

## STAFFING PROFILES

Each programme will be facilitated by two co-ordinators, with support of administration staff.

**ALISON HARKER** - is an Occupational Therapist and Family Counsellor who has developed a special interest in Creative Therapy. She uses a variety of media, with children and adults to explore and attempt to 'make sense' of the many situations we find ourselves in. She has worked in a variety of settings including schools and hospices. She has been involved with the Rosetta Life project at St. Luke's and with 'Lukes' Children's Community Bereavement Service and believes there is creativity in all of us. She is looking forward to the opportunity to join others in 'Making Sense' of our world!

**VIV WATERS** - after many years in District Nursing, Viv managed and developed the services of St. Luke's Day Hospice, combining her love and interest in palliative and community work. She developed a particular interest in Complementary Therapies, including training as a massage therapist, then later in counselling, obtaining a B.Sc degree in the subject and also a certificate in Person Centred Art Therapy(PCAT) skills. Viv has been involved with the Rosetta Life Organisation for many years, plus creative artists working with palliative care. Since retiring from nursing, she is keen to share this creativity interest, particularly in a group setting, which she feels can further benefit people and encourage them to "have a go".

## CONTACT & FURTHER INFORMATION

**"MAKING SENSE" Project**

**St. Luke's Hospice**

**C/O: Day Hospice Manager**

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## ST. LUKE'S HOSPICE



# "MAKING SENSE"

## Creative Group work



Registered Office: Fobbing Farm, Nethermayne, Basildon SS16 5NJ  
Registered as a charity No. 289466

## **INTRODUCTION:**

"Making Sense" is a programme of creative and therapeutic group work, using a series of creative activities which include the use of our different senses. Creative work is an integral part of the care services offered to St. Luke's Hospice service users.



## **AIMS:**

For participants to be provided with the opportunity to gain personal meaning and self-awareness. To help participants access alternative forms of self expression, communication and connection both with themselves and others through a variety of media and group activities. To provide opportunities for an increase in self confidence, self esteem and a positive outlook in an atmosphere of safety and fun.

Group members are encouraged to contribute to the decision of the programme content and format to be followed.

Each programme is expected to be very different and reflect its group participants. Sessions may include a variety of activities, from poetry, writing and short stories to visual art, music or making a video. It is hoped this programme will enable participants to draw on their life's experiences and enjoy the opportunity of having a go, maybe at something never tried before. It is not about talent or skill, it's more about having fun with others exploring the special and unique person we each are.

It is possible there may be completed work which participants may wish to share with others in the form of a celebration of their work.

## **GROUP DETAILS:**

The size of the group will operate with 3 to 8 participants, 5 or 6 being optimum number. Sessions will last 90 minutes, and each programme consists of 6 weekly meetings. The group will be a closed group, participants being encouraged to show their commitment to the group by attending all sessions. Sessions will be held at St. Luke's Hospice and form a rolling programme.



## **REFERRALS, CRITERIA & ASSESSMENT:**

Any person suffering from a progressive life threatening, life-limiting disease living in the Basildon & Thurrock area can be referred. Referrals are accepted from any Hospice Service and Community Macmillan Teams and the Cancer Ward at Basildon Hospital.

There is a designated referral form but telephone or letter referral is fine in the first instance. Clients need to be able to provide their own transport to attend. In exceptional circumstances St. Luke's Volunteer Driving service may be able to assist.

Any client referred will be contacted and visited at home (or seen at the Day Hospice if already attending the hospice) by one of the Co-ordinators. This will enable them to explain the project and explore the potential benefits of participants. Not all those referred will be suitable for a group programme. This will be discussed at assessment.



## **CONFIDENTIALITY:**

Confidentiality and ethical considerations will be in keeping with St. Luke's Hospice policies and procedures. The bounds and limits of confidentiality within the group setting will be explored as part of Session 1. Consent will be obtained from group participants for their work to be displayed and/or shared.