

Patient information

Rainbow Ward Health Play Service



What is the Health Play Service?

The Health Play Service is based on the Rainbow Ward and is available to all patients who are admitted to the ward or who have on going medical needs.

The hospital environment can be a scary place to be and fear of the unknown can cause unnecessary stress. There is a lot to take in when coming into hospital and lots of questions that need answering. A step by step approach by our Health Play Specialist can help reduce anxieties, concerns and worries by providing coping strategies to help both you and your child.

This booklet will give you more information about what is offered by the Health Play Service.

Health Play Specialist

Our Health Play Specialist has a degree in Health Play Specialism for Children and Young People and many years' experience working with children and their families both in hospital and community settings. They wear a white polo shirt and work with children throughout the hospital providing the following, along with much more:



- Preparation and explanation for medical procedures and coming into hospital
- Distraction for medical procedures
- Develop effective coping mechanisms through play

- Developmental play and support
- Age and ability appropriate toys and resources
- Normalising play and support

Volunteers

Our team of ward volunteers help with:

- General play
- Playing with siblings and patients while parents take a break
- Supporting families
- Help maintain our toys, games and play area

Play area and teenage room

The play area and teenage room are at the far end of the ward near the ward clerk's desk and the Children's Assessment Unit (CAU) waiting area.

Our teenage room is available to patients over 12 years of age.

Scheduled play area activities run Monday to Friday from 9:00am to 4.00pm.

Weekly schedules are displayed around and near the play area, telling you about activities planned for that week and when members of the play team are available.

We try to keep the play area and teenage room open at all times. Occasionally we may need to use them for a patient requiring a one to one therapeutic play session or support.

Activities available

We have a range of activities, toys and games that can be used in the play area, teenage room, at the bedside or in the side rooms.

We have a limited number of DVD players and games consoles that are shared between all patients. Please ask a member of the play team if your child wishes to borrow one of these while on the ward. (When the play team is unavailable please ask your child's nurse about this.)

Between the play area and teenage room is a large double cupboard full of board games and jigsaws, please feel free to help yourself to these.

We offer activities for all age ranges including: painting, arts and craft, outside play, construction and Lego®, books, jigsaws, small world play, home corner, playdough, board games, interactive toys, medical play. This is just an example of what we have on offer. Please ask a member of the play team to find out what else there is.



The Health Play Service is available to all patients. Some may require additional input to help with anxiety, coping with hospital admissions, behavioural issues, understanding, treatment/procedural support or diagnosis support.

If you feel your child is not coping with their hospital admission/treatment, please speak to our Health Play Specialist or ask their doctor or nurse to refer them to Health Play Service.

Contact Health Play Service: 01284 712730 or leigh.baldwin@wsh.nhs.uk

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the Research and Development Department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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