

Hengist Field Care Home residents visit Teapot Island



Residents of Hengist Field Care Home enjoyed a fun-packed week last week – with an outing to [Teapot Island](#) in Yalding, an exercise class with a twist and a spot of flower arranging.

Our residents and staff went for a look round the lovely tea pot exhibition at Teapot Island, where they have a fascinating display of over 7,600 teapots. The ladies particularly enjoyed browsing the eclectic displays, then relaxing alongside the river Medway in the cafe garden outside.

The wonderful Jackie (*Recreation & Well-Being Champion*) here at **Hengist Field** got residents moving with her popular gentle exercise class – with a twist! Jackie added some fun by asking our residents to touch their noses and ears too.

Some of our residents also showed off their creative flair with a session of flower arranging – placing a selection of colourful chrysanthemums into small vases.







