

# Living Well with Severn Hospice – Creative therapy

Registered Charity 512394



## How we can help you

We want everyone who needs our support to live well, so we care about everything.

Helping your overall well-being means we care for more than just your clinical needs and our creative sessions offer a therapeutic, enriching and rewarding experience.

Structured but still informal, the sessions allow you to be immersed in something positive that can help you relax, try something new or put your talents to work.

You don't need to be artistic to join in, or bring any materials with you – we provide everything, even the cuppa! – all you need is a willingness to have a go.

## What to expect

We offer a range of creative arts and techniques to try.

From drawing, painting, clay work and mosaics, to sewing, papier-mâché, printing and needle felting, there is always something you can turn your hand, eye and mind to.



Over six sessions, we provide one-to-one guided, expert support and tuition so you will have help to hone and develop whatever your imagination is creating.

Maybe you'll work on something for yourself, for a loved one or for a friend. Started something at home? Bring it along; or perhaps you will devise a whole new set of projects over your weekly sessions?

Whatever you do, we know the process of creating, crafting and making will give you something back and help you feel better in yourself.

We want everyone to enjoy and benefit from the therapy of creating something personal so we ensure our sessions are fun and inclusive. If you have dexterity limits, we know what to do; if you're not sure about getting involved, you won't be put under any pressure.

All the sessions happen in our hospices, with space set aside for you to work alongside others or on your own.

We can even offer ideas to take home with you so you can keep creative, stimulated and inspired.



## Don't take our word for it, this is what others have said

'The craft session made me feel happy, cheered with the satisfaction of producing something.'

'I love the craft sessions and look forward to coming to the hospice every week to craft.'

'The staff are knowledgeable, kind, caring and always cheerful and friendly.'

'Creative therapy has given me the knowledge to craft at home.'

## Next steps

Getting creative with us is simple; just ask someone from our clinical team and they can refer you.

**severnhospice.org.uk**



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