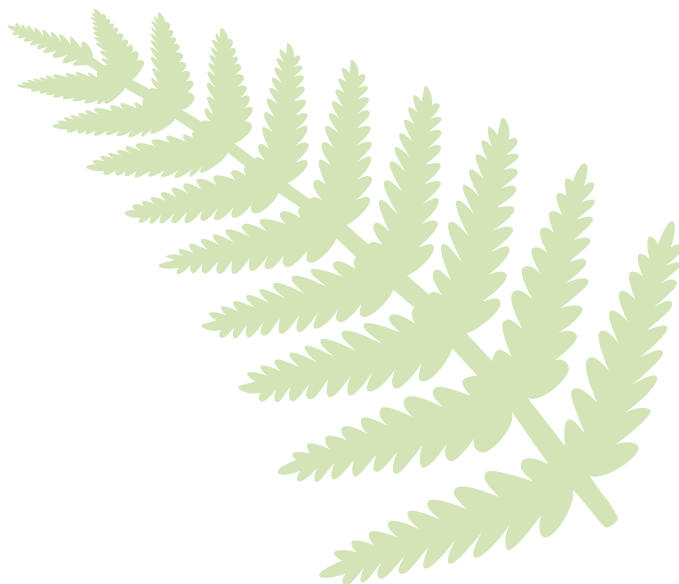


Rivelin Relaxation Space

For patients at the Princess Royal Spinal Cord Injuries Centre



Information for patients and visitors
Spinal Cord Injuries



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Rivelin Relaxation Space

Introduction

What is a sensory / relaxation space?

Sensory rooms are specially designed environments which give users the option to reduce stimulation, relax, or create a range of sensory experiences. They are used for the purposes of relaxation, therapy or stress reduction.

Our sensory room, 'Rivelin', has been designed to be used by people of a range of ages (16 years plus), with different levels of physical ability, either in a wheelchair or in their hospital bed.

The room has been funded by Sheffield Hospitals Charity, through fundraising and donations from staff members, patients, relatives, partner organisations and members of the public.

Important principles

Safety – Rivelin Relaxation Space should always be a place that feels safe and relaxing.

Choice – The environment set-up should always be your choice i.e. relaxing or stimulating.

Freedom – You should always have the freedom to leave the room or stop the activity at any time.

Where is the room located?

Rivelin Relaxation Space is located on ward Osborn 2, in Osborn Building, Northern General Hospital.

It is labelled as Rivelin Relaxation Space on the door.



How can I use the room?

The room is for use by current inpatients on Osborn 1, 2 and 3 at The Princess Royal Spinal Cord Injuries Centre.

If you are interested in using Rivelin Relaxation Space, please speak to a member of staff in the Nursing, Therapy Services or Psychology team for more information.



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