

P-70 WHAT'S IN A MESSAGE?Elaine Pugh. *Woodlands Hospice AUH Campus, Liverpool, UK*

10.1136/bmjspcare-2017-hospice.97

Background Woodlands Hospice Family Support Team has been working with patients, their families and friends, encouraging them to find comfort and strength by documenting their thoughts and feelings in the form of prose, poetry or letters. Many of these personal reflections have been inspirational. The team has been investigating ways to share these writings in order to offer words of encouragement, inspiration and solace to others.

Aims To provide resources which:

- Provide a calm, quiet, accessible environment which enables reflection.
- Recognises cultural and spiritual diversity.
- Respects individual preference for anonymity.
- Offers an inclusive approach which engages people, including children and young people.

Methods The following resources were made available in the hospice 'Quiet Room':

- A 'Thoughts, feelings and words' scrap book, with colourful designs encouraging people to write or read.
- A 'Poetry Pot' with paper scrolls and examples of poetry to enthuse creativity and self-expression.
- A 'Message Tree' with a selection of nature-inspired shapes to write on and either take home or hang on tree branches for others to read.
- 'One word stones' to be decorated and taken home or placed in a basket for others to gain support from.

Results Participants from a broad range of ages and backgrounds have taken part in the project and the majority of those have chosen to sign their work. Children and young people have developed the resources, illustrating their writing with art. Feedback indicates the 'Quiet Room' is providing a warm, relaxing safe space, which encourages expression and reflection. The project also encouraged communication with people who may not have ordinarily accessed Family Support Services.

Conclusion The 'What's in a Message' project has:

- Provided opportunities for people to inspire, support and comfort each other.
- Enabled people to release their emotions.
- Highlighted just how much we respect and value thoughts and feelings.

P-71 CREATING A LEGACY FRAME PROJECTWendy Ashton. *EdeValley Hospice, Carlisle, UK*

10.1136/bmjspcare-2017-hospice.98

Background Legacy work isn't about death and dying, it's about life and living. It's about making connexions and sharing precious moments with the special people in your life. It can be a means of moving on, not only for you, but for the people around you. Leaving a legacy frame gives your loved ones something to hold on to, something that can provide healing and comfort. It's a reminder of who you were, what you loved, what was important to you and what contributions you have made.

Aim To enable and support patients to participate in a creative legacy frame project and offer psychological and emotional support.

Methods Verbally interviewed patients and the wider MDT about their thoughts on the creative arts project.

Feedback was positive.

Pilot frame completed by social worker.

Developed a four session programme on a once a week basis. Each session to last approx 1.5 hours.

Ratio of staff to patients is 1:1 or 1:3 in a group setting.

Referrals can be made by any member of the palliative care team.

Results Participants felt a personal self fulfilment as it is a short-time-limited project that they can manage within the timescales of their illness. The project was held in the Hospice setting and had very positive outcomes. The participants reflected on life with emotional support from social worker. The participants had a completed frame to keep and take home.

Conclusion Studies have shown that socialising with people face-to-face can help reduce depression, anxiety, insomnia and feelings of loneliness. Art and creative work are a vital human activity and integral to a good quality of life (Shaw, 1999). The project has encouraged people to reflect on life and given them a unique opportunity to process the events in their lives and the people who shaped it in the format of a frame.

P-72 THERAPY REQUESTS: DEVELOPING CREATIVE ARTS THERAPY SERVICE IN A CHILDREN'S HOSPICEJane O'Neill. *Demelza, Hospice Care for Children, Sittingbourne, UK*

10.1136/bmjspcare-2017-hospice.99

Background Designing tea towels, making thank-you cards and playing the flute at an AGM were all once tasks for the therapists at Demelza. We moved from misunderstood perceptions of our roles to develop a team of innovative and high quality creative arts therapists that provide emotional and well-being support to babies, children, young people and whole families that access Demelza services. All of the art, drama and music Therapists are educated to Masters Degree level and are registered with the Health and Care Professionals Council.

Aims To design, develop and implement a team of qualified, professional therapists, delivering a reliable and consistent service that is driven by clear targets with defined outcomes. To enable emotions that are too difficult to put into words to be expressed through art, music, play and drama.

Methods

- Creating key objectives with measurable and targeted outcomes
- Developing new roles in the team; honorary affiliate music therapists and musician and artist in residence in order for the craft activities gap to be filled
- Work in Their Shoes – being proactive in communicating opportunities to staff members across the organisation to experience a music/art therapy group and also providing updates and reviews electronically
- To create a menus of services to define sessions such as, referred individual sessions, workshops, scheduled group sessions such as Saturday morning music