



## DIY BOARD FACT SHEET

### Enjoy DIY? Use your skills for Older Patients at the Royal Sussex County Hospital



DIY Boards are wooden boards with a variety of switches, levers and door handles which are used to calm the restless hands and minds of older hospital patients. The ideal size is between **30cm<sup>2</sup> and 40cm<sup>2</sup>**.

Every DIY Board is different, which is part of their appeal.

We do ask that all items are **securely attached** to DIY Boards and that the wood is **varnished** to make regular cleaning easier.

Use your imagination – and Pinterest – for inspiration.

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



- *DIY Boards will be placed on tabletops for patients to use.*
- *Please no sharp edges!*
- *Older patients prefer a strong colour contrast so white items on dark wood or dark items on white wood are ideal.*
- *Wood needs to be varnished because the DIY Boards need to be wiped clean regularly.*
- *Once you have made your DIY Board, 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](mailto: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.*