

Music 4 Health afternoon at Hengist Field Care Home



On Tuesday 24 January we hosted a fantastic afternoon here at Hengist Field Care Home on our Horsa Unit, when the lovely Sharon from 'Music 4 Health' came in for her regular visit.

Sharon held a **music quiz**, played a mixture of **soothing and lively music**, and our residents thoroughly enjoyed **playing musical instruments** – banging paper plates together, using drumsticks to bang on different items and shaking maracas, tambourines and more!

Sharon and Julie from our Activities Team were **dancing to Shakin' Stevens**, which our residents thoroughly enjoyed.

We also had a **singalong**, which is always a hit – *who doesn't love singing along to classic tunes?*

Thank you for a wonderful afternoon Sharon – see you in a fortnight!