

Media statement

11 December 2019

Intergenerational Christmas celebrations at Nambour

On **12 December** Nambour General Hospital's Acute Restorative Centre (ARC) Unit are looking forward to a special Christmas visit from the kindy children at Nambour Early Learning Centre.

The children will be spreading some Christmas cheer by singing some carols with the ARC patients. They will then get crafty and create some decorations together to hang around the unit.

Sunshine Coast Hospital and Health Service (SCHHS) Advanced Recreation Officer Ruth Morgan said there are numerous benefits for the health and wellbeing of the ARC patients, as well as the little ones.

"Having a visit from the kindy children can encourage physical activity, get our patients practicing some of their fine motor skills and remind them of the magic of Christmas through the eyes of a child," Ms Morgan said.

"However; most importantly, we are promoting connection with the community, with patients and SCHHS itself."

And it isn't just the patients who benefit from the interaction.

Kylie Bower, Centre Manager from Nambour Early Learning Centre said the children are looking forward to the visit.

"It very educational for the children to be able to meet and engage with the patients. Both generations bring new energy, knowledge, and enthusiasm. Research has found there to be many educational opportunities such as improving language development, self-esteem and overall wellbeing."

"Opportunities for young and old to spend time together are so important, and what better time than Christmas to start," Kylie said.

MEDIA OPPORTUNITY

Opportunity to come and listen to the children sing, as well as interviews and photo opportunities.

WHEN: Thursday 12 November, 10:10am

WHERE: Nambour General Hospital, please meet at main reception

ENDS

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