

Project Room

i Information for patients
Therapy Services



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



What is the project room?

As part of your Occupational Therapy programme you will have the opportunity to make use of our project room, run by our technician. The project room is open two days a week. Sessions are booked in advance on these days for you to work on a project of your choice. Our technician will teach and support you in your project where needed; so if you have never been in a workshop before or have little or no hand function, you can still take part in project room sessions.

“The project room is not just a place of work, but a place to develop new interests, hobbies and skills. It also helps patients to overcome problems in a friendly social atmosphere.”

What sort of projects can I do?

Examples of the projects patients have worked on in the past include:

- Arts and crafts painting
- Mouth painting
- Model assembly
- Woodwork



- Wood turning
- Stool making
- 3D pictures
- Wooden ornaments
- Wooden toys
- Gifts



How will this help with my rehabilitation?

Your project room sessions will be structured to be enjoyable and work on goals appropriate to your needs. You will decide these goals with your technician and Occupational Therapist.

These may include some of the below goals:

- Improving neck movements to enable use of a mouth stick to paint
- Developing verbal instruction skills
- Improving hand and/or arm function

- Your ability to move when sitting, for example reaching for things
- Mobility, balance and wheelchair skills
- Concentration and planning skills
- Social integration and support

The project room opens for 2 days each week and it is very popular. For this reason it is important that you attend your planned sessions. If you choose not to attend, or are unable to attend for reasons out of your control, please inform us as soon as possible so that your sessions can be offered to another patient.

Princess Royal Spinal Injuries Centre

Northern General Hospital
Herries Road
Sheffield
S5 7AU

- **0114 271 5646**



Sheffield
Hospitals
Charity

To help support your local hospitals visit
sheffieldhospitalscharity.org.uk

Registered Charity No. 1165762



Yes I donate
ORGAN DONATION

Alternative formats can be available on request.
Please email: sth.alternativeformats@nhs.net

© Sheffield Teaching Hospitals NHS Foundation Trust 2020

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No. 1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email sth.infogov@nhs.net