



ACTIVITY APRON FACT SHEET

Enjoy Craft? Use your sewing skills for Older Patients at the Royal Sussex County Hospital



Activity Aprons are home made fabric aprons used to calm the restless hands and minds of older hospital patients.

The pattern is very simple, so don't worry if you are not an expert sewer.

Activity aprons are quilted fabric with ribbons to tie around the waist. Buckles, buttons and beads are attached to provide sensory stimulation. Using contrasting colours and fabrics increases patient satisfaction.

The Apron must be machine washable at 40° and ideally sized around 40cm x 40cm. A ribbon loop in one corner allows the Apron to be stored on a hook.

Friends of Brighton & Hove Hospitals are asking for Activity Aprons to support our Small Acts of Friendship campaign, which provides social activities and emotional support for older patients at the Royal Sussex County Hospital.



- *Bits and bobs must be securely attached and there can be no sharp edges.*
- *If some of the bits and bobs are on the inside hands can be active and warm at the same time.*
- *Contrasting colours and soft fabrics are always popular.*
- *Use your imagination – and Pinterest – for inspiration.*
- *Once you have made your Activity Apron, please drop it off at Main Reception at the Barry Building, Royal Sussex County Hospital, marked for the Occupational Therapy team on the Emerald Unit.*
- *Contact office@brightonhospitalfriends.org.uk to hear more about Small Acts of Friendship or have someone come and talk to a group you are a member of.*