

Remembering Sir Tom and enjoying the snow at Hengist Field Care Home



Remembering a hero

On Sunday 7 February, we spent the morning discussing and remembering Sir Tom Moore at Hengist Field Care Home, as he'd really touched our hearts and inspired us all.

We asked our residents if they had any **inspiring advice** they would give to the nation if they ever got the chance to be heard like Sir Tom.

It was amazing to hear how different peoples' words of wisdom were; from tips about being kind and spending time with loved ones, to thinking twice about wearing black clothes....

'Spend time with the people you love the most.'

'Work hard. Always be kind to others.'

'Live for every day, don't worry about tomorrow. Treat every day as if it's your last.'

'Pull yourself together, then look for the sunshine.'

'Don't wear black clothes if there is a chance of getting fluff on them.'

It was wonderful to involve everyone in the discussion and see all the ideas from our ladies and gents.

Let it snow, let it snow, let it snow!

The saying goes...'*Happy staff, happy work place, happy Care Home*' and we certainly had lots of fun and smiles at **Hengist Field** at the weekend when we had some **beautiful snowfall**.

For some of our staff at **Hengist**, it was the first time they had ever experienced snow – so it was only fitting that we enjoyed some snowballs fights!

This gave our residents something fun to watch and giggle over (...*they thought we were all mad!*).

Great fun!