

Please ask if you need this leaflet in an alternative format.



East Suffolk and  
North Essex  
NHS Foundation Trust

# A message to our visitors

## Helping your loved one get through their hospital stay

- 1 We would like one small photo to connect your loved one with you. We will place this close to them.
- 2 We encourage you to FaceTime or text if your relative or friend is well enough. We have iPads and phones to help.
- 3 We will try to keep you updated. We are busy and it might be that one of our volunteers phones you.
- 4 Please write a letter to your loved one, we will do our best to get this to them.
- 5 Keep your conversations upbeat, happy, talk about good times, things you are looking forward to, things you enjoy about each other.



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