

Mental Health Matters Wales

Activity Pack

National Health Service

Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.



MHM Wales



**Better
Together**



**Wellbeing
Hubs**



**Therapeutic
Support**

This activity book has
been kindly printed by



Cardiff and Vale University
Health Board Voluntary Services

Aim of Pack:

To create activities that celebrate...

NHS

"The NHS will last as long as there are folk with the faith to fight for it"

- Nye Bevan, founder of the NHS

The NHS was founded out of the ideal that good healthcare should be available to all, regardless of wealth. From the first kidney transplant in 1960 to robotic open-heart surgery and 2012's pioneering hand transplant, the NHS has come a long way in 72 years

The Benefits of these Activities include but are not limited to

Better Communication

Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

Improved Coordination

Activities can delay the loss of muscle control.

Relaxation

It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

Pride

There can be immense satisfaction and pleasure taken from drawing projects.



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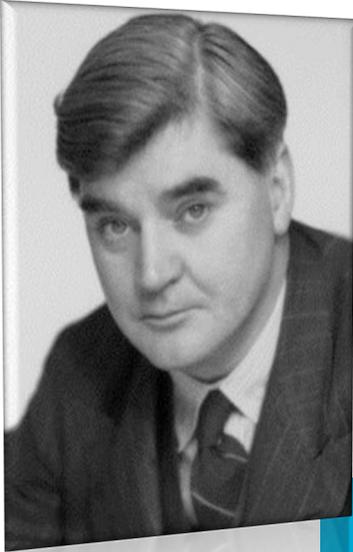


**Therapeutic
Support**

FIVE

Facts about your

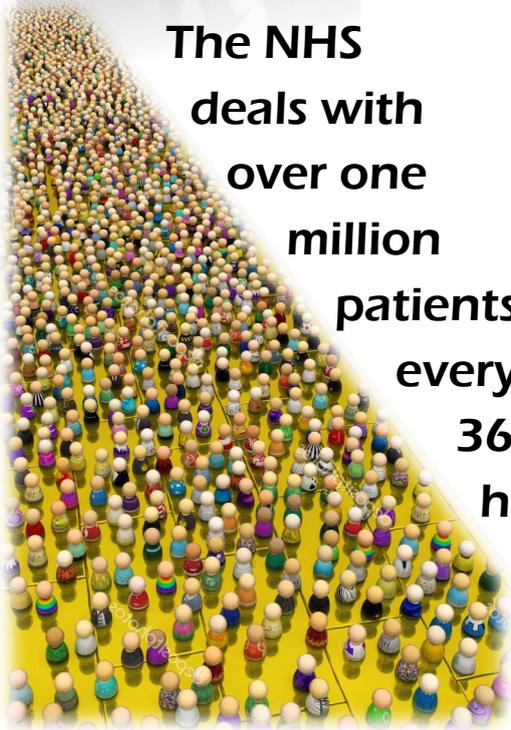
NHS



The NHS was launched on July 5th 1948 by Health Secretary, Aneurin Bevan at Park Hospital in Manchester

The first person to be treated by the NHS was 13-year-old Sylvia Diggery

The NHS deals with over one million patients every 36 hours!



The first heart transplant in the UK took place on May 3rd 1968 at the National Heart Hospital in London



With over 1.7 million workers the NHS is the biggest employer in the UK, and the fifth-largest workforce in the world

Doctors and Nurses Word Search

M	H	N	T	E	C	H	N	O	L	O	G	Y	W	D	E	U	Z	M	W
G	P	R	O	F	E	S	S	I	O	N	A	L	P	D	Z	Z	M	C	T
V	P	C	P	E	T	U	O	A	C	M	L	B	W	F	E	F	C	O	R
Z	F	Z	J	T	E	T	Q	P	O	X	E	K	O	A	M	F	R	N	E
I	C	A	E	C	M	F	D	S	C	H	U	S	P	L	N	O	E	F	A
X	F	C	O	M	P	A	S	S	I	O	N	A	T	E	K	R	A	I	T
U	C	A	R	E	E	R	T	M	J	P	F	T	I	L	L	E	T	D	M
Q	Z	J	E	B	R	H	L	U	R	D	V	I	O	B	G	N	I	E	E
M	I	Q	I	P	A	G	C	Z	B	Z	M	S	N	G	V	S	V	N	N
A	T	A	T	Q	T	T	P	L	C	G	W	F	S	K	Y	I	E	T	T
U	O	R	L	S	U	R	G	I	G	A	L	Y	W	S	C	C	Z	I	E
O	L	S	Y	W	R	U	U	A	C	A	R	I	N	G	X	V	A	Y	I
P	E	R	V	O	E	S	T	P	V	R	W	N	E	C	R	N	B	P	M
T	R	W	E	Q	C	H	A	L	L	E	N	G	E	V	J	D	N	G	O
K	A	L	P	W	D	Z	R	Z	V	S	E	O	D	G	F	G	D	H	B
Y	N	K	V	G	X	R	A	F	I	S	T	R	E	S	S	F	U	L	K
L	T	E	N	B	H	R	E	S	E	A	R	C	H	F	N	K	B	W	Q
Q	X	S	J	T	M	D	F	C	I	X	I	L	X	M	M	K	A	A	N
C	R	I	T	I	C	A	L	L	K	D	I	H	Q	H	O	R	S	V	X
Y	G	O	H	R	B	A	N	D	A	G	E	M	E	R	G	E	N	C	Y

Challenge
Options
Satisfying
Emergency
Confident
Creative
Technology

Compassionate
Surgical
Professional
Stressful
Treatment
Tolerant
Forensic

Temperature
Career
Research
Critical
Bandage

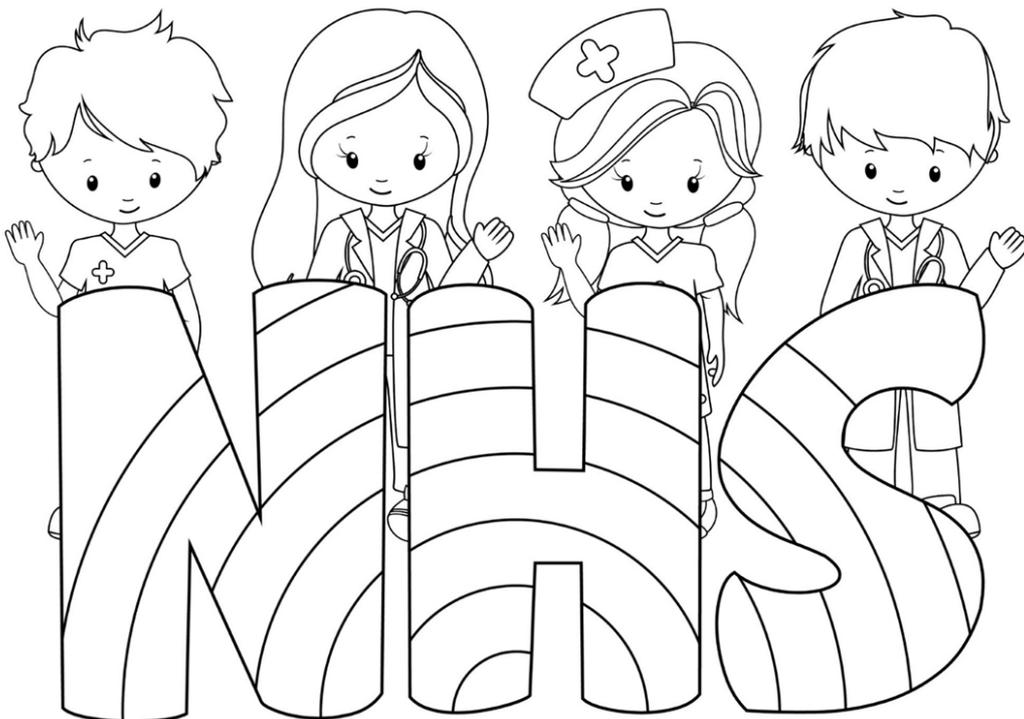
Nurses Are...

The ones who aid the doctor's heal, with tender loving care;
The ones who watch the patients feel the pain, and help them fare!
The ones who stay bedside and see the sufferings of those ill;
The ones who treat the malady , our hearts with joy they fill.

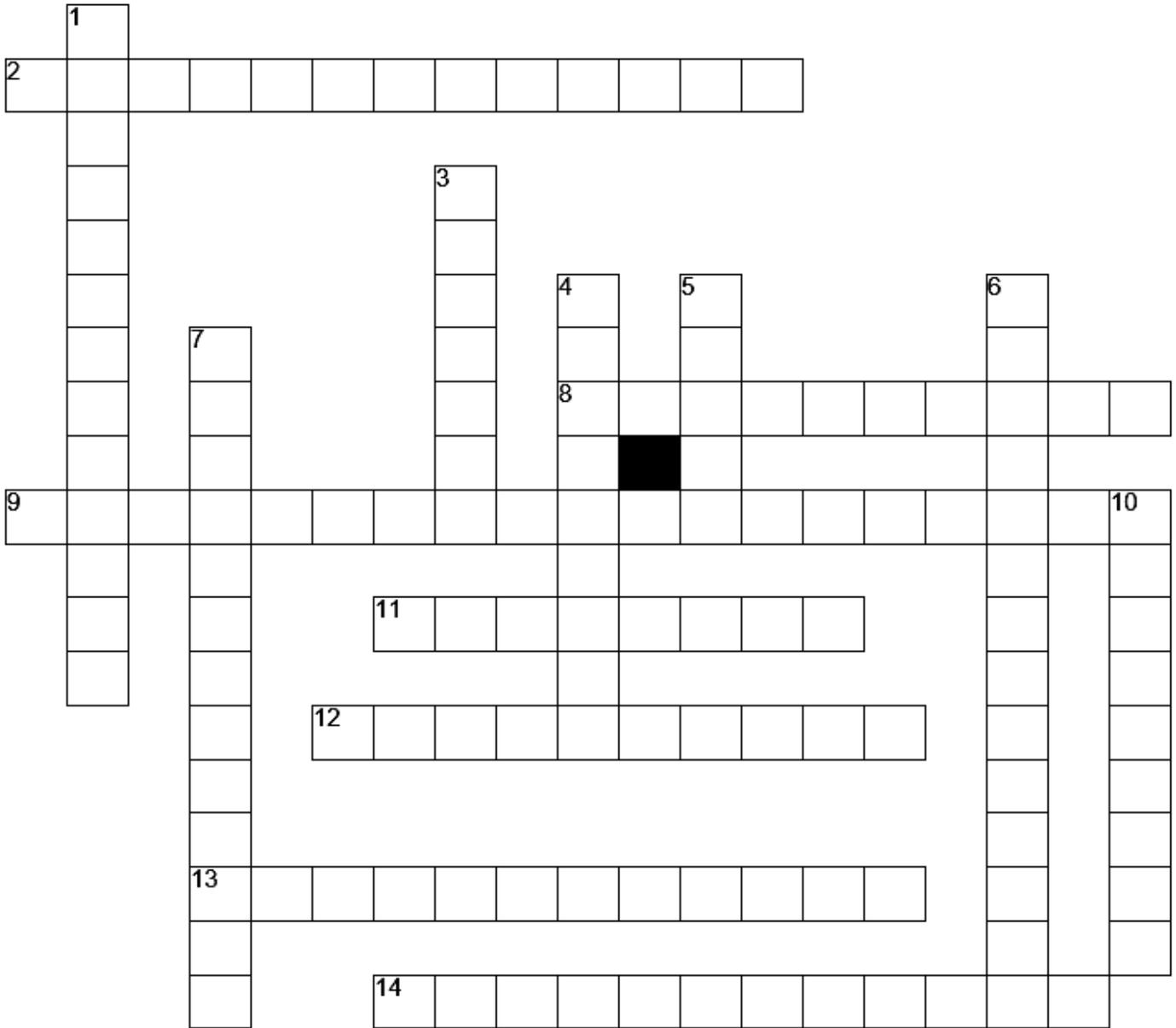
The ones who say words of kindness
To allay fear, console;
The ones who bring back happiness to patients by their role.

The ones who make the beds for sick,
And tuck them off to sleep;
The ones who raise, bring down the wick, responding to each beep.

The ones who work the magic full,
And keep the ailing clean;
The ones bring heaven upon hell, to sick in Earthly scene



Doctors and Nurses Crossword



Doctors and Nurses Crossword

Clues

Across

2. Who played the Matron in "Carry on Nurse"?
8. Which dashing Actor played "Dr. Zhivago"?
9. May 12th is International Nurses Day but marks the birthday of which famous nurse?
11. Nurses who provide complex care and support for individuals and their families they visit at home and in Residential Care are called what Nurses?
12. Which female Scientist discovered Radium and revolutionised the nursing care for those living with cancer?
13. Which Politician set up the NHS?
14. In which 70's series centered around a corner shop starred Linda Barron as Nurse Gladys Emmanuel?

Down

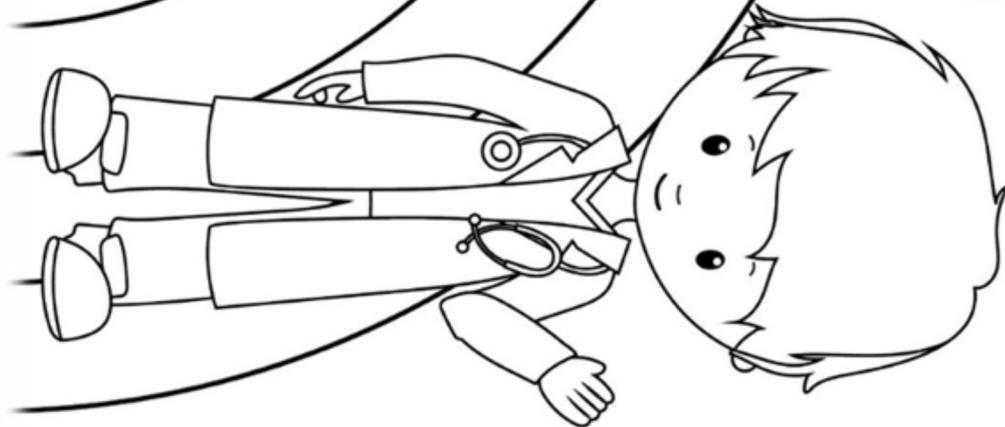
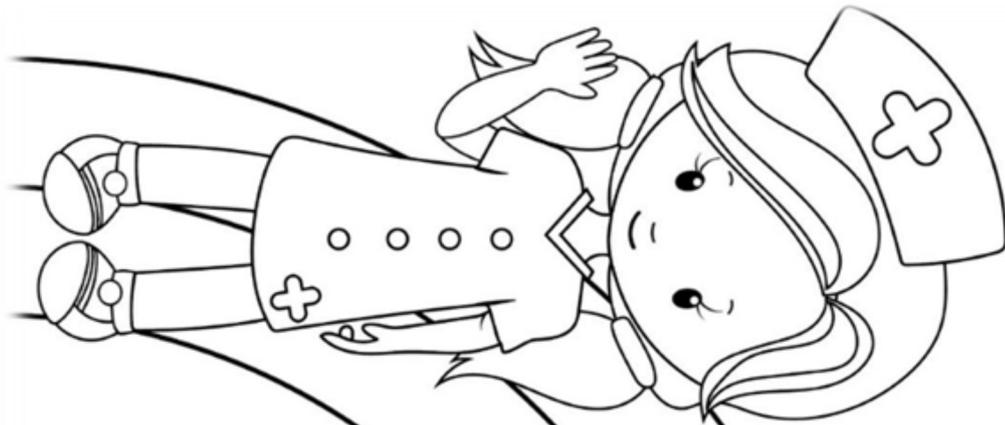
1. What name was Florence Nightingale otherwise known as?
3. Young girls could read all about Nurse Nancy caring for her toys in which comic?
4. Which Doctor was able to "talk to the animals"?
5. What is the area in Cardiff where you find the largest Welsh Hospital?
6. Which shapely blonde actress played the part of cheeky Nurse Susan Ball in "Carry on Matron"?
7. Which British Medical ward, numbered "10" was a Soap Opera aired on the BBC between 1957 and 1967?
10. In 1940 Bugs Bunny's famous catchphrase "What's up Doc?" was spoken. Who did he say it to?

Colouring Pages



WE

THE
MHS





MHS

My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

Say to Yourself!

As we express
our **gratitude**, we
must never forget
that the highest
appreciation is not
to utter words, but
to live by them



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