

Charity makes film to help children while they are ill



The Teapot Trust, a small charity based near Edinburgh, that provides art therapy to children with long term illnesses has made a short film to show that blood tests aren't any thing to worry about.

Nina, who was aged 13 years when the film was made, calmly shows her blood being taken. A great advocate for the fact that needles and blood tests needn't be scary, she says there really is nothing to worry about.

She was keen to try and help other children that she had seen at her clinic appointments who were worried about blood tests and what was going to happen. Nina hopes if other children and teenagers can see a film of a blood test and that it was fine, it would be helpful for all concerned.



Children having blood tests are often given "Magic Cream" to numb the patch of skin where the needle goes in to find the vein, but it does take over 30 minutes to work. During this time the Teapot Trust's art therapy projects are also helpful. Distracting kids whilst they wait for the blood test and doing something enjoyable to take their minds of fthe situation, rather than worrying about what is going to happen can only be a good thing!

Nina hopes that her film too will be helpful.