

Gentle exercises and cooling ice lollies at Hengist Field Care Home



We enjoyed a fun-filled afternoon in the garden on Wednesday 10 August, doing some very gentle exercises and eating cooling, refreshing ice lollies of our choice!

We had some soft music playing in the background while we did some facial exercises (which was hilarious) and we practised some hand-to-eye coordination exercises. We also used soft small stress balls to squeeze, bean bags to catch and small dumbbells to raise as high as we could.



We had plenty of group conversation, lots of giggles, banter and teasing