

Relaxing in the sun at Hengist Field Care Home



We made the most of the glorious weather on Sunday 5 September at Hengist Field Care Home, as the afternoon was so warm and sunny.

Sun cream at the ready, our residents headed outside to relax in the sun, which they love.

While enjoying the garden, we had fun with one of our favourite games "*What am I?*", when we give out clues to our residents and they have to match the clues to find the answer.

We asked our ladies and gents if they fancied a spot of light gardening, however an **ice lolly** and **sun bathing** was thought the better option! *And why not?!*