

Activity Boxes Launched for PRUH Patients – March 2021

The Friends of the PRUH have kindly funded 22 Activity Boxes and CD Players for patients at the Princess Royal University Hospital. These boxes will be allocated to each inpatient ward and contain a number of activities for patients to enjoy, including Sudoku, cross words, playing cards and games such as Draughts and Dominoes.

The Friends have worked with our Dementia Specialist Nurses to ensure that the activities are appropriate for all our patients and provide a level of entertainment and stimulation suited to their health care needs. *“Hospital environments can be particularly challenging and confusing to our patients with dementia which can have a significant impact on their wellbeing. Providing meaningful activities is one way of improving the hospital experience for all our patients but especially for our patients with dementia”, says Rebecca Clayton-Higgins, our Dementia Specialist Nurse. “The activity boxes, combined with the This is Me passport will support staff and volunteers to provide purposeful activities tailored to the needs of the patient. Such activities can promote communication, wellbeing and enablement and reduce boredom and distress. The Dementia Service is so grateful to the Friends of the PRUH in supporting us to achieve one of our goals.”*

It is hoped that the activities will help to relax patients and provide much needed relief at a time when many can be anxious and isolated from their family and friends. With restricted visiting in place over the last year, supporting our patient’s emotional wellbeing whilst staying on our wards has become more important than ever. Pauline Allard from the Friends of the PRUH says *“It has been a pleasure to work with the team to provide these various resources. For the Friends, one of our aims is to improve the environment for patients, staff and visitors and certainly this project will do that ... working together we can make the hospital a better place.”*

The use of these activity boxes will be supported by the King’s Volunteering Team and aims to promote conversations between ward staff and patients. These boxes will complement the resources already available on our wards, such as the Kindle devices and personal DAB Radios.