

***If you require this leaflet in
an alternative format or
language please speak with
a
member of staff***

**For further information
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Bolton Hospice
caring from the heart

CREATIVE THERAPY

PATIENT INFORMATION LEAFLET

Review: April 2012

What is Creative Therapy?

“Creative Therapy’s purpose is not to kill time but to make time live; not to keep people occupied but to keep them refreshed; not to offer an escape from life but to a discovery of life”

It is a way of helping people to pass their time in meaningful and creative ways.

This may be by tapping into skills they already have or discovering new creative talents that may be hidden.

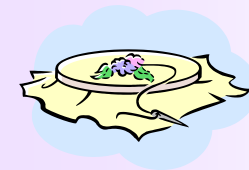
Types of actives that can be enjoyed include:

***Drawing,
Pastels,
Acrylic***



***Painting,
paints,***

***Marbling,
Painting on silk
Weaving,***



***Making
special
gifts for
family
and
friends***



***Embroidery
and other
textile arts
Scrapbooking,
recording***



memories

...and if there is anything you have ever thought of trying just let us know.

Advice can also be given on how to continue these activities at home.