



York Teaching Hospital  
NHS Foundation Trust

# Play in Hospital

Information for patients, relatives and carers

① For more information, please contact:

**The Play Team on the Children's Ward**

Tel: 01904 726017

The York Hospital, Wigginton Road, York, YO31 8HE

Tel: 01904 631313

Caring with pride

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## Play mission statement

The play team aims to promote a positive hospital experience for children, young people and their families. The play team are available to promote the physical, emotional and mental wellbeing of children and young people who are patients or visitors in hospital. This will be achieved through the provision of appropriate therapeutic and stimulating play within a safe environment.

## Who are the play team?

The team is made up of qualified nursery nurses, early year's practitioners and play specialists.

**Nursery nurses** hold a minimum of NVQ level 3 or above qualification and also have at least two years' experience of working with children and young people.

**Early years practitioners** are qualified at level 3 and above with staff being educated from BTEC, NVQ, to foundation degree status all having more than two years' childcare experience in varying settings.

**Hospital play specialists** are qualified nursery nurses who also have at least two years' experience of working with children and have undertaken further study (Foundation Degree in Healthcare Play Specialism) to register as a qualified healthcare play specialist.

## When is the play team available?

The play team are available Monday to Friday between 7am and 8pm and weekends and bank holidays between 8am and 4pm.

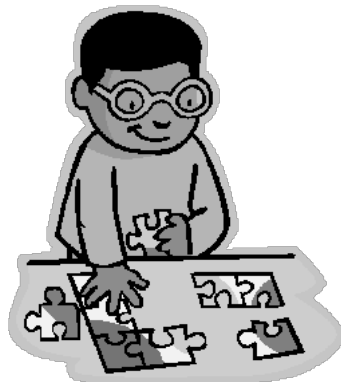
## Where is the play team based?

The Play Team is based on the Children's Ward at York hospital but work in other areas within child health (day unit, child development centre and children's assessment unit).



## The role of play in hospital

- **Play** creates an environment where stress and anxieties are reduced.
- **Play** helps children to regain confidence and self-esteem.
- **Play** provides an outlet for feelings of anger and frustration.
- **Play** helps children to understand their illness and the treatment for it. Through play, children are able to process the information they need in preparation for hospital procedures and treatments.
- **Play** aids consent to assessments and understanding of diagnosis.
- **Play** speeds up the recovery and rehabilitation process.
- **Play** is fun and helps your child to take home positive experiences about their stay in hospital.



## Role of the play specialist/leader

- To organise and provide play activities in the play room and by the bed sides.
- To maintain a child friendly and welcoming environment that helps bridge the gap between home and hospital.
- Provide play to achieve developmental goals.
- Help children and young people overcome and cope with anxieties and other emotions.
- Use play and recreation to prepare and support children through hospital procedures.
- Support families and siblings.
- Contribute to clinical judgements through observations.
- Promote/teach the value of play and communication for the sick child and young person.
- To encourage peer group friendships to develop.
- Maintain high standards in health and safety for children.
- To keep updated in best practise with a view to improving services.

## Facilities/activities available

### Playrooms

There are various playrooms within child health. Some provide play whilst waiting and others provide play throughout a stay in hospital. All areas where play is available provide pre-school toys, equipment and activities for children older than five and young people.

On ward 17 there is:

- The play room is open 7am – 6.30pm
- The cube, for eight years plus – open 7am – 8pm
- The multipurpose room is for 12 years plus – open until late
- The sensory room – open access.

Children's Assessment Unit:

- A playroom/waiting room for all age ranges is open 9am – until late. Activities for older patients are available from the play team.

Day Unit:

- A playroom/waiting room for all age ranges is open 8am until 8pm. Activities for older patients are available from the play team.

Child Development Centre:

- A play area/waiting area for all age ranges is open 9am – 5pm. Minimal toys and activities are available due to minimal staff coverage.



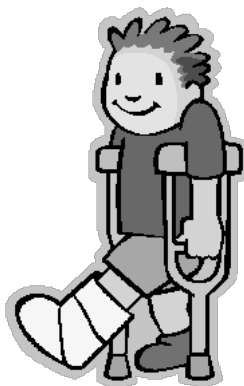
## Activities available in the playrooms

Pre-school toys, building and construction, role play, games and puzzles, electronic games, DVD's, books, tactile toys/devices, sensory toys, ride on/push along toys, arts and craft activities.

## School

'Children have a right to properly planned education',  
Citizens Advice (2015).

For school aged children who have been in hospital for over five days, the nurse in charge will contact their school to arrange for visits or work (if well enough) so that education and development is not hindered or delayed.



## Multipurpose room

Available for young people 12 years and over.  
Open until late.

**Activities** – TV, DVD, games consoles, board games, jigsaws, colouring and painting equipment.

**Facilities** – comfortable seating and facilities to make a drink.

**WiFi** – access is through signing into NHS WiFi. This takes you to the signing in page of the NHS BT open zone. All you need to do is click on ‘Get Online’.

**Information leaflets and magazines** - on teen issues such as emotional health and wellbeing, sexual health, smoking, drugs and alcohol are available.

Meeting the needs and preferences of patients and their families is at the centre of everything we do.

Parents/carers if you do not wish your child access to the multipurpose room please inform a member of staff.

**Please note:**

The multipurpose room has other functions as well as providing a space for adolescents to have time out from their bed space. It is also used by professionals who may need the space to speak with patients and families. The room will be unavailable to young people during these times.

## Sensory room

Sensory play can be beneficial to children of all ages and abilities as everyone needs to develop their senses (hearing, sight, smell, movement and touch) hand/eye coordination, language development, control over their environment and relaxation.

The sensory room is available to children of all ages and contains an air tube, music with USB, fibre optics, UV lighting, mirrors, musical toys, soft flooring and support aids, a light projector and a wall mounted fan.

Patients and parents are encouraged to use the sensory room as it allows for time together in a calming environment.

The sensory room can help reduce anxiety and stress and can be used at any time of the day or night.

We ask that all patients are accompanied by an adult over the age of 18 due to health and safety guidelines.

## Can I bring my own toys & games onto the ward?

Yes you can.

Home comforts such as bears and blankets are encouraged to be brought into hospital for familiarity and comfort.

Toys and games can be brought into hospital but need to be appropriate to the environment. There are many play facilities already available so any from home must be kept to a minimal.

Any item that requires plugging into the mains i.e. laptops, chargers, DVD players must have a modern moulded plug attached. Most recent electronics do. Any item with the old style plug must be checked by our electrical engineers before being plugged into the mains. Please ask a member of staff if you are unsure.

Limited games consoles, Nintendo DS, TVs and DVDs are available on the ward for use at the bedside.

Patients are encouraged to keep personal belongings safe, as York Teaching Hospital NHS Foundation Trust cannot be held responsible or liable for theft or damage.

## Further information

See our hospital guide for children and the meet the teams:

<https://www.yorkhospitals.nhs.uk/childrens-centre/home/>

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The Play Team or the Ward Sister, Children's Ward, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726017.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



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Braille



Audio e.g.  
CD



Large print



Electronic

Owner	Rachel Wilson, Hospital Play Specialist
Date first issued	November 2008
Review Date	March 2020
Version	4 (issued April 2019)
Approved by	Nicola Lockwood, Matron, Children's Services
Document Reference	PIL 505 v4
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