

## Scented painting session at Hengist Field Care Home



We enjoyed a creative afternoon in our lounge at Hengist Field Care Home last week, using paints with different spices mixed into them to stimulate the senses – cinnamon, madras, mixed spice, chilli powder, garam masala and ground ginger.

Everyone chose what they wanted to paint; we had **wind chimes**, a **bird house**, **ceramic birds**, **canvases** and **plain white masks** to select from.

It was such a fun afternoon with plenty of aromas! We also enjoyed music playing in the background so we could sing along while we painted!