

Patient Activities & Resources to enrich patient experience



Information for patients and their carers, family and friends

Time can pass very slowly in hospital and patients and their families tell us that there is very little to do. Boredom and also loneliness can lead to unhappiness, which in turn can become depression and it can have a negative impact on a patient's health.

We know that when patients are occupied and stimulated it can improve their well-being and may help shorten their time in hospital and reduce their demand for pain relief.

On the following pages you will find information about activities and resources for patients that will hopefully alleviate their boredom and improve their experience.

Please talk to a member of staff about access to these activities and resources.

Best wishes,

Sharon Manhi

Lead for Patient & Carer Experience

Activity	Description
<p>Activity boxes</p> 	<p>All wards have an activity box which includes: Paint brushes, aqua painting books, colouring pencils, colouring books for adults, radio, jigsaw, reminiscence picture book, jumbo playing cards and giant sized dominoes.</p>
<p>Art</p> 	<p>Visiting Artist - Creative activities for groups of patients. The ward can make a request with Art at the Heart.</p>
<p>Audio Books</p> 	<p>Audio books for patients. Easy to use audio player and headphones can be borrowed. Choose from a huge range of books, radio plays and programmes or we can make a selection based on the patient's preferences. We will download everything to the Audio player and deliver it to the patient on the ward.</p>
<p>Bath Hospital Radio</p> 	<p>The free service is available online by pressing the 'listen live' button on the website at www.bathhospitalradio.org.uk/ Or you can also listen via the hospital T.V's available on most wards, or by downloading the tunein App. Listen to music, match commentaries of Bath Rugby, local fiction and more.</p> <p>Patients/friends/carers can make a request online or volunteers visit the wards 3 times a week to collect requests.</p>
<p>Bed jackets/ socks & blankets</p> 	<p>Hand knitted bed jackets / socks available whilst in hospital.</p>
<p>Carer Hub & Hub volunteers</p> 	<p>Anyone can drop into the Carer Hub in the Atrium for more information to support carers. Carer Hub volunteers visit the wards, look out for their blue shirts.</p>

<p>Dining companions</p> 	<p>Volunteers assist the patient with their meal time e.g. offer to open packets, cut food, pass items etc. Offer gentle encouragement to patients to consume as much of their meal as possible. Support patients to choose items from the menu that they would enjoy. Provide companionship to patients, sit and talk with them if they wish, encouraging patients to eat.</p>
<p>Friendly Faces Project</p> 	<p>Alzheimer's Society volunteers visit patients with dementia across the hospital to be a 'friendly face' during that patient's stay. A friendly face can be someone to talk to, reminisce, play a game of cards, or listen to music. It also provides various sessions on the wards including a movement class, singing sessions and a poetry group.</p>
<p>Hospital Shop trolley</p> 	<p>Friends of the RUH volunteers bring the shop trolley to the wards with a selection of products to buy, e.g. Newspapers, magazines, sweets, biscuits, toiletries etc.</p>
<p>CD's</p> 	<p>X1 CD player and a selection of music and audio books available for loan</p>
<p>Musician</p> 	<p>Visiting Musician - A Musician visits the ward and encourages patients and visitors to join in with singing. Wards can make a request with Art at the Heart.</p>
<p>Pets As Therapy</p> 	<p>Pets as Therapy volunteers visit wards on a rota system or a visit for a specific patient can be arranged.</p>

<p>Portable dvd players/ dvd's</p> 	<p>X2 Dvd players and a range of dvd's for loan.</p>
<p>RITA – Reminiscence Interactive Therapy Activity</p>	<p>RITA (Reminiscence Interactive Therapy Activity), is a touch screen android (iPad sized) tablet that can be used by inpatients who have dementia with a Friendly Faces Volunteer to enable and help them to use it. There are many topics available on the tablets, reminiscence pictures, films, music, TV shows, sport and games to relax and entertain patients.</p>
<p>Toiletry packs</p> 	<p>Some free toiletry packs are available for inpatients, pack includes: Tooth brush, tooth paste, disposable razor, shaving foam, soap, shampoo and comb.</p>