

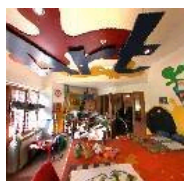
## Creative Opportunities & Self Expression

Martin House provides a number of play and creative opportunities, as well as offering a range of ways of communicating to the children.

Music and art, for example; both have a significant role within Martin House.



For some people music is an important medium for accessing many varied emotions. When working with the children with music, our aim is to offer them an avenue for communication and self expression. This may be in the form of individual sessions, supporting the child with improvised music or giving them space to choose, explore and communicate their emotions. We have a specific music room where we can give children time and space, and where there is a wide range of instruments from which to choose. Often we find the children and well siblings enjoy being together for music, and if the children wish, we can form a group led by the musicians to sing, play or perform.



Like the musicians and music therapists, the artists-in-residence work in both Martin House and Whitby Lodge, with the poorly children and their brothers, sisters and friends. Some parents also enjoy using the materials and the care team contribute their skills too. We try to be broad in our approach and include, amongst other things, paint and textiles, ceramics, jewellery and the design of personal logos. We also have a large ongoing mural to which children, staff and the care-team are all contributing.



The objects that our children make can be precious to them and their parents and making something is a special, but conversely ordinary, way to spend valuable time.

Some of the art our children have produced is currently in an exhibition in London. *See below.*

### Related Links



### Art of Children Exhibition

This is Me: The Art of Children is a unique and pioneering project from the Association of Children's Hospices (ACH) to showcase and sell works of art by children and young people who won't live to reach adulthood. [Read more](#)