

Enjoying the autumn sun at Hengist Field Care Home



Our residents spent a lovely afternoon in our garden at Hengist Field Care Home recently, all wrapped up snug and cosy.

It was good to make the most of the bright autumn sun, blue skies and fresh air, which everyone thoroughly enjoyed with **hot drinks, quiz questions** and **proverbs**.

There was plenty of laughter and group conversation – *autumn is such a great season!*



Enjoying the outdoors