

## Daily Activity Groups:

- ▶ Have fun learning a new craft or skill while helping to look after your wellbeing.
- ▶ Meet other women in a fun and friendly environment.
- ▶ Keep up your regular activities or learn something new.
- ▶ Share your hospital experiences in a safe and welcoming space.

You might like to just come along and have a chat instead of being alone in your room.



## Activities to choose from:

- ▶ Sewing
- ▶ Knitting
- ▶ Painting
- ▶ Card making
- ▶ Patchwork
- ▶ Felt work
- ▶ Drawing
- ▶ Jigsaws
- ▶ Word games
- ▶ Board games
- ▶ Reading books
- ▶ Audio books
- ▶ Relaxation tapes
- ▶ Listen to music

### Daily Activity Groups

**When:** Monday to Thursday

**Time:** 10.00am to 12.30pm

**Where:** Ward 3 Patient Lounge

All patients are welcome to come along and join in.

\* Please note: a small charge is required to cover the cost of the craft materials you use.



### Individual activities

For patients who can not leave their rooms, our activities coordinator can come to your room and set up an activity you can do from your bed.

Activities and groups are run by the activities coordinator who has experience in working with women in hospital.

### Your activities coordinator is:

Ph: (08) 6458 1231 or page 3261