way, Kingsmeade, Bridlington, YO15 3NT

Tel: 01262 401543 · [www.barchester.com](http://www.barchester.com)

Nursing Care • Dementia Care • Respite Breaks