



**St Oswald's
Hospice**

Colouring Book

This book belongs to...

St Oswald's Hospice provides holistic care for patients and their families. This means we not only help people with their physical conditions, but also support them with their spiritual and emotional wellbeing too.

We believe that art and therapeutic activities can help to enhance a person's wellbeing and quality of life. Art and therapeutic activities are an integral part of the specialist, expert and holistic care provided to patients and their families at St Oswald's Hospice. It can also sometimes be an opportunity to learn new skills and give our patients a sense of escape from their conditions.

Colour, share and join in!

All of the artwork featured in this colouring book is based on St Oswald's Hospice's new emblem. Please use this colouring book and show us your creations. Upload them and use the [#overtherainbowSOH](#) and tag [@stoswaldshospice](#) on Facebook or [@stoswaldsuk](#) on Instagram and Twitter.

If you are sharing this on your own social media please consider using this line "If my rainbow has cheered you up please consider donating to St Oswald's Hospice Urgent Appeal" and include this link www.stoswaldsuk.org/urgent-appeal

With your help, we want to create a gallery of rainbows and hope. Something that might give us a distraction and a sense of wellbeing and togetherness as a community during this difficult time.

Like others in your neighbourhood, you could also display these in your windows to join in the community rainbow trail.



St Oswald's Hospice

Get Creative!

Don't limit your creativity to just these colouring in sheets, find materials around your house and create your own rainbow to share with us!

The story behind our emblem

As part of our 30th birthday, we wanted to do create something special. We asked patients what St Oswald's meant to them and then created a 30th birthday mosaic from their suggestions. Our new emblem that you see here brings together some of these symbols to create a unique icon that reflects what we consider St Oswald's to be – an inclusive, safe, caring environment for patients, their families and friends, and our whole St Oswald's family. These symbols are brought together to create an 'O' shape, creating an emblem which truly represents St Oswald's unique environment.

The symbols are:

A Rainbow

The rainbow is a positive and universal symbol of hope, inclusion and serenity. From a storm a beautiful rainbow can be created, no matter how fleeting.

Flowers

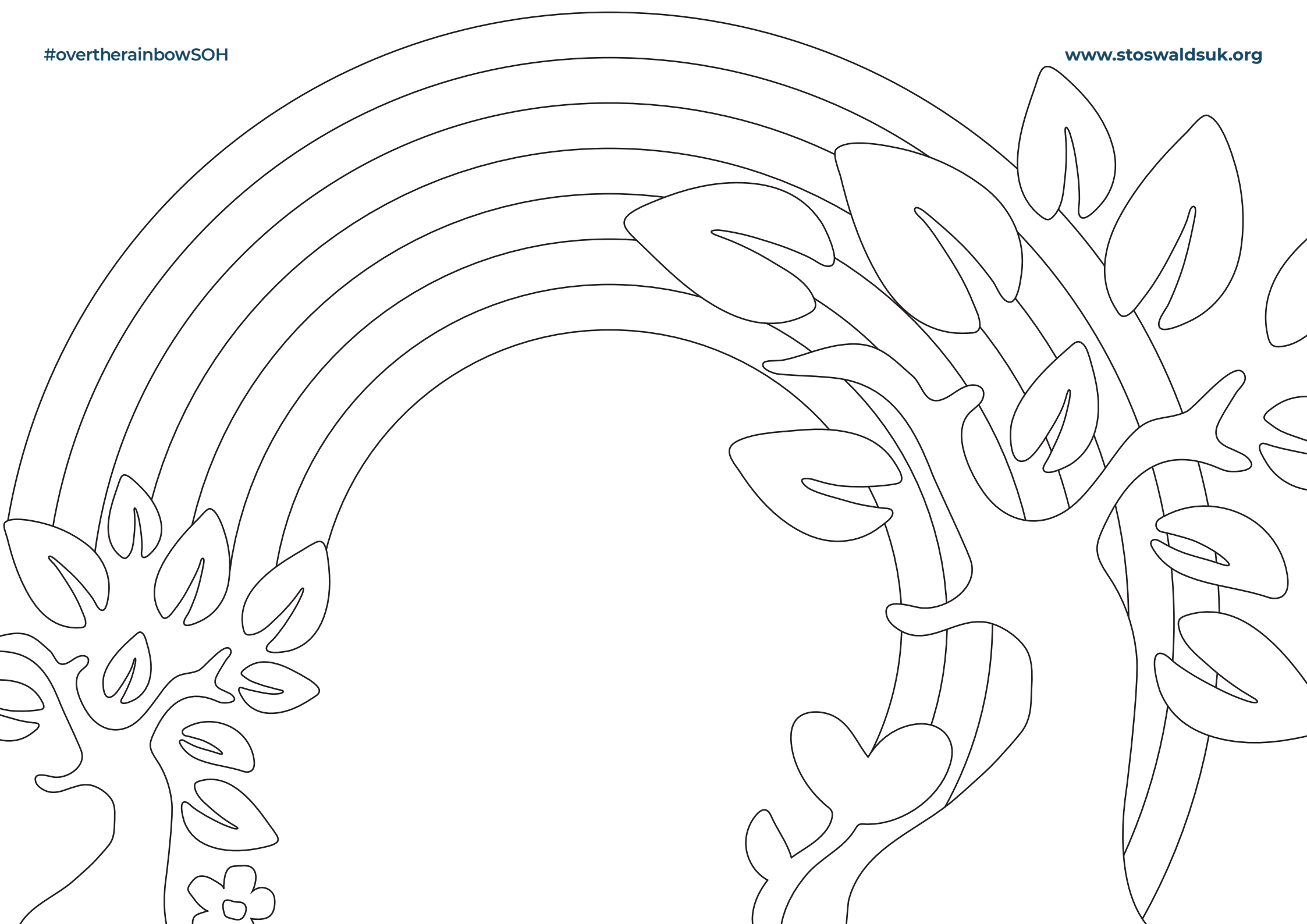
We have used a number of flowers in our emblem. These are to represent the diversity of people and their needs as well as the importance of our gardens and the comfort nature brings. The **Lily/heart flower** is about the patient being at the heart of everything we do. We see a person not the illness. This symbol represents the expert care given and shown to each individual. The **Forget-me-not flowers** symbolise true love and shared memories, mirroring our belief in quality time for everyone.

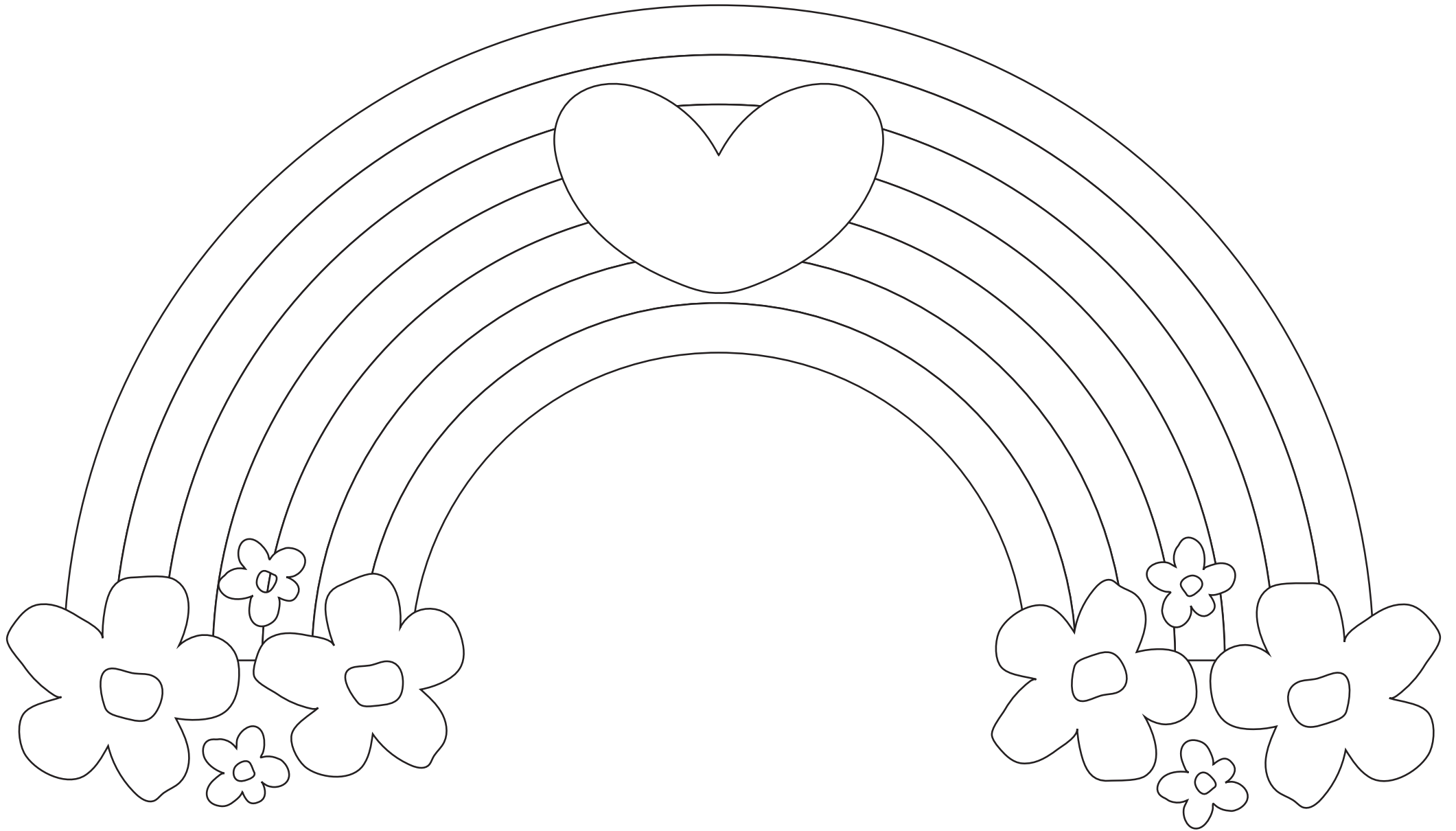
The Ash tree

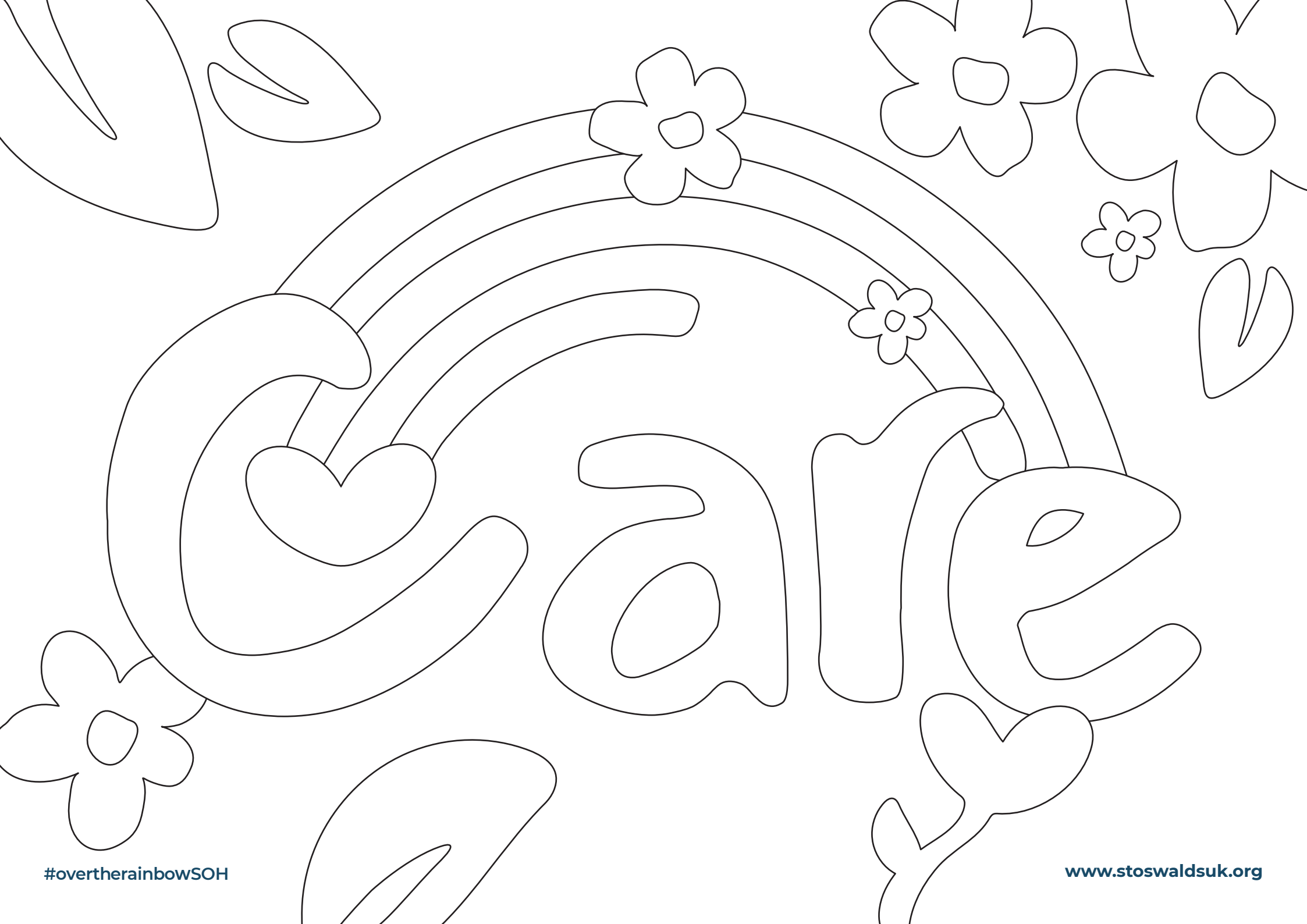
The ash tree is at the heart of St Oswald's. It is known as the 'Tree of Life', a symbol that links past, present and future. It represents the safe environment around which everything grows and develops.






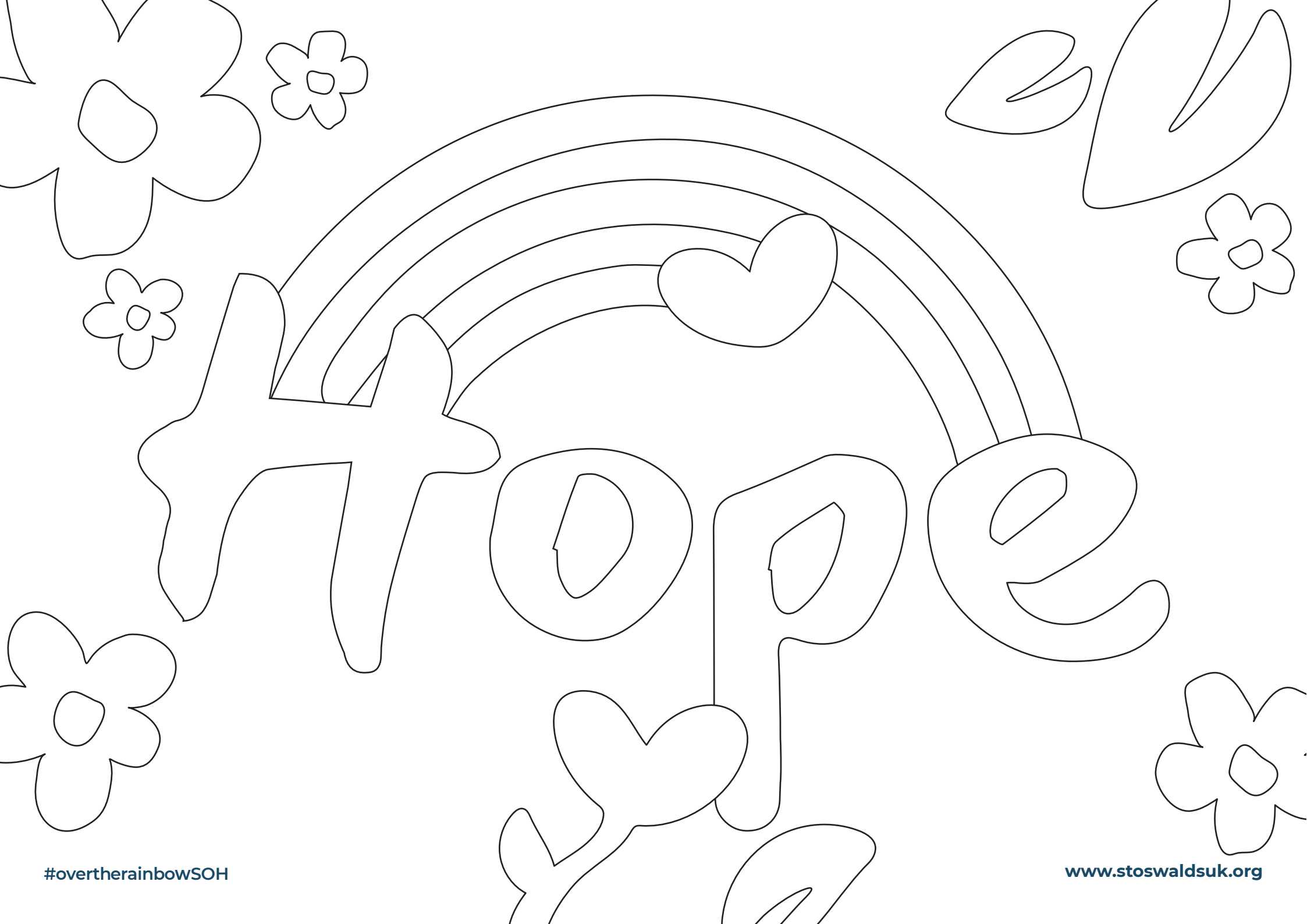


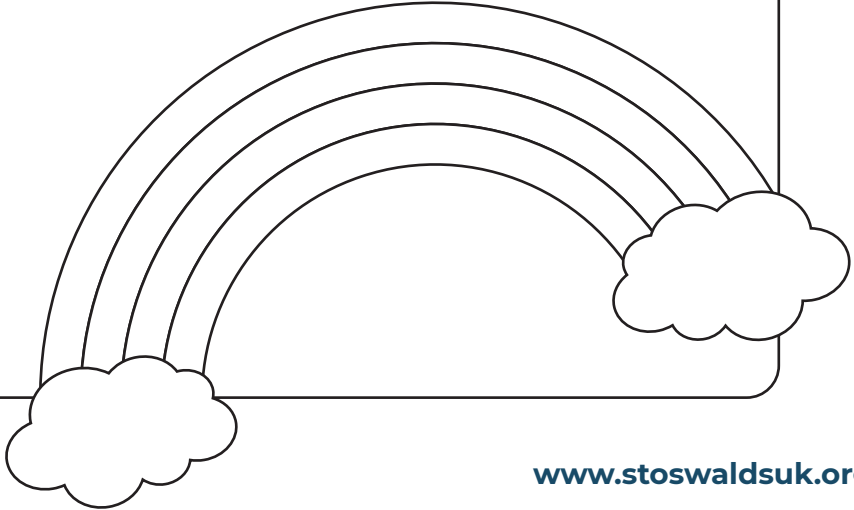






Thank you







St Oswald's Hospice

Urgent appeal

We desperately need your support

If you've enjoyed using this booklet please consider donating to our urgent appeal at www.stoswaldsuk.org/urgent-appeal

0191 285 0063 | www.stoswaldsuk.org

St Oswald's Hospice, Regent Avenue, Gosforth, Newcastle upon Tyne NE3 1EE. Reg Charity No. 503386.

Our Story

We are St Oswald's and we're a hospice. We're much more than most people think we are. We are a place for living.

Our arms are open and inviting. We don't focus on being morbid or sad, our hope is for everyone to make the most of the life they have.

We are the warmest of welcomes, a hand to hold when you've lost your way, joy and laughter on a good day. When hearts are heavy, we're a listening ear, practical support when the road ahead isn't clear.

Amazing things happen right here. Support and kindness abound, nature and peace are all around.

Growing and learning every day. Experts in care, working together and improving lives for the better.

We believe in quality time for everyone, making memories and moments to share. If death is to come, we provide dignity in end of life care.

We're a home-from-home where families can stay, respite for those struggling day-by-day. We are a haven in the North East, an open-minded community, a comforting space, come in to our safe space.