

## Festive garland making workshops for staff with Nature Rehabilitation Ranger at the Royal Infirmary of Edinburgh and Royal Hospital for Children and Young People

In December 2024, Lou Evans, Nature Rehabilitation Ranger from NHS Lothian Charity, offered staff from the Royal Infirmary of Edinburgh (RIE) and Royal Hospital for Children and Young People (RHCYP) the opportunity to attend festive garland making workshops. The workshops aimed to provide staff with a short respite in a busy working day and the opportunity to work with natural materials to create a festive garland or wreath they could take home with them.

The workshops were promoted to staff via the RIE all staff e-bulletin and by Work Well facilitators. Slots were offered to staff with a clinical role one week prior to other staff to ensure equal opportunity as this staff group often have limited access to emails due to working patterns, etc. As a result 75% of staff that booked a slot had a clinical/patient-facing role.

Staff emailed Lou to pre-book one of the 40 slots which took place over four workshops in the Chancellor Building in the afternoon. All 40 slots were pre-booked with 98% attending their allotted slot. 18 staff from the Clinical Research Facility Team also attended two planned workshops Lou arranged with the Department Team Lead.

Workshops lasted 30 minutes and many staff commented this was the ideal amount of time that could be taken out of the working day for wellbeing activities.

Impact on staff – Increased ability to take breaks and cope better when returning to work

# 100%

of staff reported that during the workshop they were able to switch off for 30 minutes and have a real break from work

The workshop made me more relaxed and able to take on the afternoon more.”  
NHS Lothian staff

Made me think more positively after the workshop going back to work.”  
NHS Lothian staff

It was nice to switch off for a bit especially on the back of high pressure/demand work that can sometimes just feel like firefighting.”  
NHS Lothian staff

# 58

staff from the RHCYP and RIE benefitted from this wellbeing activity



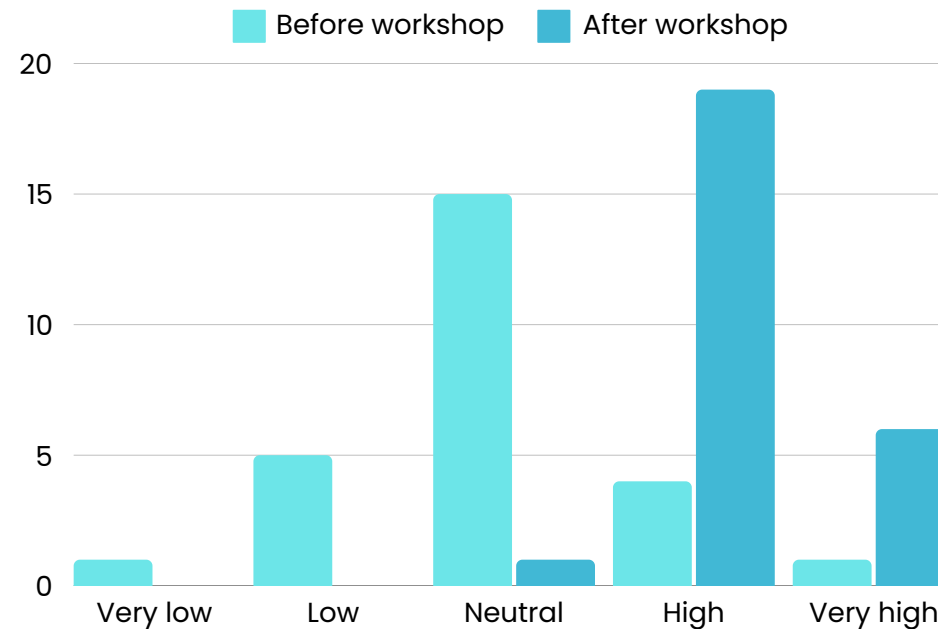
Clinical Research Facility Team workshop



Staff getting in the festive spirit

## Impact on staff – Improved feeling of wellbeing

Staff were asked to rate their wellbeing before and after the workshop. The chart shows the overall increase in wellbeing rating. No staff members reported feeling low or very low after the workshop.



I am pregnant and actually being able to switch off from work and relax a bit allowed me to really feel my baby's movements which doesn't often happen when I'm ploughing on with work."

NHS Lothian staff



Lou and staff deep in concentration

## Further impact on staff

As workshops were held in a group format, 71% of staff reported they 'felt more connected to others' and 100% of staff agreed the workshop 'got them in the festive spirit' which is often difficult to achieve in clinical settings. One staff member shared: "Was really nice to spend time with colleagues outside of the ward doing this festive activity."

Many of the staff felt they had learned a new skill, 96% reported they will now try garland making at home in future years. One staff member shared: "I learnt new skills I can use in future and it helped me switch of from the day to day hustle in the office."

## Next steps

86% of staff reported they now have an increased awareness of Lou and her role as Nature Rehabilitation Ranger and the Green Health activities that are available at the RIE/RHCYP. All the staff who took part in the workshops have requested further support from Lou for themselves and/or their team.

100% staff reported the workshop increased their ability to be creative and 100% agreed they enjoyed working with natural materials such as leaves and foliage so requests from staff included seasonal nature based crafting, wellbeing walks while noticing nature, foraging/food related activities and plant care. Lou will follow up with relevant staff members in 2025 to provide activities tailored to their needs.

Compiled by Rebecca Caulfield, Evaluation Manager, NHS Lothian Charity

Lou was lovely and very enthusiastic. She was inclusive and keen to find out more about our roles and how she could help. This felt like a very safe and supportive place."

NHS Lothian staff



Staff with their festive creations