

Hengist Field Care Home residents make festive orange pomanders



On Thursday 15 December, we enjoyed a very therapeutic afternoon here at Hengist Field Care Home, when we made some festive pomanders from fresh oranges.

We thought of a pattern and used cloves to make the design by pushing them into the orange skins. The aroma in the room was very Christmassy and festive, with **Christmas music** playing in the background and lots of chatter and conversation.

We had some **mulled wine** to add to the festive atmosphere too, with **mince pies** and crispy Christmas puddings!

With the gorgeous festive smell, relaxing Christmas music (and the mulled wine!), it was a very soothing and relaxing afternoon. *Perfect!*











