

# ARE YOU CRAFTY?

## SEWING AND CRAFT VOLUNTEERS WANTED!

Are you interested in volunteering your time and creative skill to help older and vulnerable patients?

Northern NSW Local health District is seeking expressions of interest from community groups and individuals with sewing, craft or basic handy person skills.

Our local hospitals and aged care facilities wish to improve the activities available to cognitively impaired patients by creating a library of distraction tools. We have the materials needed to create sensory blankets and busy boards; we just need creative volunteers to make them!

### What's Involved

- All materials required to make the distraction tools will be provided by NSW Health.
- Groups and individuals are encouraged to apply.
- Pick up materials and drop off finished products
- Guidance and support from NSW Health Diversional Therapies team will be available.

### Sensory Blanket

Requires a simple template to sew textured fabrics, zippers, buttons onto a small apron or knee rug.



### Busy Board

Requires interest and skills in woodwork. Fiddle boards have bolts, door handles, locks, etc. fixed to a wooden board.

