

Parachutes and pom poms at Hengist Field Care Home



On Friday 23 August residents and staff at Hengist Field Care Home held their own version of sports day, to celebrate Team GBs 'Nation's Biggest Sports Day' initiative.

They had a wonderful array of events to choose from including:

- Garden darts
- See how long you can keep the bean bag on the parachute
- Catch the pom pom in the bottle
- Their own version of horse racing

The whole day was planned and created by Recreation and Well-Being Coordinator **Jacqui**, who also made a lot of the games for the day.

Staff went to visit residents' rooms in the morning, to those who were not able to join them outside in the afternoon. Then in the afternoon, they held a sports day outside for those who were able.

A really lovely day was had by all and the sunshine was on their side too!

Special thanks to Jacqui for all her wonderful efforts.



