



NOAH'S ARK

children's hospice

About our therapies



**easy
read**

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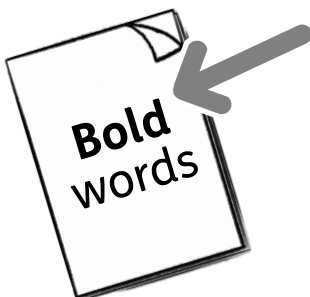
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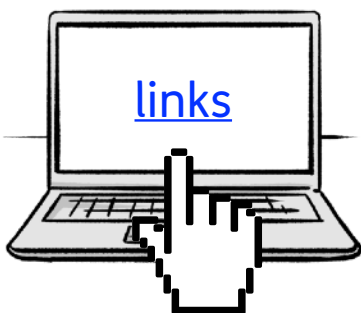
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In this Easy Read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are [blue and underlined](#). These are links which will go to another website which has more information.

Introduction



Noah's Ark Children's Hospice gives help and support to babies, children and young people with serious health issues.

We also work to help and support the families of these babies, children and young people.



We want all babies, children and young people with serious health issues and their families to live the best life they can.



We offer lots of different types of **therapy** that help people deal with things that have happened to them and their emotions.

Therapy can help people with their physical and emotional problems.



There are lots of different types of therapy. This information will tell you about the therapies we offer.

Our therapies

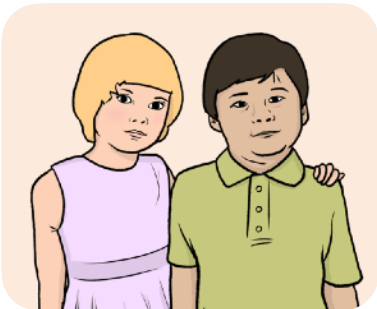


Our therapies are available to everyone and can change depending on the person's needs.



Therapies can help people to:

- feel confident.



- communicate with others.



- tell others about their emotions and how they are feeling in creative ways - like dance or art.



Our therapies can be done in a group or in a 1-to-1 session with a professional.



Our therapies can take place:

- in our building called 'The Ark'.



- in the child's home.



- at a school.

Music therapy



Music therapy helps people to deal with their emotions using music.

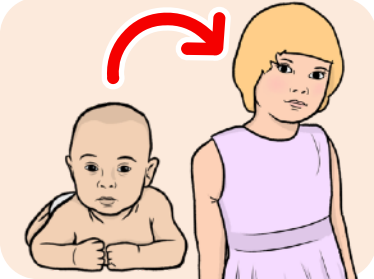


You do not need to know how to play a musical instrument to take part.



We also offer music therapy for very young babies and their parents.

Music therapy can help parents support their baby to **develop**.



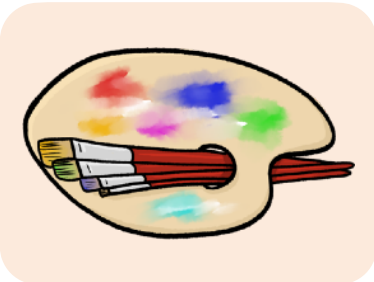
Develop means to grow and become more advanced.



Art therapy

Art therapy helps everyone deal with their emotions using art.

Art includes things like:



- painting and drawing.



- pictures and objects.



- making things out of clay.



You do not need to be good at art to take part.

Drama and movement therapy

Drama and movement therapy helps everyone deal with their emotions using:

- their body and different movements.



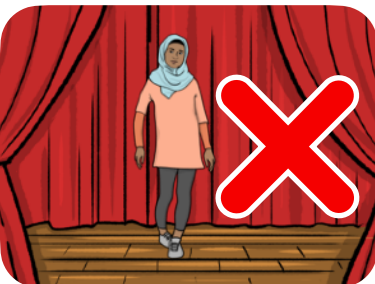
- puppets.



- talking and voices.



- acting.



You do not need to be on stage to take part.

Support for families



We offer support to women who are about to have a baby through music therapy.

This could involve making music or just listening to your favourite songs.



We have a professional who can give advice and support to parents or anyone else involved in the care of a child.

For more information



You can look at our website here:

www.noahsarkhospice.org.uk

If you need more information please contact us by:



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