

Hengist Field Care Home residents bring sunflowers to Sittingbourne



This week our residents from Hengist Field Care Home spent a wonderful afternoon painting sunflowers as the sun shone in Sittingbourne.

Half-a-dozen joined the painting session in our Russet Lounge with **artist Rhiannon Archard**, from [Creative Minds](#) - a nationwide community of artists who deliver fun, therapeutic and engaging art sessions to people of all ages in venues across the country. Rhiannon was assisted by pupils from nearby **Oasis Academy** on the Isle of Sheppey.

The students run a monthly **Dementia Café** at their school for islanders, which is proving really popular. They wanted to meet our residents as they learn more about the condition. The group painted sunflower blooms, which were then cut out and used to create a collage in the style of Van Gogh's famous 'Sunflowers'.

Dawn Kingsford, Hengist Field's new Recreation and Well-Being Teamleader, commented:

"It was really nice to welcome the youngsters, who were confident, and good fun to be around. The residents loved their chatter and responded really well to their gentle encouragement to get involved. The afternoon was a time of lively chatter and allowed us to learn even more about the life histories of our ladies and gents. Two of our residents remembered painting with their mum, another decorating his home and one had enjoyed art as a hobby."

The session was well organised and enjoyed by all those who took part, prompting many to reminisce about their own families. We look forward to inviting them back!



