

Fun in the sun at Hengist Field Care Home



Hengist Field Care Centre in Sittingbourne is Nellsar's flagship Kent Care Home, caring for 75 elderly residents with nursing and dementia care needs. Our wonderful team here are working hard to keep spirits high through the COVID-19 pandemic.

A group of 14 staff members from across all departments, including Care Assistants and the Recreation and Well-Being Team, to the Management and Admin team, through to the Kitchen and Dining Assistants – got together in the courtyard garden yesterday for exercise to the iconic eighties tune *"Eye of The Tiger"*.

The lovely garden is overlooked by many of our residents rooms who enjoyed watching staff exercise together in the sunshine – doing hip rotations, arm raising and punching on the spot.

The whole team at **Hengist Field** are working together to care for their residents and having fun along the way. There's no doubt, as soon the virus crisis is over and everyone can get out in the garden together, they'll be up to all sorts of mischief!

Watch this space!