

Hengist Field Care Home residents enjoy a breath of fresh air



As the sun's been shining, our residents grabbed the chance to enjoy the better weather and our garden at Hengist Field Care Home.

Everyone commented on how much better they felt for **grabbing a breath of fresh air**, feeling the sun on their faces and checking on the progress of the plants, including the colourful Polyanthus that have just been added.

Recreation and Well-Being Team member Jackie Dryden had residents **guessing plants by their smell** – with lavender, rosemary, mint, and thyme all making perfect, sweet-smelling props from the garden. She added:

"Everyone had to wrap up, and, of course, they had to be two metres apart but that was fine. All agreed it was lovely to be getting a bit of fresh air while the sun shone. The conversation flowed, with many asking if they could be the last to be taken back inside for tea!"

