

Sunshine and smiles at Hengist Field Care Home



At Hengist Field Care Home we know that it is often the small things which can mean so much to our residents, especially at the moment with so many restrictions in place.

Recently it has been the **sunshine** which has been 'just the thing' to brighten our spirits and enhance those feelings of well-being.

Two of our ladies really enjoyed sitting in our wonderful garden last week, taking in the fresh air, warm sun and sounds of nature; *such a tonic!*