

Creative living on Sylvan Ward

Helping bring hobbies and creativity
to the ward



*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773



Need to talk?

01284 766133

stnicholashospicecare.org.uk

Being with a relative or friend during their stay at the Hospice

Sometimes visiting a relative or friend on Sylvan Ward can seem a bit daunting and it can be difficult to know what to say or do by the bedside.

What you do during your visit is a personal choice. It may be that sitting quietly by your loved one's bedside is what feels best for both of you. Just being there in person will be a big comfort and you don't necessarily have to fill the time with talking or an activity. But for people who do want to engage in activities, there are many ways St Nicholas Hospice Care can help.

To enable creative experiences and activities to be shared with patients and their families on Sylvan Ward, we run a Creative Living Project.

Creative activities can act as a pleasurable diversion or a distraction for a patient, offering them a meaningful way to spend their time whilst on the ward. Engaging in creativity can also offer emotional and psychological wellbeing as well as a sense of achievement. Patients can create items that can be given as gifts to friends and family. Research has found that patients and families find painting and music relaxing and a good way to express emotions and feelings.



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Some people have found the following ideas helpful when spending time on the ward with a relative or friend:

- Bringing in photographs/albums to encourage talking about family, friends and happy memories
- Even if your relative is unable to respond, they may hear and appreciate loved ones around them talking about shared times together
- Reading books or poetry to your relative. You will find some local history books and poetry books as well as novels that you can borrow in the creative living area
- Listening to music. We have portable and personal CD players that can be loaned as well as a wide variety of CDs, including classical, pop and relaxation recordings
- Games such as cards, dominoes, chess, draughts and scrabble are all available from the creative living area. We also have a life stories game to encourage the sharing of experiences and memories. Please do bring in any of your relative's favourite games
- Creative activity – if your relative has any hobbies or interests which they may be able to do in bed, please feel free to bring them in. Also our Creative Living Project has a variety of art and craft materials that can be borrowed to do activities such as watercolour painting, card making, sketching, knitting, crochet etc

Our creative living volunteers will be happy to advise and help you with any of these. Please ask a staff member if you would like to talk to someone. There is a list of all the possible activities that we may be able to help you and your relative with near to the creative resources (in the Sylvan Ward patient and family lounge).



Get in touch

If you would like to find out more about our Creative Living Project or would like more information about St Nicholas Hospice Care and the services we provide, please get in touch:

01284 766133

enquiries@stnh.org.uk

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This leaflet is available in different formats upon request.
Please contact the Marketing and Communications
Department for further information on 01284 766133.

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