

# Come Dine with me – in my care home...

Residents from three Edinburgh care homes will be cooking up a treat as they go head to head in a spin off from one of television's most popular food programmes.

The three teams from The Tower, Clovenstone and Clermiston Care Homes are competing in their own version of 'Come Dine With Me' over the next three weeks.

The cookery challenge starts today 3 November at The Tower Care Home in Murrayfield where a sumptuous three course meal will be prepared by two residents, helped by their cook.

Mirroring the show, scores are awarded each week and the overall winner is the team which accumulates most points winning a meal for six at the Ellersly House Hotel in Murrayfield and a 'Come Dine With Me' trophy.

The first two chefs stepping up to the hot plate are Tower residents 98-year-old Betty Thomson and 81-year-old Alistair Innes. Betty, who watches the show regularly, said it was a privilege to be taking part in the contest.

She said: "I'm really impressed with our menu choices and feel there's an excellent selection of food on offer for everyone to enjoy. I'm really looking forward to meeting everyone." Alistair said: "Good food and good companionship go together. I enjoyed helping devise the menu."

Veronica Currie, assistant manager at Tower Care Home, came up with the idea. She said: "We've all seen the programme on the telly and I thought it would be a good, fun event for the residents to get involved in. There's been a real buzz about the place leading up to the big challenge!"

The Council's Health and Social Care Leader, Councillor Paul Edie, said: "Staff and residents in our care homes never cease to amaze me with the fantastic ideas they come up with. Events like this are great for keeping our older people active and show what a great sense of fun they have!

"I'd like to congratulate everyone taking part and as someone who enjoys fine dining I can't wait to taste the courses being served up!"

The next two cook offs will be at Clovenstone (10 Nov) and Clermiston (17 Nov).