

Section 1: Your idea		
Question	Answers	Guidance Notes
1. What is name/title of your idea?	Calm & Create: Patient-Led Wellbeing Trolley	
2. What would you like to do?	We aim to introduce a portable wellbeing trolley on the ward, co-produced with patients and staff. The trolley will include: Creative materials: art supplies, sketchbooks, colouring tools, textiles. Mindfulness and relaxation resources: stress balls, guided meditation cards, calming music, sensory items. Compact musical instruments for group or individual use. Patients will help design the trolley contents and themes, decide how and when it's used, and co-facilitate sessions if they wish. The trolley provides a therapeutic, engaging, and flexible space for self-expression, emotional regulation, and peer connection.	Remember we only need a brief overview but would love to know what your vision is
3. Why is this needed?	Patients have reported boredom, lack of meaningful engagement, and limited creative outlets on the ward. Staff recognise the need for therapeutic, recovery-focused activities that go beyond routine clinical care. A portable trolley allows reusable, long-term resources that promote wellbeing and patient-led involvement, supporting the ward's culture change goals.	Think about what led you here. Why this idea? Examples might include: o Our activity room is always empty, when we talked to patients, they weren't interested in any of the activities we were providing. We knew we needed to do something different which is what led to the idea.
4. Who will benefit from it and who will be involved?	Beneficiaries: Female inpatients on the ward, staff, and carers. Involvement: Patients co-produce and help maintain the trolley, choose materials, and lead activities.	A list of beneficiaries and who is involved Examples might include: o Patients, staff, carers and visitors will all benefit from our weekly ward café. Patients will be

	Staff support facilitation and ensure safe use. Carers may contribute ideas for resources or participate in small group sessions	developing menus, making snacks, and serving food.
5. How long do you expect it to run it for? Do you have a start and end date in mind?	Initial pilot: 12 weeks (weekly sessions). The trolley is reusable and intended as a long-term resource, with materials restocked as needed.	Answering this will depend on your idea. You may be exploring options or have already made a more definite plan. If it is not applicable just add N/A. This will also give us an idea of when to send your monitoring form. A rough guide is acceptable.
6. Is it something new, or are you continuing something that has worked well previously?	This is a new initiative, directly based on patient and staff feedback. It complements existing ward activities, embedding co-production, creativity, and therapeutic engagement into everyday ward life.	Tell us if this is a brand-new idea or building on or enhancing some other work you are already doing
Section 2: Co-production		
Question	Answers	Guidance Notes
1. How have you worked with patients, carers and the wider staff team to develop your idea?	The idea originated from patient feedback during ward community meetings, where they expressed a need for more creative and therapeutic activities. Staff contributed ideas about practical implementation, safety, and resource management. We conducted a small focus group with patients to identify the types of creative and mindfulness resources they would like and asked carers for suggestions on materials that could be meaningful or culturally relevant.	Please share what you did to include a variety of voices for example: - o Did you hold a ward meeting with colleagues, patients, carers? - o Have you used a survey or held a focus group? - o Did the idea originate from a patient, carer or member of your team?

	The concept was then shared with the wider ward team to ensure feasibility, safety, and alignment with ward routines.	
2. How will you ensure people are involved throughout the development and implementation of your idea?	Patients will be invited to co-design the trolley contents and plan weekly sessions, ensuring ongoing involvement. Staff will support facilitation, monitor safety, and provide guidance, while encouraging patients to take ownership of sessions. A monthly ward meeting will review progress, gather feedback, and adjust. Roles will be shared: for example, a patient may lead updates to other patients about upcoming sessions, while another may help maintain and organise the trolley. Feedback will also be gathered through short surveys or informal check-ins after each session to ensure the trolley meets patients' evolving needs.	Examples might include: - o Setting up a regular meeting for everyone involved to be part of the process - o Sending update emails and texts - o Postcards - o Assigning and sharing out roles in the development of your idea e.g. a patient may take the lead on sharing news with other patients
Section 3: Impact		
Question	Answers	Guidance Notes
1. What impact do you and others hope your idea will have?	For patients: Increased engagement, opportunities for creative expression, improved emotional regulation, reduced boredom, and enhanced confidence and wellbeing. For staff: Improved ward atmosphere, more meaningful interactions with patients, and strengthened relationships through co-production. For the ward culture: Encourages a therapeutic, patient-led approach to activities, embedding the values of the Culture of Care Standards and promoting lasting culture change.	This section is about sharing with us the impact you hope your idea may have. We need to see that you have considered the possibilities
2. How will you know it has made a difference?	Patients may show greater participation in ward activities and take more initiative in sessions.	Think about what you, patients, carers and other staff might see, hear or feel as your idea becomes a reality

	Staff and carers may notice improved mood, confidence, and engagement among patients. Feedback from patients and staff during ward meetings or informal discussions will indicate whether the trolley is meeting its goals. Observations of interaction during sessions (peer support, creativity, enjoyment) will help track progress.	
3. How will you capture evidence to: - o Evaluate success? - o Measure impact? - o Use learning to shape future ideas and actions?	Short feedback forms or sticky-note comments from patients after sessions. Photographs or visual records of patient artwork or creative projects (with consent). Quotes or reflections from patients, carers, and staff about their experiences. A simple ward log recording session attendance, engagement levels, and observations. Lessons learned will inform future resource updates and ideas for additional patient-led activities.	Examples might include: - o Asking people to feedback on a sticky-note - o Taking photographs and quotes from people - o Interviews with patients, carers and staff
4. How might you ensure your idea is sustainable?	Materials in the trolley are reusable and durable, ensuring long-term use beyond the initial funding. Patient-led management of the trolley fosters ownership and continuity. Evidence of success (feedback, photos, quotes) will be shared with senior managers to support ongoing funding or integration into ward activity planning. Materials can be refreshed or added gradually from ward resources, keeping the trolley relevant and sustainable	Examples might include: - o By gathering evidence of success, we hope to build a business case to present to senior managers to continue to grow the idea - o We are introducing an enterprise aspect to our nature club by having a healthy tuck shop where patients, staff and visitors can purchase things to help sustain a small fund

Section 4: Culture of Care Standards							
Question	Answers						Guidance Notes
Which Culture of Care Standard or standards and equity principles will your idea contribute to?	Lived Experience	✓	Needs-Led	✓	Autism informed		Please put a cross or shade out the main ones that are relevant
	Safety		Choice				
	Relationships	✓	Environment	✓	Trauma Informed		
	Staff Support		Things to Do	✓			
	Equality		Therapeutic Support	✓	Culturally Competent	✓	
	Avoiding Harm		Transparency				
Please explain how your ideas are contributing to each of the standards or equity principles that you have chosen	Lived Experience: Patients are central to designing and maintaining the trolley, ensuring their voices shape ward activities. Needs-Led: Activities are chosen based on patients' interests, preferences, and recovery needs. Relationships: Co-production encourages stronger relationships between patients, staff, and carers. Environment: The trolley creates a flexible, positive, and therapeutic space within the ward. Things to Do: Provides structured, meaningful, and ongoing activities for patients. Therapeutic Support: Supports wellbeing, emotional regulation, and recovery through creative and mindfulness activities. Culturally Competent: Patients can select resources and activities that reflect their cultural backgrounds and personal experiences.						We just need a brief overview for example o Lived Experience: Setting up a monthly co-production group on the ward is helping to ensure patients are supported to have their voice heard and help with on-going co-production on the ward. Our organisation's strategic peer lead is facilitating the space and ensures issues and ideas from our ward feed into the senior management group

Section 5: Risks		
Question	Answers	Guidance Notes
What are the risks associated with your idea?	Risks and Mitigation: Risk: Patients or staff may not engage initially due to unfamiliarity. Mitigation: Introduce trolley gradually, co-facilitate initial sessions, and gather feedback to make sessions relevant. Risk: Damage or loss of materials. Mitigation: Assign patient and staff roles for trolley maintenance; store materials safely when not in use. Risk: Health & safety concerns (e.g., small items, art materials). Mitigation: Purchase age-appropriate, non-toxic, and safe materials; follow ward health & safety policies. Risk: Limited staff time to support sessions.	Please tell us any of the risks relating to your idea. For example: Risk: Reluctance of wider team to get involved because of time pressures Mitigation: Involving wider team from the start and working with them to understand and include their perspective to encourage engagement and motivation Consider individual and organisational risks
What steps have you considered to mitigate the risks?	Mitigation: Schedule sessions within existing ward routines, encourage patient-led facilitation to reduce staff dependency.	
How have you considered all the relevant organisational policies and procedures that might be relevant to your idea?	Policies & Procedures Considered: Health and safety compliance for all equipment and art materials. Infection control procedures for shared items.	Examples of this may include: - o Ensuring any equipment purchased meets health and safety regulations - o Buying in services from reputable providers who have relevant insurance and DBS certificates for staff

	Ward safeguarding and organisational procedures regarding patient participation and consent.		
Section 6: Funding			
Question	Answers		Guidance Notes
What are the costs associated with your idea?	Item	Cost	Please list each item separately. Ensure costs are accurate and based on quotations. Examples of what we may fund - o Equipment, materials - o Coaching and activity costs - o One-off events - o Lived experience involvement fees - o Training costs - o Volunteer expenses - o Transport to support engagement - o Refreshments/room hire if no other option and will prevent idea developing We cannot fund - o Retrospective costs - o Alcohol - o Statutory activities - o Things normally funded by your organisation - o Overseas travel - o Cash that will be given directly to individuals - o Political activity and campaigning
	Portable trolley	All costs given	
	Art materials		
	Mindfulness & sensory resources		
	Musical instruments		
	Diffuser and oil:		
	Storage containers / organisers: 100		
	Calm music playlists and speaker/interpreter:		
	Printing & laminated materials		
	Total:	£1000	

Is this the total cost of your idea or part of a larger project for which you are receiving other financial contributions?	This is the total cost of the trolley project. It is a standalone initiative, designed to create a lasting, reusable resource within the ward.	An example of this might be that the ward is renovating a whole outdoor space with organisation funding and this application for funding is supporting the development of a sensory garden
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