

## Friends and pampering at Hengist Field Care Home



### Friends reunited

Our lovely resident Eileen had a wonderful surprise at Hengist Field Care Home this week! One of her oldest and dearest friends Marg has come to stay for a little while at our Home for a respite break.

They have known each other for many years and used to be **neighbours**.

It has been so special seeing them chat over a coffee about old times together and how they both loved working on the stage, as they both have a great love for **tap dancing**.

Margaret used to visit Eileen before COVID, but it's been a while since they've been able to get together, so it's great that they now have time to catch up.

*How lovely to see them together at last.*

### Personal pamper session

On Friday 3 September we spent **one-to-one time** with our resident **Kath**, who had requested a **pamper session** with us.

Her choice of 'pamper' was to have her **nails painted** and we offered her a nice selection of coloured nail varnish to choose from. She opted for a beautiful bright pink colour, which really suited her skin tone (and she really likes bright colours!).

We also gave her a **luxurious hand massage** once her nails had dried, which relaxed her and smelt wonderful.

## Singing loud and proud!

At **Hengist Field** we have a real love of music – even more when we are the ones singing!!

**Karaoke** is always firm favourite with our residents, from songs from the 'king' Elvis or our fab Dolly!

Everyone gets involved and the tunes create such an uplifting atmosphere – *good times!*



We love karaoke!