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Boredom-busting activity packs for RUH patients

Patients on wards at the Royal United Hospitals Bath NHS Foundation Trust are being given free arts and crafts packs to help keep them entertained during their stay.

The packs – created by Art at the Heart, the RUH’s arts charity, and supported by the Patient Experience team - give patients the chance to have a go at some creative activities while helping to alleviate the boredom of a hospital stay.

Sharon Manhi, Lead for Patient and Carer Experience, was able to fund the activity packs and said: “We recognise the impact that COVID-19 has had on patients in hospital as we are not able to run our usual arts and music programme. Visiting is also restricted and we don’t have our team of volunteers on the wards, so supporting our patients’ mental health and wellbeing with activities is crucial.”

The packs include items such as paint sets, coloured pencils, origami, sketch books, colouring sheets, word searches, knitting and cross stitch kits. Each of the packs is individually sealed and for single patient use only.

In the Children’s Ward, there are additional arts and crafts activities available, including modelling clay. The hospital’s Play Specialists will be on hand to tailor activities to younger patients.

To compliment the activity packs, hundreds of Boredom Buster newspapers are being distributed across the hospital. The tabloid-size newspaper contains a range of stimulating activities, including puzzles, poetry, songs and ideas for creative writing, alongside factual articles.

Chair:
Alison Ryan

Interim Chief Executive:
Libby Walters



RUH Arts Programme Manager Hetty Dupays said: “With Art at the Heart’s usual activities on hold at the moment due to COVID-19, we wanted to make sure our patients still had lots of things to do to keep them entertained during their stay.

“The activity packs and Boredom Buster newspaper have been specially created to relieve boredom, stress and anxiety and are aimed at patients of all ages, to help them pass the time until they are well enough to go home.”

The Boredom Buster project has been led by Culture Weston and the Arts and Culture Programme of University Hospitals Bristol and Weston NHS Foundation Trust on behalf of the NHS National Performance Advisory Group for Arts, Design and Heritage in Hospitals.

Art at the Heart is a registered charity that supports the RUH with an award-winning art and design programme that stimulates healing and well-being and creates an uplifting environment for patients, visitors and staff. If you wish to support the charity with a donation, please visit <https://support.foreverfriendsappeal.co.uk/donation-pages/arts-donation>

For more information please email hetty.dupays@nhs.net

Ends

Notes to Editor:

The World Health Organization has designated 2020 as the Year of the Nurse and Midwife to commemorate the 200th anniversary of the birth of Florence Nightingale. Our nurses and midwives are a big part of the RUH family and throughout the year we are celebrating the work they do, going above and beyond every day to give our patients compassionate care.

The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.

The Trust provides 759 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

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In 2015 The Royal United Hospitals NHS Foundation Trust acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain and chronic fatigue syndrome/ME, cancer related fatigue and fatigue linked to other long term conditions such as multiple sclerosis.

The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust has opened the purpose-built RNHRD and Brownsword Therapies Centre and is now working towards the new Dyson Cancer Centre. For more details visit: www.ruh.nhs.uk/about/fit_for_the_future

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk

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