

Music For Health at Hengist Field Care Home



We enjoyed a fun-filled, lively, music making, singalong activity on our Horse Dementia Unit, here at Hengist Field Care Home last week.

Music For Health visits our Home once a month, when the lovely **Sharon** hosts **music quizzes** and **plays songs**, when she encourages our residents to use musical instruments – banging paper plates together, shake tambourines and maracas. We also had fun using drumsticks as if we were being the conductor of an orchestra!

Sharon encourages everyone to **get up, dance and participate in all aspects of the activity**.

Our ladies, gents and staff always have a fantastic time!