

Flower arranging and a park picnic at Hengist Field Care Home



On Monday 17 July we had a flower arranging session at Hengist Field Care Home; these creative sessions have become very popular, with our gents as well as ladies.

Flower displays

We brought in a selection of **fresh flowers** from the supermarket, plenty of foliage from our gardens and also used some pretty artificial flowers. Everyone picked their colours and flowers and got to work on their beautiful arrangements.

We had some **wonderful finished displays** that we've placed around our Home so that everyone can have the pleasure of looking at and smelling them. *Flowers are so beautiful and always bring a smile.*



Picnic in the park

On Tuesday we went on a trip out for a **picnic in our local park in Borden**. Luckily the weather was on our side and it didn't rain!

We had lovely **group conversations**, **played games** ('I Spy', 'I went to the supermarket and bought') and **sang along to songs**. We also took **short walks** and enjoyed looking at the trees, butterflies, wild flowers and even had a tasting of wild blackberries.

We rested and relaxed in the **fresh air and sunshine**, and after all that hard work, we tucked into a **lovely picnic** of sandwiches, fruit, crisps and chocolate bars with cool drinks to wash it all down.

A fantastic trip out, that everyone thoroughly enjoyed.

