



**Change idea:**

**Activity Schedule**

**Predictions**

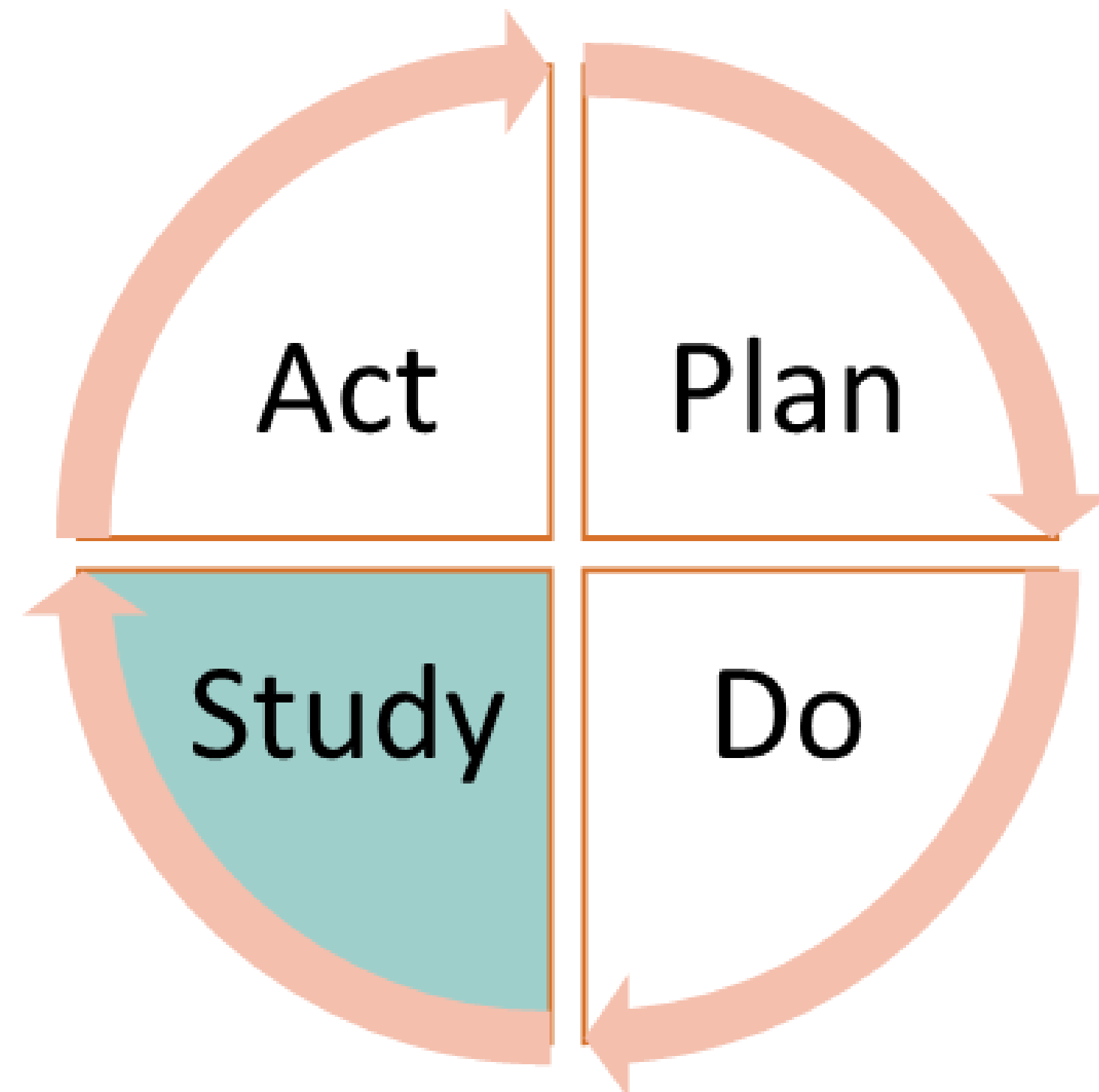
- To complete weekly activity schedule to be advertised on the wall and updated each week.

**Plan**

- Who, what, where, when?**
- To complete a weekly activity schedule for the ward and staff to engage patients in activities through the day over a seven-day period.

**Do**

- Painted a chalkboard onto the wall in the main lounge
- Activity coordinators to look at different activities after having discussions with patients during mutual support meeting around what activities they would find helpful.
- Arranged specific themes nights during the week based on movie nights, pamper nights and karaoke nights to provide fun and engaging entertainment.



**Study**

- We found that patients were understandable about what activities were available and when due to being clearly advertised
- Movie nights were not so popular as patients struggled to concentrate for long periods
- Karaoke nights were very successful in engaging patients and providing social inclusion and confidence building.

**Act**

- Agreed that we take off movie nights and trial pamper sessions including bath bomb making.