



NOAH'S ARK
children's hospice

noahsarkhospice.org.uk



THERAPIES

Welcome!

Making the most of every day





Therapies at Noah's Ark Children's Hospice

We offer music therapy, drama and movement therapy, art therapy, as well as sessional occupational therapy. These services help children and families to address physical, emotional, cognitive and social needs.

Our therapists create a safe environment, building up confidence and abilities, and encouraging communication, self-expression and interaction. We tailor our sessions to the specific needs of each child and family, with both individual and group sessions available.

Therapies may be delivered in The Ark, at home or at school. We also offer therapy groups and some in-reach services, such as music therapy in hospital – including Barnet Hospital, Great Ormond Street Hospital and at UCLH Neonatal Intensive Care Units.



DRAMA AND MOVEMENT THERAPY

Our Drama and Movement Therapist is a creative arts psychotherapist who uses a variety of verbal and non-verbal techniques such as story work, puppetry, role-play and movement.

Both individual and group work sessions are available, with other forms of therapy including traditional talking therapy and Cognitive Behavioural Therapy-focused models.

MATERNITY SUPPORT

We work with parents to find ways of using music to support them through pregnancy and beyond. This may involve creating live music or listening to favourite tracks. Parents can also create 'heartbeat music', merging the sound of the baby's heartbeat with music, creating a unique track.

OCCUPATIONAL THERAPY

Our Occupational Therapist provides advice and support to parents, carers and other professionals involved in the care of the child. We aim to improve the quality of life for all children and families we support, helping to develop self-empowerment, independence and self-management.





ART THERAPY

Art therapy encourages a child to better understand their thoughts, emotions and behaviours. By creating images and objects, they can begin to express what they feel inside. The child's expression of emotions is more important than any images made.

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MUSIC THERAPY

Music therapy is the communication of feelings and emotions through music. With the support of a professionally registered therapist, everyone is given time to be seen, heard and listened to. This service can be accessed by any child or family member supported by Noah's Ark, at any stage of their journey with us. No music skill is required!



NEONATAL MUSIC THERAPY

Music therapy sessions on the Neonatal Intensive Care Unit (NICU) supports infant development and parent-infant bonding. It provides a space and time for infants and parents to be with each other in music, through sharing favourite songs in lullaby form or simply humming. The therapy can also be provided for the infant individually.



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Music Therapy allowed us for the first time since my son's very difficult start in life to experience a moment of normality as a family. Both his dad and I could see how he settled and enjoyed the session. It was really emotional to see my partner join in the singing.

Mother of a Noah's Ark child

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ABOUT NOAH'S ARK CHILDREN'S HOSPICE

Noah's Ark Children's Hospice helps babies, children and young people who have life-limiting or life-threatening conditions, and their families, make the most of every day.

Our staff and trained volunteers provide clinical, emotional and practical support for families across north and central London, as well as Herts Valley.

Our support is carefully adapted for every child and is offered wherever it is required – whether in their home, their community or at our state-of-the-art children's hospice building, The Ark, in Barnet.



The Ark, Byng Road,
Barnet EN5 4NP
020 8449 8877
noahsarkhospice.org.uk

Registered Charity No. 1081156