

Gardening, pet therapy and Indian wishes at Hengist Field Care Home



We like to have a variety of activities on offer for our ladies and gents here at Hengist Field Care Home, and we've certainly had a busy May and June so far!

Gardening club

Our Recreation and Well-Being Champion Mihaela is doing a fine job with our **Gardening Club**, which includes all of our residents, even those who are in their beds. Our ladies and gents enjoy the relaxation of gardening and have been enthusiastic about getting plants ready to be planted out for the *Nellsar in Bloom* festival.

Pet Therapy

On Friday 31 May, we were excited to welcome Heston the chihuahua and Blue and Hope the Love Birds, for a day of **Pet Therapy Day**. Our residents really enjoyed having the animals at **Hengist Field** and they seemed to bring a sense of comfort and calm to our **Home**. It really was a lovely day and Heston sat so beautifully for cuddles.

VE Celebrations

We were delighted to have Jasmine entertain us for the **D-Day 75th anniversary** on Thursday 6th June. Our residents sang along to all the old-time songs and waved their flags enthusiastically. Jasmine even took turns to hold the microphone for our residents to sing into. Everyone loved the nostalgia of the day and being together for the sing along.

Indian Wish Day

We had a wonderful **Indian Wish Day** on Monday 10th June, at the request of one of our residents, who asked if we could wear saris and bring a taste of India to **Hengist Field**. We had an Indian tasting afternoon, with authentic homemade Indian curry and jasmine rice, which was delicious. Our residents really enjoyed the afternoon – and particularly liked our new work wear!

Keeping fit

We like to keep fit and our residents love to take part in their **morning exercise class with Jackie**. Our ladies and gents seem to get a real sense of purpose and well-being when they are in the class. Jackie adds timing and style to her exercises that are calming, gentle and peaceful for everyone to enjoy.











