

Name:

On Sandford Ward we have a number of spaces for you to use. These include:

Music and sensory room



Quiet reading area



Courtyard garden



Activity room



Please ask a member of staff if you would like to use any of these spaces.

Sandford Occupational Therapy Team



Elaine Vincent – Senior Occupational Therapist
Laura Johnson – Occupational Therapist
Sandra Diesel – Activity co-ordinator

This leaflet is to provide information about what treatments are available to you from the therapy team whilst you are a patient on Sandford Ward.

On Sandford Ward we use the Vona Du Toit Model Of Creative Ability tool which helps us to provide individualised groups to help with aiding your recovery. This model enables us to determine your level of creative ability which is not related to your artistic ability but to your ability as a whole. Currently we feel you would benefit from attending **orange** sessions. These sessions are often 1:1 and through these sessions we aim to help you interact with others and increase your well-being and interest in your surroundings. You are also welcome to join in any groups that are grey. There is a weekly activity programme displayed in the lounge which shows the colours of each group to make it clearer. When a group/activity is taking place there will be a coloured square on the door of the room to help you know where a group is happening and who it is for.

Orange groups happening on the ward on a weekly basis may include:

- Hair & body washing
- Hand & foot massage
- Listening to music
- Using senses
- Weighted blanket
- Bubbles & balloons



Through these groups we aim to help you develop:

- Focusing of attention
- Increased sensory stimulation
- Increased body strength and awareness

